

"the Self is the illuminator of change, Itself ever the Changeless."

I AM EXISTENCE AND NON-EXISTENCE --- To perceive and experience 'Existence' and 'Non-existence,' a positive illuminator of both is necessary, and the illuminating Consciousness must be able to embrace both *Sat* and *Asat* in its all-comprehending Knowledge. It is impossible to know and gain an experience of the total Non-existence; wherever we experience Non-existence, we experience it as "the Non-existence that exists."

Apart from this highly subtle philosophical interpretation there is a simpler significance for the phrase. *Sat* and *Asat* are terms used in *Vedanta* to indicate the 'cause' and 'effect': the UNMANIFEST and the MANIFEST. The Self being that Illuminating Factor --- without which we can experience neither the unmanifest (THOUGHTS) nor the manifest (OBJECTS) --- the Self Eternal is conceived of as the Essence in both the manifest and the unmanifest. Without the mud, no pot is possible; with mud all pots can exist; and therefore, the mud can claim: "I am the pots of all sizes, shapes and colours."

This stanza can provide a lifetime inspiration to the meditators at their seat of contemplation, while "barrelling their thoughts," before shooting forth into the voiceless and Nameless.