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“In our spirituality, we reach for consciousness, awareness and the highest values; in our softfulness, we endure the most pleasurable and exhausting of human experiences and emotions. These two directions make up the fundamental pulse of human life, and to an extent, they have an attraction for each other.”

Thomas Moor (1779-1852)

Quoted in Anodea Judith, *Eastern Body Western Mind*, (New Delhi: Alchemy, 2010), 12.

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