



# One Heart: Universal Wisdom from the World's Scriptures

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The purpose of One Heart is to illuminate the common sacred ground at the heart of seven faiths: Buddhism, Christianity, Confucianism, Hinduism, Islam, Judaism, and Taoism. Its method is to identify 65 essential principles, among them: Feel what other people feel; Don't harm others; Lead with virtue and concern for others; Be honest; Practice what you preach; Be content; Don't let anger take over; Choose your companions wisely; Accept the existence of spiritual beings; Seek and you will find. Illustrating each principle are one, two, or three quotations (adding up to more than 600) from a wide variety of texts sacred to each of the seven faiths—including the Old and New Testaments, the Talmud, the Mahabarata, the Tao Te Ching, the Bhagavad Gita, the Analects of Confucius, and many other sacred sources. In addition, each chapter also provides guidance on a spiritual theme or practice—prayer beads, a home altar, labyrinth walking—to enhance our understanding of these wise words and universal principles.

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