

ASSOCIATED WITH PRANA AND APANA --- The two physiological functions of "perception" and of "excretion" in all living creatures are called *Prana* and *Apana*. Here, however, these terms can be considered in their broadest general sense. Not only does the Consciousness, as the 'digestive fire,' assimilate the food that has reached the stomach, but is again Life manifested as the peristaltic movement (*Prana*) that receives and rolls down the food swallowed, through the oesophagus into the stomach. After digesting, assimilating and absorbing food, it is again the same Divine Spark-of-Life that gives the intestines its capacity to throw out (*Apana*) the undigested and unnecessary by-products. In short, it is the Lord that helps us to swallow the food, it is the Lord that assimilates the food, and it is the Lord again that presides over the function of eliminating the by-products.

MOREOVER:

*15. And I am seated in the hearts of all, from Me are memory, knowledge, as well as their absence. I am verily that which has to be known in all the VEDAS; I am indeed the author of VEDANTA, and, the "knower of the VEDAS" am I.*

I AM SEATED IN THE HEARTS OF ALL --- If there be thus an Infinite Omnipotent Power that manifests Itself as the different things and beings in the world, how can a seeker make his pilgrimage towards It and meet this Great Divine? Lord Krishna says that He lives in the Hearts of