

MAHĀ VĀKYA

In the Indian tradition some Mantra are known
as Mahā Vākya or great sayings.
They often express and re-mind us in a poetic way,
of the source of the eternal Awareness (Cit)
within the ephemeral flux (Citta) of existence.

This is one such Mahā Vākya renowned and beautiful in its
profound simplicity as a heuristic means for contemplation.

तत् त्वम् असि

tat tvam̐ asi ||

That thou art

Chāndogya Upaniṣat VI.8.7

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