



The Charter for Compassion is a document that transcends religious, ideological, and national differences. Supported by leading thinkers from many traditions, the Charter calls on us to activate the Golden Rule around the world.

Read and affirm the Charter for Compassion

The principle of compassion lies at the heart of all religious, ethical and spiritual traditions, calling us always to treat all others as we wish to be treated ourselves. Compassion impels us to work tirelessly to alleviate the suffering of our fellow creatures, to dethrone ourselves from the centre of our world and put another there, and to honour the inviolable sanctity of every single human being, treating everybody, without exception, with absolute justice, equity and respect.

It is also necessary in both public and private life to refrain consistently and empathically from inflicting pain. To act or speak violently out of spite, chauvinism, or self-interest, to impoverish, exploit or deny basic rights to anybody, and to incite hatred by denigrating others—even our enemies—is a denial of our common humanity. We acknowledge that we have failed to live compassionately and that some have even increased the sum of human misery in the name of religion.

We therefore call upon all men and women—to restore compassion to the centre of morality and religion—to return to the ancient principle that any interpretation of scripture that breeds violence, hatred or disdain is illegitimate—to ensure that youth are given accurate and respectful information about other traditions, religions and cultures—to encourage a positive appreciation of cultural and religious diversity—to cultivate an informed empathy with the suffering of all human beings—even those regarded as enemies.

We urgently need to make compassion a clear, luminous and dynamic force in our polarized world. Rooted in a principled determination to transcend selfishness, compassion can break down political, dogmatic, ideological and religious boundaries. Born of our deep interdependence, compassion is essential to human relationships and to a fulfilled humanity. It is the path to enlightenment, and indispensable to the creation of a just economy and a peaceful global community.



In 2008, Karen Armstrong won the TED Prize for her wish to create a Charter for Compassion. Thousands of people contributed to the process and the Charter document was unveiled in November 2009.

Since then, the Charter has inspired community-based acts of compassion all over the world. From Seattle to Karachi, Houston to Amsterdam, in schools, houses of worship, city governments, and among individuals everywhere, the message of the Charter is transforming lives. An international charity is guiding the growth of the movement. Its mission is The Charter for Compassion engages communities and individuals in compassionate action worldwide.

Join the global compassion movement!

- Affirm the Charter document online at **CharterforCompassion.org**. Join us as member.
- Share our message on social media.
- Register for online compassion training.
- Learn about Compassionate Cities.



Questions? Email us:
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