

'Body am I, and soul' – thus speaks the child. And why should one not speak like children?

But the awakened and knowing say: body am I entirely, and nothing else; and soul is only a word for something about the body.

Behind your thoughts and feelings, my brother, there stands a mighty ruler, an unknown sage – whose name is self. In your body he dwells; he is your body.

Friedrich Nietzsche, **Thus Spake Zarathustra**,
trans. W. Kaufmann, New York: Viking Press, 1966, p. 34

The body is our general medium for having a world. Sometimes it is restricted to the actions necessary for the conservation of life, and accordingly it posits around us a biological world; at other times, elaborating upon these primary actions and moving from their literal to a figurative meaning, it manifests through them a core of new significance: this is true of motor skills such as dancing. Sometimes, finally, the meaning aimed at cannot be achieved by the body's natural means; it must then build itself an instrument, and it projects thereby around itself a cultural world.

Maurice Merleau-Ponty, **Phenomenology of Perception**,
trans. C. Smith, London: Routledge & Kegan Paul, 1962, p. 146

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