A human being is a part of the whole called by us universe, a part limited in time and space. We experience our self, our thoughts and feeling as something separated from the rest, a kind of optical delusion of consciousness. This delusion is a kind of prison, 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 to embrace all living creatures and the whole of nature in its beauty...the most important question facing humanity is 'Is the universe a friendly place?"

Albert Einstein



7 questions 7 million lives 7 billion smiles

You are nothing that can be thought, felt or seen, you are that which is aware of thinking, feeling, seeing.

Notice this obvious truth for yourself now.

This is freedom.



Love & Truth

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