Islam

&

Buddhism

Inter-faith Harmony



Lt Col (r) Parmenas B. Mall MBA (Executive), B.Sc, LL.B This book is dedicated

То

The Pakistan Army

Islam

&

Buddhism

Inter-faith Harmony

Lt Col (r) Parmenas B. Mall

MBA (Executive), B.Sc, LL.B

Lt Col (r) Parmenas B. Mall was commissioned in the 2nd Battalion (Haidri Awal) the Punjab Regiment (infantry) in October, 1986. He is a graduate of Murray College Sialkot and University Law College Lahore. He has served as a Chief Instructor and Commandant Division Battle School. Commanded 18th Battalion (The Desert Hawks) and the 60th Battalion (Al-Shuja) the Punjab Regiment. Saw combat action in Siachin Glacier and North Waziristan. Served as an administrator in Islam Medical and Dental College Sialkot.

Series introduction

Suppose, a person is living in an isolated island and he has tasted only bananas in his whole life. Although he has heard about other fruits like mangoes, apples and grapes but never tasted them. If he claims that banana is the best fruit on this planet, yes, he can claim but his claim is not based on any logic or rational because he has never tasted other fruits in this world. In the same way, well is the whole world for a frog living in it.

Similarly, people follow the religion of their parent and they consider that their religion is right and superior and all other religions are wrong and inferior, without having any knowledge about them. The purpose of this book is to create positive attitude about Islam and Buddhism. The verses from the Holy Quran, Hadiths and Sacred Texts from Buddhism are put together so that readers can understanding both the religions and also pursue righteousness to achieve the ultimate goal of Eternal life. Mostly, people are wasting their precious time on useless, unproductive and worthless issues. We should concentrate in improving our own spiritual life and try to fulfill various obligations and responsibilities which our own religion demands. Some scholars talk less in the favour of their own religion but talk more against other religion. No person has any right to criticize other faith. Our words and actions should strengthen love not hatred in the society. If a person is hurting others by his words, then he should understand that his words are not from the Almighty God. May God gives us wisdom and power to shed away all types of evil and wickedness in our lives and enable us to pursue holiness, goodness and purity which God demands from every human being.

Contents

1.	Actions	11
2.	Anger	
3.	Adultery	
4.	Conduct	12
5.	Conversation	
6.	Children	
7.	Compassion	13
8.	Darkness and light	
9.	Deceit	
10.	Evil	
11.	Escape	14
12.	Eating	
13.	Envy	15
14.	Forgive	
15.	Friends	
16.	Good	16
17.	Good Deeds	
18.	Generosity	
19.	Harm	
20.	Hatred	17
21.	Harshness	
22.	Hypocrisy	
23.	Humble	18
24.	Holy	
25.	Insult	

26.	Judgment	
27.	Kindness	19
28.	Knowledge	
29.	Lying	
30.	Love	
31.	Leading	20
32.	Merciful	
33.	Obedience	
34.	Purify	21
35.	Pride	
36.	Patience	
37.	Parents	22
38.	Paradise	
39.	Peace	
40.	Path	
41.	Prayers	23
42.	Quarrel	
43.	Repentance	
44.	Righteousness	24
45.	Righteous	25
46.	Reward	
47.	Sinfulness	
48.	Slander	26
49.	Speech	
50.	Satan	27
51.	Self-Control	
52.	Sin	28

53.	Thankfulness	
54.	Truth	29
55.	Thoughts	
56.	Understanding	
57.	Virtue	30
58.	Wisdom	
59.	World	
60.	Wicked	31

Actions

Islam: Verily Allah does not look at your outward form and wealth; rather He looks at your hearts and deeds (actions).

Saheeh Muslim, no.2564

Actions are but by intentions and each man will have but that which he intended. Saheeh al- Bukhari no,1

Buddhism: Avoid any actions which may upset your peace of mind and hinder you spiritual development. Dvagpo – Lharje

Anger

Islam: A man said to the Prophet (PBUH); "Advice me." He said: "Do not get angry." The man repeated his request several time, and each time the Prophet (PBUH) told him: "Do not become angry." Saheeh al-Bukhari, 6116

Buddhism: Look out for any sign of anger in your actions and suppress it. The Dhammapada

If you are free from anger, lust, perfectly virtuous, selfcontrolled, you are truly holy. The Dhammapada

Adultery

Islam: And do not go near adultery, surely it is a greatobscenity. And a most evil path.17:32

There are three to whom Allah will not speak on the Day of Resurrection, nor will He purify them, nor will He look at them, and theirs will be a painful torment: an old man who commits adultery, a king who tells lies and a poor man who is arrogant. Saheeh Muslim, 107

Buddhism: The pleasures of adultery are fleeting (short-live), but the bitter consequences last long. So only the ignorant fool commits adultery. The Dhammapada

Conduct

Islam: Lo! The noblest of you, in the sight of Allah is the best in conduct. 49:13

Buddhism: Regulate your conduct, recognizing that every action has consequence. Dvagpo – Lharje

Conversation

Islam: Successful indeed are the believers, and who shun vain conversation. 23:1,3

Whoever believes in Allah and the Last Day, let him speakgood or else keep silent.Saheeh al-Bhkhari 6138

Buddhism: You do not demonstrate wisdom by constantly talking. Wisdom demonstrated by serenity. The Dhammapada Avoids frivolous (silly) and vain conversation, speak only when it is helpful. Samanna – Phala Sutta

Children

Islam: No father can give his children a better gift than good manners. Tirmidhi, Birr (Piety), 33

Buddhism: You have taken pleasure in evil since the day you were born. Throughout childhood you had no yearning for virtue. Milarepa

Compassion

Islam: Whoever does not show mercy (compassion) to people, Allah will not show mercy to him." Saheeh Muslim, 2319

Buddhism: With the weapon of compassion I shall overcome all evil. Milarepa

Darkness and Light

Islam: He may bring forth those who believe and do goodworks from darkness unto light.65:11

Buddhism: The world is indeed in darkness and few can see the light. The Dhammapada

Deceit

Islam: Whoever deceives is not one of us. Saheeh Muslim, 3383

Buddhism: Remove from your minds all clouds of jealousy, vanity, pride deceit, falsehood, disdain, snobbery and arrogance. Hui

Evil

Islam: Gardens of Eden which they enter, underneath which rivers flow, herein they have what they will. Thus Allah repayeth those who ward off (evil). 16:31

The worst of the people in status on the Day of Resurrection will be the one whom people avoid for fear of his evil.

Saheeh al-Bukhari, 6032

Buddhism: A person who loves life avoids drinking poison. In the same way you should avoid evil. The Dhammapada

If you do evil to someone who is good, pure and free from sin, the evil will return to you like dust thrown against the wind.

The Dhammapada

Greed is deadly enemy; all who succumb to greed are destroyed by it. The Dhammapada

Escape

Islam: You cannot escape (from Him) in the earth or in the sky. 29:22

Buddhism: You cannot escape the consequence of your evil actions by flying in the sky, or by plunging to the depths of the ocean, or by hiding in a mountain cave. Dhammapada

Eating

Islam: Eat of that which Allah hath bestowed on you as foodlawful and good.5:88

Buddhism: Eat only just enough to keep yourself healthy.

Dvagpo – Lharje

Envy

Islam: Do not envy one another, do not artificially inflate prices against one another, do not hate one another, do not turn away from one another and do not undercut one another. Be, O slave of Allah, brothers. Saheeh Muslim, 2564

Buddhism: Fine words and a graceful appearance are not worthy of honor, if behind the words and appearance lie envy, greed and deceit. The Dhammapada

Forgive

Islam: And we prescribed for them therein. The life for the life and the eye for the eye and the nose for the nose and the ear for the ear and the tooth for the tooth and for wounds retaliation. But whoso forget it (in the way of charity) it shall be expiation for him. 5:45

Buddhism: Do not return evil for evil, endure evil without retaliation. The Dhammapada

Friends

Islam: A man will follow the way of his close friends so let one of you looks to whom he takes as a close friend."

Jami at Trimidhi, 2378

Buddhism: Do not make friends with people whose souls are ugly and who take delight in wickedness. The Dammapada

Good

Islam: Lo! The mercy of Allah is nigh unto the good. 7:56

Buddhism: You alone can choose whether to do good or evil, whether to up lift or demean (degrade) yourself, whether to purify or pollute yourself. No one can make this choice for you. The Dhammapada

Good Deeds

Buddhism: Have determination to neutralize the consequences of evil deeds by performing good deeds. Davgpo - Lharje

Islam: Fear Allah wherever you are, follow a bad deed with a good deed to erase it, and treat people with a good attitude.

Jami at- Tirmidhi, 1987

Generosity

Islam: The alms (charitable donation) are only for the poor and the needy. 9:60

Whoever opens a way to a charitable deed is like the one that has done this good deed (himself). Tirmidhi, ilm (knowledge), 14 **Buddhism:** Those who are generous with their wealth, enjoy happiness in this life and the text. The Dhammapada

Harm

Islam: There is no giving of harm to others nor retaliating harm with harm.

Ibn Ma'jah, Ahqam (Decrees), 17; Muwattah, Aqdiyyah, 31

Buddhism: Refrain from harming others. The Dhammapada Right purpose consists in renouncing violence, and intending never to harm any living being. Maha Satipatthana Sutta

Hatred

Islam: Do not shun each other; do not ignore one another; do not hate one another; and do not envy one another; and be brother one another, O slave of Allah, No Muslim is allowed to shun his (Muslim) brother for more than three days.

Bukhari Adab (Manners), 57-58

Buddhism: Let us form a community of love, in a world full of hatred. Let us live without any kind of hatred.

The Dhammapada

Harshness

Islam: Be easy-going and do not be harsh; give glad tidingsand do not put people off.Saheeh al- Bukhari, 69

Buddhism: Harsh words cause's pains and they may lead to physical blows. The Dhammapada

Hypocrisy

Islam: Allah has promised the hypocrites, men and women, and the disbelievers the fire of hell, abiding therein forever.

9:68

Buddhism: Those who put on the yellow robes of a monk,

without learning self–control, and without purifying the soul of sensuous desires, are hypocrites. The Dhammapada

Humble

Islam: And seek help through patience and prayer, and without doubt prayer is an exacting discipline but not (hard) to those who are humble and God fearing. 2:45

Buddhism: I lived in a manner that was humble in body, speech and mind. Milarepa

Holy

Islam: Allah loves the slave who is pious (holy), independent of means and hidden from the people. Saheeh Muslim, 2965

Buddhism: Lead a holy life, for the sake of extinguishing all suffering. Buddha Mahavagga

Insult

Islam: Neither defames one another, nor insults one another by nicknames. Bad is the name of lewdness after faith. 49:11

Buddhism: If you cannot tolerate insult, what benefit is there in meditating on patience? Milarepa

Judgment

Islam: The day, when we gather the righteous to the presence of the Lord Most- kind as honoured guests - And (on that day) drive the guilty to hell like thirsty beasts. 19:85, 86 **Buddhism:** Immoral people know that after death they will suffer the full consequences of their evil behaviour.

Maha Parinibbnan Sutta

Kindness

Islam: And Forget not kindness among yourselves. 2:237

Buddhism: Be kind to others, and choose the most effective methods of exercising kindness. Dvagpo - Lharje

Knowledge

Islam: Seeking Knowledge is a duty upon every Muslim.

Sunan Ibn Majah, 224

Buddhism: Expand your intellect and diminish your pride. Become rich in spiritual knowledge. Dvaop - Lharje

Lying

Islam: The curse of Allah upon those who lie. 3:61

Buddhism: Lies are defeated by the truth. The Dhammapada

Love

Islam: You will not enter Paradise until you (Truly) believe, and you will not (Truly) believe until you love one another. Shall I not tell you of something which, if you do it, you will love one another? Spread (The greetings) Salam amongst yourselves. Saheeh Muslim, 54 **Buddhism:** Let love guide your actions. The Dhammapada

Leading

Islam: The one who tells another about something good will have reward like that of the one who does it.

Saheeh Muslim, 1893

Buddhism: Enlightened men and women must lead others to nirvana (paradise) where there is perfect freedom.

Mahayana Wisdom Diamond Sutra

Merciful

Islam: Whoever is not merciful (to the creation) will not be shown mercy by Allah.

Muslim, Fada'il (Virtues),66;Tirmidhi,Birr (Piety), 16

Buddhism: True priest is always merciful and compassionate.

Samanna – Phala Sutta

Show kindness and consideration to one another.

Lgnatius of Antioch : Magnesians

Obedience

Islam: Keep your duty to Allah and obey me. 3:50

Buddhism: Obeying the precepts (commandment) of morality is a vital part of following the way.

Surangama Sutra

Purify

Islam: Therein are men who like to remain purified and clean.And Allah loves those who are clean and pure.9:108Produbience Number of the second state of the second s

Buddhism: No sin is so great that a person cannot be purified of it. The Dhammapada

Pride

Islam: Lo! Allah loves not such as are proud and boastful. 4:36

Buddhism: The body is like a house, the bones from the wooden frame and the flesh is the plaster. If pride and hypocrisy dwell in this house it will soon decay and collapse. The Dhammapada

Patience

Islam: True patience is only when calamity first strikes.

Saheeh- al- Bukhari, 1281

How wonderful is the affair of the believer, for all his affairs are good, and that does not apply to anyone except the believer. If something good happens to him, he gives thanks for it and that is good for him; if something bad happens to him, he bears it with patience, and that is good for him. Saheeh Muslim, 2999

Buddhism: Patience in the face of hardship is courage; distressat hardship is cowardice.Shantideva: Bodhicaryavatara

In a spirit of forbearance (patience), those with pure minds

never quarrel, even with those who are hostile towards them.

Hui-Neng

Parents

Islam: We have enjoined on man kindness to parents. 29:8

Buddhism: In a spirit of gratitude, those with pure minds support their parents and treat them with honour. Hui - Neng

Paradise

Islam: Whoever obeys me will enter Paradise and whoever disobeys me has refused. Saheeh al- Bhukhari 7280

Buddhism: Ultimately you will go to a crystal palace, where you will witness your own spiritual victory. Milarepa

Peace

Islam: Lo! He (Allah) loves not the aggressors. 7:55

Buddhism: Let us form a community of peace, in a world full of rivalry. The Dhammapada

Path

Islam: Show us the straight path.1:5And whoso hath surrendered to Allah such have taken the right

Buddhism: Leave the path of death and follow the path of life.

path purposefully.

The Dhammapada

72:14

The path that leads to the cessation of suffering is eight fold, right visions, right purpose, right speech, right action, right livelihood right effort, right awareness and right concentration.

Buddha

Never take advantage of others. Seek only eternal happiness. Devote yourself to the way (of righteousness). Dvagpo-Lharje

Prayers

Islam: Be guardians of your prayers and of the midmost prayer

and stand up with devotion to Allah. 2:238

Buddhism: Prayer, guide me in this life and protect me from all physical danger. Milarepa

Quarrel

Islam: Do not quarrel with your (Muslim) brothers. Do not make them such jokes as they will not like. Do not make promises to them that you will not keep.

Tirmidhi, Birr (Piety), 58

Buddhism: If your wish to follow the way, do not use force to settle disputes. Instead calmly consider what is right and wrong, looking at all sides of the disputes. The Dhammapada

Repentance

Islam: The repentance, acceptance of which Allah has undertaken is of those who commit a sin in foolishness and

thereafter repent forthwith. So these are the people to whom Allah turns (in mercy), and verily Allah is the All knowing, the All wise. 4:17

Know they not that Allah is He who accepteth repentance from His bondmen and taketh alms, that Allah is He who is the Relenting, the Merciful. 9:104

So ask forgiveness of Him and turn unto him repentant. Lo ! my Lord is nigh, Responsive. 11:61

O people, repent to Allah, for I repent to Allah hundred times a day. Saheeh Muslim, no.2702

Buddhism: Those who rid themselves of all impurities – greed, hate, delusion, pride, speculation, doubt, torpor (laziness), restlessness, lust and hardness of heart – are true hermits (monks). The Dhammapada

I repent of my sins, and I commit myself never to sin again. In body, speech and mind I have injured people. I confess it all. Divine powers, I am frightened. Do not let me die until my past evil has been wiped out. Shantideva : Bodhicaryavatara

Cut out what is bad in your lives, and devote yourselves to developing what is good. Kakacupama Sutta Majjhima Nikaya

Righteousness

Islam: It is not righteousness that you turn your faces to the east or the west; but righteous is he who believeth in Allah and last Day and the angels and the scriptures and the prophets;

and give his wealth for love of Him, to the kinsfolk and to orphans and the needy and the wayfarer and those who ask, and setteth slaves free; and observe proper worship and payeth the poor-due, and those who keep their treaty when they make one, and the patient in tribulation and adversity and time of stress, such are they who are sincere. Such are the God fearing. 3:39

Buddhism: A single day spent striving bravely for righteousness, is better than a hundred years spent in cowardly idleness. The Dhammapada

Righteous

Islam: The righteous man is he who wards off (evil). 2:189

Buddhism: Whose life is pure and radiant as solid gold, and who is virtuous and reflective? Even the creator praises such a person. The Dhammapada

Reward

Islam: So Today no soul will be wronged in the least, nor will be rewarded but for what you used to do. 36:54

Buddhism: Moral people look forward to dying knowing that after death they will enjoy the full consequences of their good behaviour. Maha Parinibbana Sutta

Sinfulness

Islam: It is incumbent upon you to be always truthful, for truthfulness guides to absolute piety leads to Paradise. A man

who always tells the truth and pursues the truth is written with Allah as a truthful one. Refrain from lying, for lying to sinfulness and sinfulness leads to Hellfire. A man continues to tell lies and pursues lies until he is written with Allah as a liar."

Bukhari, Adab (manners), 69; Muslim, Birr (Piety), 103,104

Buddhism: Just as the jasmines shed its withered leaves, you should shed every type of malice (evil intent) and wickedness (sinfulness). The Dhammapada

Blow off the dust of sinful passion. Then your journey will take you to a new and glorious life. The Dhammapada

Remove impurities from yourself. The Dhammapada

Slander

Islam: And if a slander from the devil wound thee, then seek refuge in Allah. Lo! He is Hearer, knower. 7:200

Buddhism: True priest never slanders people. What he hears from one person, he does not repeat to others.

Samanna – pahala sutta

Speech

Islam: Allah loves not the utterance of harsh speech.4:148Whoever believes in Allah and the Last Day let him speakgood or else keep silent.Saheeh al Bukhari, 6138

Buddhism: If your speech is always peaceful, useful and sincere, causing offence to no one, you are truly holy.

The Dhammapada

Satan

Islam: O mankind! Eat of what is in the earth lawful and wholesome, and do not follow the footsteps of Satan verily he is to you an open enemy. And he only commands you to commit evil and indecency and to assert falsely about Allah what you know nothing of. 2:168,169

Buddhism: Fight a constant battle against the devil who is constantly trying to tempt you. When you are victorious in a battle against the devil do not become complacent (pleased), but watch over your conquests. Always be vigilant.

The Dhammapada

Do not drop your guard for a moment because at the moment your guard is dropped. The devil will seize his chance and you will be condemned to great suffering. The Dhammapada

Self - Control

Islam: The strong man is not the one who can overpower others (in wrestling); rather, the strong man is the one who controls himself when he gets angry. Saheeh al-Bukhari, 6114

Buddhism: People may be regarded as elders if they are truly free from sin. If they are honest, virtuous, peaceful, self-controlled and moderate. The Dhammapada

As the rain leaks into a house whose thatch is flimsy, passions leak in to mind whose self-discipline is poor.

The Dhammapada

Sin

Islam: Avoid the seven great destructive sins. The Muslims enquired, O Messenger of Allah! What are they? "He said, to join others in worship along with Allah (shirk), to practice sorcery (magic), to kill the life which Allah has forbidden except for a just cause (according to Islamic law) (murder), to eat up Ribah (usury) (interest), to eat up orphan's wealth (usurp), to give back to the enemy and fleeing from the battlefield at the time of fighting (cowardness), and to accuse chaste women, who has never thought of anything touching her chastity and are good believers (false accusation). Bukhari, Wasayah,23; Tibb(Medicine), 48; Muslim, Iman (Faith), 144

Buddhism: Leave behind your desires, your passions and your sins on the journey of life. The Dhammapada

Thankfulness

Islam: How wonderful is the affair of the believer, for all his affairs are good, and that does not apply to anyone except the believer. If something good happens to him, he gives thanks for it and that is good for him; if something bad happens to him, he bears it with patience, and that is good for him.

Saheeh Muslim, 2999

Buddhism: Gratitude (thanks) for every gift purifies.

The Dhammapada

Truth

Islam: Leave that which makes you doubt for that which does not make you doubt. Truthfulness brings tranquility (Peace) whilst lying sows doubt. Jami'at -Tirmidhi-2518

Buddhism: It is not by pure water that the soul is made pure, the soul is purified by the truth. Udana

Thoughts

Islam: O you who believe! If ye keep your duty to Allah, He will give you discrimination (between right and wrong) and will rid you of your evil thoughts and deeds and will forgive you. 8:29

Buddhism: Good deeds come from good thoughts and evil deeds come from evil thoughts in the mind. Hui – Neng

Make haste in doing what is good and keep your mind away from thoughts of evil. The Dhammapada

Understanding

Islam: When Allah wills good for a person, He grants him understanding of the religion. Saheeh al-Bukhari, 71

Buddhism: Understanding does not come from concepts and theories. Milarepa

Virtue

Islam: And whoever hopes for meeting with the Lord let him				
do righteous work.	18:110			
Allah is a Lord a kindness to righteous.	3:152			
Righteousness (virtue) is a good attitude and sin is that which				
wavers in your heart and you do not want the people to find out				
about it. Saheeh	Muslim 2553			
Buddhism: If you give honour to those who are rich in virtue				
and holiness, you will receive four treasures: long life, good				
health, spiritual strength, and eternal joy. The	Dhammapada			
If we speak or act with a pure mind, joy will follow – as surely				

as a shadow follows the person who casts it. If we speak or act with an impure mind, suffering will follow – as surely as the chariot follows the animal that draws it. The Dhammapada

Wisdom

Islam: He bestows wisdom upon whom He will, and whosoever is granted wisdom he is indeed granted abundant good, and none accepts admonition except of understanding. 2:269

Buddhism: Those who can exercise perfect control of their actions, speech, and mind, have acquired true wisdom.

The Dhammapada

World

Islam: You desire the goods of the world and Allah desires

(for you) the Hereafter.

Be indifferent towards this world, and Allah will love you. Be indifferent to what is in people's hands, and they will love you.

Sunan Ibn Majah, 4102

Buddhism: Since this life is so brief and uncertain do not spend it on uncertain, do not spend it on pursuing worldly aims and goals. Dvagpo – Lharje

Wicked

Islam: And lo! The wicked verily will be in hell. 82:14

Buddhism: If impurities are allowed to develop in the soul and are not removed, the soul will be destroyed.

The Dhammapada

Irrespective of our religious background, we should try to act upon these verses to improve our conduct, rather than wasting time in finding faults and errors in other religions. We can learn valuable and important lessons from every religion of this world. Let us pray to God that he may forgive our sins and give us wisdom and power to live according to his will. May! God bless all of us.

Author's e mail: mall 62@hotmail.com Mob. 923314288302

