

Widen Our Circle of Compassion to Embrace All....

"A human being is part of the whole called by us universe, a part limited in time and space. We experience ourselves, our thoughts, and feelings as something separate from the rest.

A kind of optical delusion of 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 the prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty.

The true value of a human being is determined by the measure and the sense in which they have obtained liberation from the self (small self or ego).

We shall require a substantially new manner of thinking if humanity is to survive."

Albert Einstein, 1954