

**Universal Worship Readings**  
**July 12, 2026**  
**“Principle of Active Non-Violence: Energy of Meditator”**

**Hinduism**

*(Krishna advises Arjuna...)*

Be fearless and pure; never waver in your determination or your dedication to the spiritual life. Give freely. Be self-controlled, sincere, truthful, loving and full of the desire to serve. Realize the truth of the scriptures; learn to be detached and to take joy in renunciation.

Do not get angry or harm any living creature but be compassionate and gentle; show goodwill to all.

Cultivate vigor, patience, will, purity; avoid malice and pride. Then, Arjuna, you will achieve your divine destiny.

*~Bhagavad Gita 16:1-3*

**Buddhism**

Non-violence is not a strategy, a skill, or a tactic to arrive at some kind of goal. It is the kind of action or response that springs from understanding and compassion. As long as you have understanding and compassion in your heart, everything you do will be non-violent. But, as soon as you become dogmatic about being non-violent, you're no longer non-violent. The spirit of non-violence should be intelligent.

Sometimes non-action is violence. If you allow others to kill and destroy, although you are not doing anything, you are also implicit in that violence. So, violence can be action or non-action. Non-violent action is also long-term action. Inclusiveness and tolerance are very important in the practice of non-violence. Helping people transform discrimination, hatred, fear, and anger before they become action, *is* non-violent action, and it's something you can begin right now. Don't wait to be confronted by a difficult situation to decide whether to act violently or non-violently.

*~Zen and the Art of Saving the Planet, p. 105-106, Thich Nhat Hanh*

## **Zoroastrianism**

Oh Mazda (God), I, Zarathustra, friend of Righteousness, with loud voice and with thought provoking Gathas (songs), praise You. Oh Righteousness! Bestow upon us the reward which is the gift of good thought.

One who has accorded [their] heart, soul, and conscience with Good Thought, and paces on the path of Righteousness and Serenity, at last, O Mazda, [they] shall be in Your immortal abode.

You who have given your heart to good thoughts, reject anger and resist injustice, and in this way to spread the doctrine of Righteousness, join the forces of right-minded companions, so that you can enter the abode of Ahura Mazda.

Mazda, You have established this doctrine and teaching for men and women in such a way that Righteousness is beneficent and deceit is harmful. That is why I join with good thought and have broken with the wrong doers.

With uplifted arms, O Mazda, I pray and humbly ask for happiness. May all my actions be attuned with Wisdom and Good Thought, and in harmony with the Law of Righteousness, that I may please you, and bring happiness to the Soul of Earth.

*~Gathas 15:6, 14:5, 13:7, 14:3, 1:1*

## **Taoism**

I have just three things to teach: Simplicity, patience, compassion. These three are your greatest treasures.

Simple in actions and in thoughts, you return to the source of being. Patient with both friends and enemies, you accord with the way things are. Compassionate toward yourself, you reconcile all beings in the world.

*~Tao Te Ching 67*

## **Bahai**

The Great Being saith: O ye children of men! The fundamental purpose animating the faith of God and [God's] religion is to safeguard the interests and promote the unity of the human race, and to foster the spirit of love and fellowship amongst men. Suffer it not to (let it not) become a source of dissension and discord, of hate and enmity. This is the straight path, the fixed and immovable foundation. Whatsoever is raised on this foundation, the changes and chances of the world can never impair its strength, nor will the revolution for countless centuries undermine its structure.

Our hope is that the world's religious leaders and the rulers thereof will unitedly arise for the reformation of this age and the rehabilitation of its fortunes. Let them, after meditating on its needs, take counsel together and, through anxious and full deliberation, administer to a diseased and sorely afflicted world the remedy it requires...it is incumbent upon them who are in authority to exercise moderation in all things.

*~Gleanings from the Writings of Baha'u'llah CX p. 215-216*

## **Judaism**

You shall not hate your kinsfolk in your heart. Reprove your kinsman but incur no guilt because of [them].

You shall not take vengeance or bear a grudge against your countrymen. Love your neighbor as yourself: I am the LORD.

*~Leviticus 19:17-18*

## **Christianity**

*(Jesus talks to his disciples...)*

You have heard that it was said, 'You shall love your neighbor and hate your enemy.' But I say to you, love your enemies and pray for those who persecute you, so that you may be children of [God] in heaven; for [God] makes [the] sun rise on the evil and on the good, and sends rain on the righteous and on the unrighteous...Be perfect, therefore, as [God] is perfect.

*~Matthew 5:43-45, 48*

## **Islam**

But remember that an attempt at requiting evil may, too, become an evil, hence, whoever pardons [their] foe and makes peace, [their] reward rests with God – for verily, God does not love evildoers.

Yet, indeed, as for any who defend themselves after having been wronged – no blame whatever attaches to them.

Blame attaches but to those who oppress other people and behave outrageously on earth, offending against all right: for them there is grievous suffering in store!

But withal, if one is patient in adversity and forgives – this behold! is indeed something to set one's heart upon!

*~Qur'an 42:40-43*

## **Truth**

It is forgiveness and forbearance which is a recognition of the freedom and dignity of the human being that consumes all ugliness and burns up all unworthiness, leaving only beauty there.

*~Hazrat Inayat Khan*