

## MAHĀVAKYA

*In the Indian tradition some mantra are known as mahāvākya or great sayings. They often express and re-mind us in a poetic way of the presence of the eternal Awareness within the flux of existence.*

॥ bṛhadāraṇyaka upaniṣat I. 3. 28 ॥

- asato mā

asato mā sadgamāya |

- I experience what is unreal to understand what is real

tamaso mā jyotirgamāya |

- I experience what is darkness to understand what is light

mṛtyormā amṛtaṁ gamāya ||

- I experience what dies to understand what is eternal

॥ bṛhadāraṇyaka upaniṣat I. 3. 28 ॥