What Is Being?

Being is Life. It is existence. To be is to live, to exist. Being or existence finds expression in the different aspects of living: thinking, speaking, doing, experiencing, feeling. All aspects of life have their basis in Being.

The question arises, then, of how to understand Being in terms of all the different aspects of life with which we are familiar. How can we know Being in terms of the world, and what is its relationship with the world of forms and phenomena in which we live?

How can we distinguish existence from that which exists?

Existence is abstract; that which exists is concrete.

We may say that existence is life itself, while that which exists is the ever-changing phenomenal phase of the never-changing reality of existence. Existence is the abstract aspect of life on which are built what we call the concrete phases of life which encompass all aspects of the individual—body, mind, thinking, speaking, acting, behaving, experiencing, and influencing the surroundings, including all aspects of cosmic existence.

Life expresses itself in different modes of living. That which is lived is the expression of life; that which exists is the expression of existence.

Existence, life, or Being is the unmanifested reality of all that exists, lives, or is. Being is the ultimate reality of all that was, is, or will be. It is eternal and unbounded, the basis of all the phenomenal existence of the cosmic life. It is the source of all time, space, and causation. It is the be-all and end-all of existence, the all-pervading eternal field of the almighty creative intelligence. I am That eternal Being, Thou art That, and all this is That eternal Being in Its essential nature.

Experience shows that Being is bliss consciousness, the source of all thinking, of all existing creation. It lies out of relative existence where the experiencer or mind is left awake by itself in full
awareness of itself without any experience of an object. The conscious mind reaches the state of pure consciousness which is the source of all thinking. The almighty creative intelligence of the Absolute is the source of all intelligence. Being is the source of all power. It is the source of all nature and of the natural laws which maintain the different forms and phenomena in creation.

The essential nature of Being is absolute bliss consciousness. Without the knowledge of the fundamental of life, absolute bliss consciousness, life is like a building without a foundation. All relative life without the conscious basis of Being is like a ship without a rudder, ever at the mercy of the tossing sea. It is like a dry leaf on the ground left to the mercy of the wind, drifting aimlessly in any direction the wind takes it, for it has no roots to anchor it. The life of the individual without the realization of Being is baseless, meaningless, and fruitless.

Thus, Being is that which is the basis of life, gives it meaning, and makes it fruitful. Being is the living presence of God, the reality of life. It is eternal truth. It is the Absolute in eternal freedom.

**Being, the Essential Constituent of Creation**

Physical science informs us that the whole of creation is built up of layers of energy, one inside the other. The subtlest is at the innermost stratum of creation and builds up around itself different qualities, becoming bigger and bigger.

Recent discoveries of physics indicate the existence of various types of elementary particles lying at the basis of all creation. The family of elementary particles is found increasing all the time to show that the creation exists in innumerable strata of energy. Fine particles give rise to neutrons and protons which build up into the nucleus of an atom, which in turn builds up into an atom. The atoms comprise molecules, and the molecules make up the different forms of phenomena and constitute the entire visible universe. This is how physics is discovering finer layers of creation.

1. Sat-Chit-Ānanda—It is Sat which never changes; it is Chit which is consciousness; it is Ānanda which is bliss.
There was a time when physics declared the indestructibility of matter because the atom, which was thought to be the subtlest part of matter, was thought to be indestructible. Later on, experiments in the field of physics split the atom and found another world. Investigations into the nucleus of the atom gave rise to nuclear physics. Investigations into the field of electrons gave rise to electronics. The growing knowledge in these fields has advanced man's ability far beyond what could have been imagined a few decades ago.

As our knowledge of the finer fields of creation is increasing it is enabling us to be more powerful in life.

Underneath the subtlest layer of all that exists in the relative field is the abstract, absolute field of pure Being, which is unmanifested and transcendental. It is neither matter nor energy. It is pure Being, the state of existence.

This state of pure existence underlies all that exists. Everything is the expression of this pure existence or absolute Being which is the essential constituent of all relative life.

The one eternal unmanifested absolute Being manifests itself in many forms of lives and existences in creation. As our knowledge of the finer strata of existence increases, we gain advantage of that knowledge and grow in understanding about life. Our life becomes more comprehensive, more powerful, more useful, more creative; our aspirations, also, are found increasing.

Similarly, the knowledge of Being as the ultimate and essential constituent of creation raises the standards of all aspects of life to the unbounded status of the absolute existence. Relative life gains the absolute standard, and, based on this, stability and permanence are given to the relative field.

Energy, intelligence, and creativity rise to their limitless value and the limitations of individual life gain the status of unlimited cosmic existence. This is the glory of the discovery that Being is the essential constituent of creation.

**Omnipresence of Being**

It has been seen that Being is the essential constituent of creation and that It is present in every stratum of creation. It is present in all forms, words, smells, tastes, and objects of touch. In all the objects