

These matter envelopments, we have already indicated, are not produced from the Self, as the Self is changeless. The world of matter cannot be said to arise from any other independent source, since the Self is All-pervading and is the One-without-a-second. Therefore, it is explained that the *Vishwa* is but a superimposition upon the Truth, as the ghost-vision gained on a post. In all such hallucinations, the post is the abode of the ghost, of the emotions which it creates, and of the thoughts it generates. There is no truth in the ghost apart from the post from which it borrows its ghost-form. Thus, it is the Self that is indicated here by Arjuna when he so beautifully sings that the Lord is the "Supreme Abode" of the entire *Vishwa*.

THOU ART THE KNOWER AND THE KNOWABLE ---
The Awareness in us is the Factor that completes all our experiences as realities. If the Light of Awareness were not to illumine the inert world-of-matter, no knowledge would have been possible, and therefore, the Principle of Consciousness, represented here as Lord Krishna, the Charioteer --- is described here as the Knower. All the techniques of Self-realisation are methods of gathering our Consciousness from all its channels of dissipation, so that, in the still moments of thoughtless Awareness, the Self is automatically RECOGNISED. It is thus said 'the Knowable,' or the realisable.

YOU PERVADE THE ENTIRE UNIVERSE OF FORMS ---
Just as sweetness pervades all chocolates, as the ocean pervades all waves, the Lord, being the essence, pervades