

Similarly, every one of us, so long as life resides in us, can perceive, feel and think, and yet, it is only the "wise" man who can come to recognise and live the Infinite Essence of Life Itself.

The Infinite Self is at all times present and never is there a time when It is not. When LEAVING the body, the subtle-body is vitalised by the presence of the Spirit. While the body is EXISTING, the Self is illuminating all experiences. While ENJOYING the pleasures of life, it is the Light of Consciousness that illumines for us all our mental experiences and our intellectual judgements. At moments, our entire mental climate changes from peaceful calmness (*Sattwa*) to riotous agitations (*Rajas*), or sinks into a dull inertia (*Tamas*), and all these moments, whatever be the nature of the climate within, are experienced only by the Light of Consciousness. And yet the unintelligent one perceives not this Conscious Knowledge that is constantly making him aware of his moment-to-moment experiences.

An average man is so much preoccupied with the details of experiences that, he, clinging to his desires for enjoying the outer beauty of things and situations, comes to overlook and fails to recognise the steady Light of Consciousness in him, in the presence of which alone can any experience be ever possible. Those who have got the necessary detachment from the minor details of the outer field-of-experience alone come to recognise and live the joys of the Pure Self --- the Subject.