

Change

Mira Mehta

TWILIGHTS

Darkness passing
Trails its shadow
In its wake;
Though morning comes

Sunbeams streaming
Do not dispel
From deepest depths
The scent of night.

Nothing in this world is absolutely pure; in everything there is an admixture of qualities and components.

According to Yoga philosophy, this is because the underlying substance of the world - matter - consists of three inseparable strands: illumination, activity and inertia.¹ It is the entwining of these three in different proportions that gives rise to the multiplicity of objects in creation.² For example, the mind represents the quality of illumination, while the body is a manifestation of the quality of inertia.

These qualities are by nature in perpetual flux. Thus life-cycle stages, events and circumstances are all transient. This applies equally to psychological states.

While the material mind is changeable, the spiritual soul is unchanging. The mind is considered to be the instrument of the soul, enabling it to experience life. But, in the Yoga view, it also has a higher ability and purpose: spiritual enlightenment.³ And for this the changeable has to attain the constancy of the unchangeable.

¹ Yoga Sutra 2.18

² Commentary on Yoga Sutra 2.18

³ Yoga Sutra 2.18

The poem is taken from Mira Mehta's book *Cascade of Stars*, published by Shephard-Walwyn (www.shephard-walwyn.co.uk). For information about her classes and other publications visit www.yogicpath.com.