

release from sense preoccupation --- all these are necessary in order to produce in the seeker, supreme love for the Lord. There is yet another stage in one's pilgrimage to Truth.

WHAT THEN IS THE NEXT STAGE?

*55. By devotion he knows Me in Essence, what and who I am; then, having known Me in My Essence, he forthwith enters into the Supreme.*

BY DEVOTION HE COMES TO KNOW ME --- Devotion, as we have explained, is "love for the Supreme." Love is measured by the degree of identification the lover maintains with the beloved. When an ego-centric individuality, having made all the above adjustments, increasingly seeks and discovers its identity with the Self, it comes to experience the true nature of the Self more and more clearly. Such a seeker comes to understand "WHAT AND WHO I AM."

In the entire Geeta, the first person singular is used by the Lord to indicate the Supreme Goal. It is not Lord Krishna, as an individual person who is indicated by the terms 'I' and 'Me' as used in these discourses. Remember, this is the Lord's own Song, sung to revive His devotees, and the pronouns used here represent the *Paramatman*. To know the Self means to know both Its nature and identity. These are the topics in all scriptures. But the scriptural study