

There is a Spirit

which is mind and life, light and truth and vast spaces. It contains all works and desires and all perfumes and all tastes. It enfolds the whole universe, and in silence is loving to all.

This is the Spirit

that is in my heart, smaller than a grain of rice, or a grain of barley, or a grain of mustard seed, or a grain of canary-seed, or the kernel of a grain of canary-seed.

This is the Spirit

that is in my heart, greater than the earth, greater than the sky, greater than heaven itself, greater than all these worlds. This is the Spirit that is in my heart, this is Brahman.