

ETERNAL CONSCIOUSNESS

Our real self, the soul, is immortal. We may sleep for a little while in that change called death, but we can never be destroyed. We exist, and that existence is eternal. The wave comes to shore, and then goes back to sea; it is not lost. It becomes one with the ocean, or returns again in the form of another wave. This body had come, and it will vanish; but the soul essence within it will never cease to exist. Nothing can terminate that eternal consciousness.

Paramahansa Yogananda