

The Self is the Essence indicated by OM, and this Absolute Reality is the One theme, tacitly expressed, or indirectly implied, in all the *Vedas*, and therefore, it is said "I AM ALSO THE RIK, SAMA AND YAJUH."

FURTHER:

*18. I am the Goal, the Supporter, the Lord, the Witness, the Abode, the Shelter, the Friend, the Origin, the Dissolution, the Foundation, the Treasure-house and the Seed Imperishable.*

Continuing the theme of the status of the Self as the very essence behind the seeming plurality of the world --- recognised in our ignorance, and in fact nothing but a dreamy superimposition gathering its existence from the Reality behind it --- the Lord describes Himself with a host of suggestive words strung together to form this exquisite verse, pregnant and full, for all students of meditation.

I AM THE GOAL (*Gati*) --- All our seeking ends when all imperfections vanish in the total experience of the Perfect. To one frightened by the vision of a delusory serpent in a piece of rope, consolation and satisfaction can come only when his delusion has ended by the discovery of the rope. The Self is the Substratum of the sorrow-ridden universe of multiplicity; to realise the Self is to transcend all the choking sense of limitations. The Knowledge-Absolute by gaining which all becomes known, is shown here as the Self.