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## Moderation

This Week's Common Themes Across Religions



*The principle of moderation as part of religious life appears in many of the most important scriptures across religions and wisdom systems, variously known as The Middle Way, The Golden Mean, and other such phrases. Be neither too extravagant, nor too ascetic. Eat enough, but not too much. Experience emotions, but do not enable them to swing too high or too low.*

*I learnt moderation from the life of my father—like the Buddha, my father had taken spirituality and asceticism to the extreme and began to neglect family and other important material aspects of life. But then around the age of 60, he realized the folly in this & became much happier and fulfilled as he sought the proper balance. He lived a great life until the age of 90, finding a nice balance between spiritual and material life and leaving us with a great model to follow.*

*Everything has its limits and a healthy life is typically one characterized by balance and moderation. As one Hindu proverb puts it,*

***“Even nectar is poison if taken to excess.”***

*Even medicine can be a poison if taken in excess of suggested dosage.*

### **Buddhism**

*“The [Buddha] has awakened to the middle way, which gives rise to vision, which gives rise to knowledge, and leads to peace, to direct knowledge, to enlightenment, to Nibba na.”*

—The Buddha

### **Hinduism**

*“He who eats too much food or too little, who is always drowsy or restless, will never succeed in the yoga of meditation. For the man who is moderate in food and pleasure, moderate in action, moderate in sleep and waking, yoga destroys all sorrow.”*

—The Bhagavad Gita (6:16-17), Hindu scripture

### **Islam**

*“[Prophet], do not be too loud in your prayer, or too quiet, but seek a middle way.”*

—The Qur'an (17:110), Islamic scripture

### **Daoism**

*“Follow the Middle Course, for this is the way to keep yourself together, to sustain your life, to care for your parents and to live for many years.”*

—Chuang Tzu, Daoist sage

### **Baha'i**

*“Whatsoever passeth beyond the limits of moderation will cease to exert a beneficial influence.”*

—Bahá'u'lláh, Baha'i prophet

### **Judaism**

*“It is not good to eat too much honey, nor is it honorable to search out matters that are too deep.”*

—The Hebrew Bible (Proverbs 25:27), Jewish scripture

### **Christianity**

*“There is a time for everything, and a season for every activity under the heavens...”*

—The New Testament (Ecclesiastes 3:1-8), Christian scripture

### **Ancient Greco-Roman Philosophy**

*“Choose the mean and avoid the extremes on either side, as far as possible.”*

—Plato, Ancient Greek philosopher

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