

# Einstein on Reality, Buddhism

*Although Albert Einstein was not a Buddhist, these statements resonate with Buddhist insight and perspective.*

"A human being is part of a whole, called by us the 'universe',  
a part limited in time and space.  
He experiences himself, his thoughts and feelings,  
as something separate from the rest --  
a kind of optical delusion of his consciousness.  
This delusion is a kind of prison for us,  
restricting us to our personal desires and to affectation for a few people near us.  
Our task must be to free ourselves from this prison  
by widening our circles of compassion,  
to embrace all living creatures and the whole of nature in its beauty."

"Reality is merely an illusion, albeit a very persistent one."

"Buddhism has the characteristics of what would be expected  
in the cosmic religion for the future:  
It transcends a personal God, avoids dogma and theology;  
it covers both the natural and the spiritual,  
and it is based on a religious sense aspiring from the experience of all things,  
natural and spiritual, as a meaningful unity."

"The religion of the future will be a cosmic religion,  
a religion which is based on experience, which refuses dogmatism.  
If there's any religion that would cope with modern scientific needs it will be Buddhism."