

What Is the Soul?

The basis of life is the soul.
The most precious possession of the soul is the body.
The most precious possession of the body is health.
The basis of health is balance in all things.
The essence of balance is rest.
The basis of rest is the twin sisters sleep and meditation.
Of these, meditation is the greater,
For sleep is of the night, and meditation is of the light,
And the light of meditation shines on the soul.
Thus does the soul illumine the body,
Health, balance in all things, rest, and sleep,
And all the acts of living.