Now our first step toward attaining the truth of the matter is to discern the nature of soul, divine and human, its experiences, and its activities. Here then our proof begins.

All soul is immortal, for that which is ever in motion is immortal. But that which while imparting motion is itself moved by something else can cease to be in motion, and therefore can cease to live; it is only that which moves itself that never intermits its motion, inasmuch as it cannot abandon its own nature; moreover this self-mover is the source and first principle of motion for all other things that are moved. Now a first principle cannot come into being, for while anything that comes to be must come to be from a first principle, the latter itself cannot come to be from anything whatsoever; if it did, it would cease any longer to be a first principle. Furthermore, since it does not come into being, it must be imperishable, for assuredly if a first principle were to be destroyed, nothing could come to be out of it, nor could anything bring the principle itself back into existence, seeing that a first principle is needed for anything to come into being.

The self-mover, then, is the first principle of motion, and it is as impossible that it should be destroyed as that it should come into being; were it otherwise, the whole universe, the whole of that which comes to be, would collapse into immobility, and never find another source of motion to bring it back into being.

And now that we have seen that that which is moved by itself is immortal, we shall feel no scruple in affirming that precisely that is the essence and definition of soul, to wit, self-motion.