

Seeing Beyond Ourselves

'Human beings are a part of the whole we call the universe, a small region in space and time. They regard themselves, their ideas and their feelings as separate and apart from all the rest. It is something like an optical illusion in their consciousness. It restricts us to our personal aspiration and limits our affective life to a few people very close to us. Our task must be to free ourselves from this prison, opening up our circle of compassion in order to embrace all living creatures and all of nature and its beauty.'

– Einstein

1. As you look at the world around you, do you believe this statement is true? Why?

2. What difference would it make to your life if you saw the world in this way?

3. As you look to the future, what difference would it make if we saw creation in this way?
