

देहिनोऽस्मिन् यथा देहे कौमारं यौवनं जरा ।  
तथा देहान्तरप्राप्तिर्धीरस्तत्र न मुह्यति ॥

As the embodied soul continuously passes,  
in this body, from boyhood to youth to old age,  
the soul similarly passes into another body at death.

*Lord Krishna to Arjuna in Bhagvad-gita*