

"A human being is a part of the whole
called by us universe, a part
limited in time
and space. He experiences
himself, his
thoughts and feeling as
something
separated from the rest, a kind
of optical
delusion of his consciousness.
This delusion
is a kind of prison for us,
restricting us to
our personal desires and to
affection for a
few persons nearest to us. Our
task must
be to free ourselves from this
prison by
widening our circle of
compassion for.
embrace all living creatures and
the whole
of nature in its beauty."