

एष स्वयज्ज्योतिरशेषसाक्षी
विज्ञानकोशे विलसत्यजस्तम् ।
लक्ष्यं विधायैनमसद्विलक्षण-
मखण्डवृत्त्याऽत्मतयाऽनुभावय ॥ ३८१ ॥

*eṣa svayañjyotiraśeṣasākṣī
vijñānakoshe vilasatyajasram,
lakṣyam vidhāyainamasadvilakṣaṇa -
makhaṇḍavṛttyā'atmatayā'nubhāvaya. (381)*

381. *Eternally shines this Ātman, the self effulgent witness of all things, which has the intellect for Its seat. Making this Ātman which is distinct from the unreal, your point of contemplation, meditate upon It as your own self, eliminating all other thoughts.*

The Ātman is ever self effulgent. Nothing can illumine It. Shedding Its light over all our experiences; It illuminates the thoughts and emotions in everyone. It is light itself. It is the witness of everything, without any exception, just as the sun is the witness of everything that shines under its light.

Consciousness plays about in the intellect in endless varieties. All the functions of thoughts in the mind and intellect are illumined by It, just as the sunlight playing on the surface of the surging ocean illuminates all waves, ripples, bubbles, foam and so on, that are in it.

Establish your mind in this Self, which is other than the not-Self (asad-vilakṣaṇam). Contemplate upon this Consciousness constantly, without any break, (akhaṇḍa-vṛttyā), as your own Self (ātmatayā).



एतमच्छब्द्या वृत्त्या प्रत्ययान्तरशून्यया ।
उल्लेखयन्विजानीयात्स्वस्वरूपतया स्फुटम् ॥ ३८२ ॥