"A human being is a part of the whole that we call the universe... He experiences himself, his thoughts and feelings, as something separated from the rest -- a kind of optical illusion of his consciousness. This illusion is a prison for us, restricting us to our personal desires and to affection for only the few people nearest us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living beings and all of nature."

-- Albert Einstein