

"There are three forces--of body, mind and feeling. Unless these are together, equally developed and harmonized, a steady connection cannot be made with a higher force. Everything in the Work is a preparation for that connection. That is the aim of the Work. The higher energy wishes to but cannot come down to the level of the body unless one works. Only by working can you fulfill your purpose and participate in the life of the cosmos. This is what can give meaning and significance to your life. Otherwise, you exist only for yourself, egoistically and there is no meaning to your life."

Jeanne de Salzmann, quoted in 'Heart Without Measure'