

# Rudra, Meditations On The Mahavakya

Ekam Eva Advitiam  
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Meditation on the axiom that Shvetaketu received from his father  
It destroys the life of becoming someone other than what you are  
The preceptor of nobility wields the garland of words from the Veda  
Stringed with the right method, to reveal the Lord that you already are

The destruction of preconceived notions is possible but only with a purified mind  
You listen, then you contemplate and free yourself from the delusion  
By seeing that 'That' and 'thou' are indeed one since the dawn of time

Through this axiom the self is realised  
Through this eralisation you gain Immortality  
Through this attainment you'll realise that you are everything  
Sarvam Khalvidam Brahma

This is Brahman  
Thou are Brahman  
All is Brahman  
That Thou Art

This is Brahman  
Thou are Brahman  
All is Brahman  
That Thou Art

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