

perceived, felt, and thought of in our everyday life --- is called *Sat*.

Thus, to invoke the thoughts of *Om*, which express the TRANSCENDENTAL ABSOLUTE, or to invoke "*Tat*," the UNIVERSAL TRUTH, or to cherish the concept of "*Sat*," the REALITY, is to tune up our instruments of action and thereby chasten all our activities in the world outside.

The Eternal Reality, indicated in the triple designation of *Brahman* "*Om Tat Sat*," is the Source from which all castes, the *Vedas* and the sacrifices proceeded, even at the time of Creation. All super-impositions can only arise from, exist in and disappear into that which is their own substratum.

All human activities and endeavours can be classified under the heads: (a) activities (*Ahaara*) undertaken for the maintenance of the body, and (b) activities (*Niyata*) that nourish the culture by all co-operative activities pursued with a spirit of dedication (*Yajna*), all charities (*Daana*), and all intelligent methods of self-control (*Tapas*).

WHEN ARE WE TO USE THE TERM "OM"?

24. *Therefore, with the utterance of 'OM' are begun the acts of sacrifice, gifts and austerity as enjoined in the scriptures, always by the students of BRAHMAN.*