

# The Ten Teachings Shared By All Religions

From: "The Winged Heart", South East Region's Newsletter. Passed on by Jacquie Mace

## 1. ONE GOD

"The Lord is our God, the Lord is One" – Shema, Hebrew Prayer

"Allah is One" – Koran, 112:1

"The One is Lord of all the moves" – Rig Veda 111.54.8 (Hinduism)

"There is only One God." – Chief Seattle

## 2. GOD IS EVERYWHERE

"I fill the Heaven and the Earth" – Jer 23:24

"The whole world is Brahman" – The Upanishads (Hinduism)

"How majestic is your presence in all the earth!" – Psalm 8 (Bible)

"We think of Tirawa (God) as in everything." – Lenape Indian Interview

## 3. GOD IS LIGHT

"God is Light, and in Him is no darkness at all." – 1 John 1:5 (Bible)

"All things appear, illumined by Brahman's Light." – The Upanishads

"Allah's light illumines all Heaven and Earth." – Koran 24:35



## 4. THE EXISTENCE OF THE SOUL

"Fear not them which are able to kill the body but not able to kill the soul." – Matthew 10:20 (Bible)

"A soul will not die." – Koran 3:145

"For the soul there is never birth nor death. It is not slain when the body is slain." – Bhagavad Gita (Hinduism)

## 5. GOD IS INSIDE US

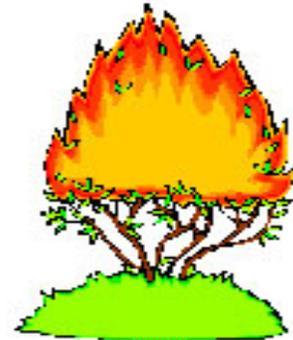
"We know that He dwells in us because he has given us of his Spirit." – 1 John 13 (Bible)

"God dwelleth in all hearts." – Bhagavad Gita

"The one God is hidden in all living things." – Upanishads (Hinduism)

"All animals have power because the Great Spirit dwells in all of them." – Lame Deer, Sioux Chief

"He to whom you pray is nearer than the neck of your camel." – Mohammed



## 6. SPIRITUAL KNOWLEDGE IS OBTAINABLE

"Take heed of the Living One while you are alive, lest you die and seek to see Him, and be unable to do so." – Jesus, Gospel of Thomas

"All who dwell on earth may find you." – Jewish Prayer Book

"True knowledge can only be attained by a human being." – Krishna

"Seek knowledge from the cradle to the grave." – Mohammed

"The sage who is intent on yoga comes to Brahman without long delay." – Bhagavad Gita

"Search with sincerity and in the end you will find the Truth." – Buddha

"If thou seekest hidden treasures, thou shall find the knowledge of God." – Bible, Proverbs

7. GOD'S NAME: "I AM"

Although all religions have different native languages, most contain similar teachings about God's name. Many of them tell us that God's name can't actually be pronounced, or that giving God a name is like putting a limit on something that is limitless. As well, many of the religions have several names for God.

One name that the religions share is the phrase "I AM." This is shown in Exodus 3:14 and John 8:58 of the Bible, and in the Shatapatha Brahmana of the Hindu faith.

The sacred word soham for Hindus is translated as "I am that I am," the same phrase is found in Exodus 3:14.

8. COMPASSION AND RESPECT FOR EVERYONE

"All beings long for happiness. Therefore extend thy compassion to all. He who wishes his own happiness, let him cultivate goodwill towards all the world." - *Buddha*

"Love your enemies. Bless them that curse you. For if you love only those who love you, what reward have ye?" - *Jesus*

"Judge everybody favorably." - *The Talmud (Jewish Sacred Book)*

9. MORALS: DON'T LIE, CHEAT, STEAL, COMMIT ADULTERY, COVERT OR MURDER

The Ten Commandments, the Ten Precepts of the Buddha, and verse 16:1 of the Bhagava Gita all clearly state these moralistic teachings.

10.. ALL OF HUMANITY IS UNITED  
"God hath made of one blood all nations that dwell upon the face of the earth." - *Bible, Acts 17:16*

"All creatures are members of the one family of God." - *Mohammed*

"Human beings, all, are as head, arms, trunk, and legs unto one another." - *The Vedas*

"One thing we know. All men are brothers." - *Chief Seattle*

"All people are your children, whatever their belief, whatever their shade of skin." - *Jewish Prayer Book*

## Peace Quotes

"Control of self and peaceful speech and whatever word be well spoken, this is the greatest blessing."

The Buddha

"Do not let the sun go down on your anger."

Ephesians 4:26

"If you love to listen, you will gain knowledge, and if you incline your ear, you will become wise."

Ecclesiastics 6:33

"If you want to see the brave, look at those who can forgive. If you want to see the heroic, look at those who can love in return for hatred."

The Bhagavad Gita

"An eye for an eye only makes the whole world blind."

Mahatma Gandhi

"Lack of respect for growing, living things soon leads to lack of interest for humans, too."

Chief Luther Standing Bear

"A game should challenge us to acquire a new skill, something lacking before and this feeling of enhancing our abilities is the real source of our delight in the game."

Maria Montessori