

Resource 6.4



Ahimsa: quotes from Hindu scriptures

Ahimsa is not causing pain to any living being at any time through the actions of one's mind, speech or body.

Shandilya Upanishad

You must not use your God-given body for killing God's creatures, whether they are human, animal or whatever.

Yajur Veda Samhita 12.32

Ahimsa is the highest dharma. Ahimsa is the best purification. Ahimsa is the greatest gift. Ahimsa is the highest self-control. Ahimsa is the highest sacrifice. Ahimsa is the highest power. Ahimsa is the highest friend. Ahimsa is the highest truth. Ahimsa is the highest teaching.

Mahabharata 18.116.37–41

If a man inflicts sorrow on another in the morning, sorrow will come to him uninvited in the afternoon.

Thirukural 319

It is the principle of the pure in heart never to injure others, even when they themselves have been hatefully injured.

Tiru Kural, Verse 312

Many are the lovely flowers offered in worship, but none are lovelier than non-killing. Respect for life is the highest worship, the bright lamp, the sweet garland and unwavering devotion.

Tirumantiram 197