

one and the same, just as, for the manifestation of light-in-the-bulb and heat-in-the-heater, the energy is one and the same, i. e., electricity. In electricity, considered as pure energy, there is neither light nor heat. In the same way, in the Pure Self, in its Essential Nature, there is neither the God nor the ego. He who realises this "IN REALITY," we are told, will become established in the Supreme Awareness through the "TREMORLESS-YOGA."

We prepare a ball of mud of the required plasticity from a sample of mud after kneading it properly with water. The ball of mud is next put on the potter's wheel and roughly shaped. In the third stage, the pot is finished, dried and polished. And in the fourth stage, the pots so made are baked and painted. The mud can certainly insist that it is the 'origin and essence' of the pot, and that it is only in the mud that the four stages of the pot's evolution had taken place and are never divorced from it. This is true for all mud-pots at all times; none of them has any existence, growth, or development, without the mud which is the sustaining material in all of them. So too, the same Principle in its different manifestations becomes *Ishwara* and *Jiva*.

An individual, whose intellect is soaked with discriminative awareness --- of the subtle difference between the cosmic and the individual --- is alone capable of turning his mind away from the created world-of-objects, and towards the one and the same Subjective Reality, both in the Creator and in himself. The attitude of