



	Monotheist						Panentheist		Nontheist ¹
	Zoroastrianism	Judaism	Christianity	Islam	Sikhism	Bahá'í	Native Spirituality	Hinduism	Buddhism
Pictogram									
The Golden Rule	Happiness unto him through whom happiness comes to others. Yasna 43:1	What is hateful to you, do not do to your neighbour. This is the whole Torah; all the rest is commentary. Go and learn it. Talmud, Shabbath 31a	In everything, do to others as you would have them do to you; for this is the law and the prophets. Matthew 7:12	Not one of you truly believes until you wish for others what you wish for yourself. An-Nawawi's Forty Hadith 13	I am a stranger to no one; and no one is a stranger to me. Indeed, I am a friend to all. Guru Granth Sahib p.1299	Lay not on any soul a load that you would not wish to be laid upon you, and desire not for any one the things you would not desire for yourself. Gleanings p.128	All things are our relatives; what we do to everything, we do to ourselves. All is really One. <i>Black Elk</i>	Let him receive from others the same behaviour that he displays towards them. Mahabharata 5, 26:16-17	Treat not others in ways that you yourself would find hurtful. Udana-Varga 5:18
Adherent	Zoroastrian	Jew	Christian	Muslim	Sikh	Bahá'í	Aboriginal Canadian	Hindu	Buddhist
Founder/Central Figure	Zarathushtra	Abraham	Jesus Christ	Mohammed	Guru Nanak Dev Ji	"Bahá'u'lláh" (Mírzá Husayn `Alí Núrí)	No Founder	No Founder	"Buddha" (Siddhattha Gotama)
Place of Origin	Persia (Iran)	Israel & area	Jerusalem	Arabia	Punjab	Tehran	North America	India	India
Date	1200 - 1700 BCE ²	1812 BCE	32 CE	622 CE	1499 CE	1844 CE	Undated	1500 BCE ²	523 BCE
Some Notable Figures	Gayomard, Hoshang, Tehmurus, Hom, Jamshed, Faredoon, Kay Kaus & Kay Khusru	Abraham & Sarah, Moses, Hillel, Ben Zakai, Rashi, Maimonides, Josef Caro	Abraham, Paul of Taurus, Augustine, Thomas Aquinas, Ignatius of Antioch, John Chrysostom, Martin Luther, John Calvin	Abraham, all prophets preceding Mohammed, and the first 4 caliphs: Abu Bakr Siddiq, Umar Bin Khattab, Usman Bin Affaan, Ali Bin Abi Talib	Succession of 10 gurus. Guru Gobind Singh (10 th) named Guru Granth (sacred text) as successor	Abraham, Krishna, Zarathushtra, Moses, Buddha, Jesus Christ, Mohammed, The Bab, Bahá'u'lláh	Handsome Lake (Iroquois), Sweet Medicine (Cheyenne), White Buffalo Woman (Sioux).	Vedavyasa, Sankara, Ramanuja, Vivekananda, Shivananda	Sariputta, Moggallana, Ananda, Mahapajapati Gotami, Nágárijuna, Buddhaghosa, Bodhidharma, Eisai, Anagarika Dharmapala, Dalai Lama
Key Scripture(s)	Avesta	Torah	Bible	Qur`án	Sri Guru Granth Sahib	Kitáb-i-Aqdas	Oral Tradition	Vedas, Ramayana, Bhagavad Gita & Mahabharata	Tipitaka
Deity	Ahura Mazda (God)	God	God	Allah (God)	Truth (God)	God	Great Spirit	3 main among others: Brahma, Vishnu, Shiva.	Not relevant
Adversary	Angrah Mainyu	Yetzer Hara (one's evil inclination)	Satan (Devil)	Shaitan (Devil)	One's ego	"The Insistent Self" (degrees of one's will)	None	Asuras (demonic qualities)	Mara (realm of sense and desire)
Central Attitude in Life	A soldier in the cosmic battle	To imitate God	To love God & neighbors as Christ loves them	To imitate Mohammed & the prophets of God	"Chardi Kala": positive, buoyant & optimistic	To promote the unity of the human race	Peaceful coexistence	Dharma (duties to kin, community & universe)	To end suffering
Means of Salvation/Liberation	"Good Thoughts, Good Words, Good Deeds."	Prayer, Study, Kindness, Repentance	Faith, hope & love in a Christ-centered life	Faith, Works (Pray 5 times/day, good deeds & manners)	Live a virtuous and truthful life	Service to humanity & gain of spiritual virtues	One with nature and community	Enlightenment by acting with detachment	Enlightenment by eliminating passions
Afterlife	Heaven -Temporary Hell	Heaven-Hell (soul goes to God through a purification process)	Heaven-Hell	Heaven-Hell	Merge with God, afterlife of enriched opportunities and reincarnation	Soul continues to develop until it reaches the presence of God	Soul goes to Creator or to Land of Souls	Reincarnation until Union with Absolute Brahman (Supreme Consciousness)	Rebirth until ultimately leading to Nirvana
Place of Worship	Fire Temple	Synagogue	Church	Mosque	Gurdwara	House of Worship	Nature	Temple	Temple
Special Day of Week	None	Shabbat (Saturday)	Sunday	Friday	None	None	None	None	None
Clergy	Priest	Rabbi	Priest/Minister/Pastor	Imam	None	None	Shaman	Purohit/Pujari	Bhikkhu/Bhikkhuni
Initiation/Rite of Passage	Navjote	Brit Milah (boys) Naming Ceremony (girls)	Baptism/Conversion	Shahada	Amrit Sanskar	Declaration of Faith	Naming Ceremony	Samskara	None

	Zoroastrianism	Judaism	Christianity	Islam	Sikhism	Bahá'í	Native Spirituality	Hinduism	Buddhism
Major Celebration(s)	Nōrūz	Pesach, Rosh Hashanah, Yom Kippur, Shavuot, Sukkoth	Easter, Christmas, Pentecost	Eid Ul-Fitr, Eid El-Adha	Creation of the Khalsa Vaisakhi	Ridván, Naw-Rúz	Pipe Ceremony	Ganesha Chaturthi, Diwali, Navaratri	Wesak
Dietary Requirements	None	Kosher, no pork	None	Halal, no pork or alcohol	Vegetarian or jhatka	No alcohol	None	Vegetarian, or no beef/pork	No alcohol, some are vegetarians
Fasting Periods	No	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes
Pilgrimages	No	Yes	Yes	Yes	No	Yes	No	Yes	Yes
Name of Calendar(s)	Fasli, Shenshai, and Kadmi (solar)	Jewish (lunisolar)	Gregorian & Julian (solar)	Hijri (lunar)	Nanakshahi (solar)	Badí (solar)	Seasonal-Lunar	Samvat (lunisolar)	Buddhist (lunisolar)
Special Dress	<i>Sudreh</i> (white undershirt) and <i>kusti</i> (woollen cord around waist) are worn after initiation. The <i>kusti</i> is removed and used in prayers five times a day, each preceded by washing the hands and face in purification. Heads are covered at all times in the temple.	<i>Kippah</i> is a round skullcap. <i>Tallit</i> is a prayer shawl. <i>Tzitzit</i> are tassels found on the four corners of the <i>tallit</i> . <i>Tallit katan</i> (small tallit) is a fringed undershirt. <i>Tefillin</i> are two square leather boxes containing biblical verses, attached to the forehead and left arm during morning prayer. <i>Kittel</i> , a white knee-length over-garment.	Modest dress should be worn in church and elsewhere.	Everyone must dress modestly, where some believe that women should expose only their hands and face. Men must avoid clothing deemed more appropriate for women, such as silk and gold. Clothing fulfills a religious obligation and is a statement of identity.	The five "K"s: <i>Kesh</i> (hair) is not to be cut. <i>Kangha</i> (comb) worn in the hair, symbolises orderly spirituality. <i>Kara</i> is a metal bracelet, a symbol of spiritual allegiance. <i>Kachher</i> , knee length boxer shorts, a sign of agility & modesty. <i>Kirpa</i> , a small curved dagger, a reminder of dignity and self-respect.	No particular requirements.	Ceremonial dress with accessories. Uncut hair for both men and women is considered sacred by some First Nations. Three braided strands commonly signify the body, mind and spirit. Medicine pouches may be worn when an individual wishes to call on the protection of the spirits of the four cardinal directions.	Shoes must be removed and one should dress modestly in the temple. A head covering is not required. Women, and some men, often wear a dot (<i>tilak</i>) of turmeric powder or other coloured substance on their forehead as a religious symbol, sometimes said to represent a third, introspective eye.	No specific rules for laity, but they should dress modestly, in a style appropriate to the culture in which they live. Modesty reflects virtue. Shoes must be removed in the temple. For Bhikkhu (male monastic) or Bhikkhuni (female monastic), a traditional saffron, brown, grey or black colour robe is worn.
Interesting Particularities	First and oldest monotheist religion, which had more influence on mankind than any other faith, and has directly influenced the Abrahamic religions. The religion teaches the equality of all, regardless of race, sex or social position. Zoroastrians are urged to protect the environment, a feature taught throughout its history.	Being a "chosen people" means that Jews are charged to proclaim God's message among all nations by living a holy life. This does not presume special rewards. Jews recite prayers 3 times daily, and a 4th prayer is added on Shabbat and holidays. Hasidic Jews are classified as Orthodox.	The pattern of Christian mystics to move from the Infinite to the Definite. Throughout history, those who have had a profound encounter with God came out of their experiences in prayer and applied their service to God's people, founding apostolic communities, schools, hospitals, and other agencies responding to human need.	The Shari'ah, Islamic law, is derived from the Qur'án. It is a comprehensive system of laws addressing religious, moral and social issues. Sufism (Tasawwuf) is a mystical tradition in Islam to which either Sunni or Shiite Muslims might adhere.	The soul goes through cycles of births and deaths before it reaches the human form.	They emphasize the underlying spiritual unity of the world religions and that the emergence of a peaceful world civilization is inevitable. Men and women are equal. Individuals are free to investigate truth for themselves. Belief that one language must be chosen or invented and taught in all schools of the world.	Native spiritual life is belief in the interconnectedness of "circle of life", as all things, animate and inanimate, possess a spirit. One strives to be good, in part, through participation in ceremonies. Pan-Indianism is a recent movement promoting a return to traditional beliefs and to create a common Native religion.	Within Hinduism there are diverse practices at achieving <i>moksha</i> (enlightenment), the spiritual goal of life: 1. Karma-Yoga – the path of action 2. Jnana-Yoga – the path of knowledge 3. Raja-Yoga – the path of meditation 4. Bhakti-Yoga – the path of devotion A favourite prayer is " <i>May all beings, all worlds be happy.</i> "	They believe in rebirth, which is distinct from reincarnation. The "Middle Way" is the practice of non-extremism. <i>Nirvana</i> (or <i>Nibbana</i>) can be attained through the path of moderation, away from the extremes of sensual indulgence and self-mortification, toward the practice of wisdom, morality and mental cultivation.
Actively Seeks New Members	No	No	Yes	Yes	No	Yes	No	No	No
% In Canada⁴	0.0002	1.1	74.4	2.0	0.9	0.0006	0.001	1.0	1.0
% Worldwide³	0.04	0.23	33.06 (decreasing)	20.28 (increasing)	0.39	0.12	Negligible	13.33 (stable)	5.87 (stable)
Main Groups Worldwide⁵	85% Parsis 15% Iranians	30% Conservative 25% Reform 13% Orthodox 1% Reconstructionist 30% Unaffiliated	51% Roman Catholic 30% Protestant 15% Orthodox 3% Anglican 2% Non-Trinitarian 0.04% Nestorian	88% Sunni 11% Shiite (or Shi'a) 0.9% Ahmadiyya 0.04% Druze	Uniform	Uniform	There are at least 56 distinct native spiritual traditions in Canada. Most Natives today are Christians.	70% Vaishnavites 26% Shaivites 3% neo & reform Hindus 1% Veerashaivas (Lingayats)	56% Mahayana 38% Theravada 6% Vajrayana (Lamaism, Tibetan, Tantric)

¹Broader term than Atheist; absence of—or the rejection of—creator divinity. ²Roots dating to 3000 BC ³Encyclopedia Britannica (2005) ⁴Statistics Canada (2001) ⁵Adherents.com (2005)

