

The verse insists, "I AM THE ONE THING TO BE KNOWN" --- and this is the repeated assertion in all the scriptures. The Self is "That, having known which, everything else becomes known." To know the Self is to destroy the consciousness of imperfection, the existence finite, the sorrows poignant. To live in the ego, as a mere embodied self, is to live self-exiled from all the Divine potentialities that one is heir to. To re-discover this infinite Beatitude is the only satisfying end and goal of life, where alone an awakened intellect can discover a haven of peace and an enduring existence in perfect tranquillity.

The Self, the Substratum of the entire universe, is symbolised by the *Vedic mantra* called *Om*kara. Life is conceived of as 'the flow during our waking, dreaming, and deep-sleep states.' The Substratum for these three states and their experiences must be something other than these three, inasmuch as the rider is always different from the ridden, the container is different from the contents. The Substratum is different from the superimposition upon it.

This fourth-state, supporting and embracing the three ordinary states of consciousness in every one of us, is termed as *Turiya* by the *Upanishad* Seers. The one symbol representing all these four states is called *Om*kara, and naturally, therefore, the Ultimate indicated by *OM*, is the Self, conceived of, for the purpose of worship, as Krishna in *Shrimad Bhagavata*.