

All beings tremble before violence.  
All fear death.  
All love life.

See yourself in others.  
Then whom can you hurt?  
What harm can you do?

He who seeks happiness  
By hurting those who seek happiness  
Will never find happiness.

For your brother is like you.  
He wants to be happy.  
Never harm him  
And when you leave this life  
You too will find happiness.

The Dhamapada