<u>An AI summary of equivalents to 'love your enemies' in other religions than Christianity</u>

While the explicit phrase "love your enemies" is central to Christian teachings, similar concepts emphasising compassion, forgiveness, and non-violence are found in other major religions. Buddhism, for instance, advocates for loving-kindness and compassion towards all beings, including those perceived as enemies. In Hinduism, the concept of ahimsa, non-violence, extends to all living creatures and is a core principle. Similarly, Islam emphasises forgiveness, compassion, and justice, even towards those who are perceived as enemies. Judaism encourages acts of kindness: that hatred should not consume a person, and that enemies should be given a chance at reconciliation.

Here's a more detailed look:

**Buddhism:** The concept of metta (loving-kindness) and karuna (compassion) are central to Buddhist practice. These qualities are cultivated towards all beings, including those who have harmed us, with the goal of overcoming ill-will and fostering positive emotions.

**Hinduism:** Ahimsa, meaning non-violence or non-harming, is a fundamental principle in Hinduism. It encourages practitioners to extend compassion and non-violence to all living beings, regardless of their actions or perceived status.

**Islam:** While Islam emphasises justice, it also stresses forgiveness, compassion, and the importance of treating all individuals, even enemies, with respect and kindness. The Quran contains verses encouraging forgiveness and reconciliation.

Judaism: While the Torah doesn't explicitly command "love your enemies," it does emphasise treating them with fairness, justice, and compassion. Judaism encourages acts of kindness and assistance towards those who are not your friends, even going so far as to prioritise helping an enemy in need over a friend. The concept is rooted in the idea that hatred should not consume a person, and that even enemies should be given a chance at reconciliation.

**Jainism:** Similar to Hinduism, Jainism places great importance on ahimsa. Jains strive to minimise harm to all living beings and cultivate a spirit of compassion and non-violence in their interactions with others.