

Ten Teachings Shared By All Religions

from the book: *The Message That Comes From Everywhere: Exploring The Common Core of the World's Religions*, by Gary L. Beckwith

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 III.54.8 (Hinduism)*
"There is only One God." - *Chief Seattle*

2. God is Everywhere

"I fill the Heaven and the Earth." - *the Bible, Jer 23:24*
"The whole world is Brahman." - *the Upanishads (Hinduism)*
"How majestic is your presence in all the earth!" *the Bible, Psalm 8*
"We think of Tirawa (God) as in everything" *Lenape Indian interview*

3. The Existence of the Soul

"Fear not them which are able to kill the body but not able to kill the soul"
- *Bible, Matthew 10:20*
"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)*
"And it came to pass, as her soul was departing, (for she died)"
- *Bible, Genesis 35:18*

4. God is Inside of Us

"We know that He dwell in us because he has given us of his Spirit." -
Bible 1John 13
"God dwelleth in all hearts" - *Bhagavad Gita*
"The One God is hidden in all living things" - *the Upanishads (Hinduism)*
"All animals have power because the Great Spirit dwells in all of them"
- *Lame Deer, Sioux Chief*
"The Kingdom of God is within you." - *Jesus*
"He to whom you pray is nearer than the neck of your camel."
- *Muhammad*

5. Spiritual Knowledge is Accessible to Everyone

"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" - *Muhammad*
"The sage who is intent on yoga comes to Brahman without long delay" -
Bhagavad-gita
"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*
"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*

6. 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 exact same phrase as in Exodus 3:14.

7. 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 that love you, what reward have ye?" - *Jesus*
"Judge everybody favorably" - *the Talmud (Jewish sacred book)*

8. Morals: Don't Kill, Lie, Steal, Covet

The *Ten Commandments*, the *Ten Precepts of the Buddha*, and verse 16:1 of the *Bhagavad-gita* all clearly state these and other shared moralistic teachings.

9. 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" - *Muhammad*
"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*

10. Peace and Nonviolence

"Blessed are the peacemakers, for they shall be known as the Children of God." - *Bible, Mt 5:9*
"And make not Allah an obstacle to your doing good and guarding against evil and making peace between men," - *Koran 2:224*
"... nonviolence, absence of anger, equanimity, abstaining from malicious talk, compassion for all creatures, gentleness, forgiveness, absence of malice, and absence of pride -- these are some of the qualities of those endowed with divine virtues." - *Bhagavad-gita Ch. 16*
"May Your children unite and do your will: to establish peace and justice throughout the world, so that nations are drawn together by the bond of friendship." - *Jewish Prayer Book*