**Source Text**

A human being is a part of the whole, called by us the 'universe', a part limited in time and space. He experiences himself, his thoughts and feelings, as something separate 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.

**Translation Text**

人类是我们称之为“宇宙”的这个整体的一部分，是受时空限制的一部分。人类认为自己，自身的思绪和情感是独立于其他宇宙万物的存在—这好比人的意识的一种视觉错觉。这种错觉对我们而言，犹如囚牢。把我们困在个人欲望和周围最亲近的人的感情当中。