



# A Human Beingí

By Albert Einstein

A human being is part of the whole,  
called by us ōuniverseö, a part limited in time and space.

He experiences himself, his thoughts, and feelings  
as something separated from the rest ó 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 this prison by widening our circle of compassion;  
To embrace all living creatures and  
the whole of nature in its beauty.

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