

The Golden Rule:


Variants extracted by Donald Chalmers from “Manna from Heaven”.

Note: Items in silver spring from “Unwinding the Wound: Wound Wisdom” – 3000 Wisdom Quotes collected by Donald Chalmers, and later incorporated into the 5555 Wisdom Quotes of “Manna from Heaven” in April, 2006.

Silver and gold have I none, but me and thee.

1. As you would that others should do to you, do you also to them likewise. 427
2. Do not do to others what you would not want them to do to you. 916
3. Do to others as you would have others treat you. 924
4. Do we do unto others what we would have them do unto us ? 926
5. Help me to help you help me. 1544
6. Helping others helps self. 1546
7. How vital it is to accept, to be truthful, and to love yourself, so that you can do the same for others. 1626
8. Hurt not others in ways that you yourself would find hurtful. 1652
9. Hurt not others with that which pains yourself. 1653
10. I am a person capable of forgiveness, and a person worth forgiving. 1660
11. I am proud to hold your hand for us to go forward. 1672
12. I am, we are, but not alone. I am, but not without the other. I am not alone. 1681
13. I couldn't make it without intimacy. 1690
14. I feel your thought like mine; if they diverge, the balance is the same. 1696
15. I had the freedom to choose my attitude to every event. 1702
16. I have only to reach out a hand to find companions of the way. 1708
17. I hope one day you'll join us, and the world will live as one. 1710
18. I respect that religion, but that religion should not be on my account. 1726
19. I sing my welcomes to you too, as I take you by the shoulders.... 1732
20. I've looked at love from both sides now.... 1759
21. If both parties in a partnership are not winning, both are losing. 1773
22. If I am unjust, then who will be just ? 1779
23. If the tree is inclined because the twig was bent, no fault lies in the tree. 1800
24. If they only knew me as I am ! 1804
25. If we are not for others, who are we ? 1807
26. If we are not for ourselves, who will be for us ? 1808
27. Independent Interdependence = Victory.... 1960
28. Injustice anywhere is a threat to justice everywhere. 1975
29. It is in pardoning that we are pardoned. 2076
30. It is only space that separates us (nothing separates us). 2103

31. It is possible to fashion unity while cherishing diversity (the two make the whole).
2108
32. Judge not, lest you be judged. 2191
33. Judge not, that you be not judged. 2192
34. Justice for both. 2207
35. Kindness is my religion, for this is the spirit of things.... 2223
36. Laugh at yourself before laughing at others; stone yourself similarly. 2250
37. Learn to give in order to be enabled to take. 2274
38. Let not anyone do to another any act that he/she wishes not to be done to him/her
selves by others, knowing it to be painful to him/herself. 2286
39. Let there be peace on earth, and let it begin with me ! 2306
40. Let's sit down, and see how we can work this out (seek a just solution). 2324
41. Liberate the oppressed, and the oppressor, both. 2328
42. Liberty is the one thing we cannot have, unless we grant it to others. 2334
43. Liberty, and dignified fraternity guarantees equalising democratic action. 2336
44. Lift your hat to the past. Take off your coat for the future. 2394
45. Like the love it fosters and expresses, the benefits of nursing are reciprocal. 2406
46. Live honestly, harm no one, and render to each their due. 2426
47. Live simply that others may simply live. 2431
48. Look at both, and see the two are one.... 2448
49. Look both inwards, and beyond. 2455
50. Love all, by recognising yourself in all others. 2471
51. Love and let love. Live and let live ! 2475
52. Love defends the powerless against overwhelming power. 2483
53. Love does no wrong to a neighbour; therefore love is the fulfilling of The Law.
2484
54. Love is about holding hands, not chaining souls. 2497
55. Love is not leaning, but lending support. 2511
56. Love one another, but make not a bond of love. 2540
57. Love that "is the fulfilling of the law" does to others as you would have them do to
you. 2546
58. Love your enemies and do good to them who hate you. 2550
59. Love your enemies and pray for those who persecute you. 2551
60. Love your friends like your own soul, and protect them.... 2552
61. Love your neighbour as yourself. 2553
62. Loving and energizing others is the best possible thing we can do for ourselves.
2554 **All the world is mad excepting thee and me, and even thee is a little
odd.**
63. My life is inextricably linked with others in a complex web of interdependence.
2715 **Smile, and the world will be a brighter place.**
64. Negative actions also harm the one who indulges them. 2746
65. Never overlook our interdependence on others. 2765

66. No “you” or “I”; only “you” *and* “I”. 2788
67. Not either/or, but *both*. 2844
68. Not free trade, but *fair* trade ! 2847 
69. One good turn deserves another. 2919
70. Ones who overcome ignorance and fear inherit all things, so that all will be ours, and ours will be for all. 2967
71. Only the free can negotiate. Your freedom and mine cannot be separated. 2974
72. Opportunity for all is essential. 2991
73. Our challenge is to be, for each other, trustworthy companions along the way. 3001
74. Our every thought, word, deed and action has an effect – on all. 3009
75. Our struggle is indivisible. 3041
76. Owe no one anything, except to love one another.... 3060
77. Pay forward rather than paying back. 3078
78. Peaceful living requires respectful independent interdependence. 3087
79. Philanthropic giving is the responsibility of wealth, for rich and poor alike. 3106
80. Play not the traitor for place and power. 3119
81. Put an end to master/servant relationships to find a win/win solution. 3214
82. Recognise yourself in all others. 3267
83. Responsibility must be mutual. 3338
84. Revenge has no place in religion, which is a soft thing. No retaliation ! 3345
85. Satisfy the hunger of others and your hunger will be appeased. 3385
86. Say it loud, day it clear; you can listen as well as you hear ! 3387
87. See the light in others; not just the shade. 3412
88. See yourself in all others. 3413
89. Seeing oneself as whole in another’s eyes is deeper than any mirror. 3418
90. Seek first to understand, rather than to be understood. 3420
91. Seek inner unity while tolerating outer differences. 3422
92. Segregation distorts the soul and damages the personality. 3433
93. Self-realization includes the recognition of self as part of the creating whole. 3443
94. Service above self is the key to living truly. 3451
95. Service to others is the rent we pay for our room here on earth. 3453
96. Show the goodness of those you address.... 3483
97. Sin is separation. 3492
98. Sow the seeds of kindness in order to reap its fruit. 3544
99. Sow with love and reap with thanksgiving. 3545
100. Sow your seed in the morning, and in the evening. Withhold your hand not. 3546
101. Sowing = Reaping = Balance = Taking out only as much as you put in. 3547
102. Stand on the side of the poor. 3589
103. The best ideas are common property. 3728
104. The best relationships are forged when love exceeds need. 3729
105. The erect and the fallen are but one.... 3818
106. The first principle of beauty is balance. 3836

107. The forgiving heart is the necessary prelude to a heart forgiven. 3843
108. The gift of faith is in an all-inclusive sense of connection with others. 3856
109. The glory of genius is humility. Genius knows not the taint of arrogance. 3857
110. The greed of one makes the poverty of another. 3873
111. The last shall be first, and the first last. 3933
112. The measure you mete shall be measured to you again. 3955
113. The one under is also the one over.... 4021
114. The Oneness, or Unity of Being, has to be experienced to be understood. 4032
115. The only appropriate use of wealth is in philanthropic giving. 4033
116. The only way evil flourishes, is for good people to do nothing. 4050
117. The only way to have friends is to be one. 4051
118. This land is your land, this land is my land, this land was made for you and me. 4445
119. To thine own self be true.... Thou canst not then be false to any one. 4592
120. Together we can regain that ancient and sustaining harmony. 4602
121. Treat others as you would like them to treat you. 4622
122. Truth is truth. If you hurt someone, you hurt yourself. If you help someone, you help self. 4684
123. United we stand, divided we fall ! 4733
124. Unless they are shared, multiple possessions lead to reduced personal values, and opportunities for have-nots. 4745
125. Unto you your religion, unto me my religion. 4762
126. When you are no longer the only one, the tide of history turns. 5245
127. When you ask me to understand you, you also have to understand me.... 5246
128. You and I are not separate; we are ONE. 5421
129. You are in my heart and living there. 5430
130. You get what you give. 5488
131. You give me hope and consolation – you give me strength to carry on ! 5489
132. You will grow as I grow, you will carry me as I will carry you.... 5508
133. Your freedom and mine cannot be separated. 5528
134. Your interest is also my interest; your pain is also my pain. 5533
135. Your pain is another's power. 5542
136. Your wounds are my wounds. 5549