

Usha

Ratri(night) and Usha(dawn) manifestations of the same principle-
awakening of knowledge and realisation.



The Ratri Sukta and the Usha Sukta of the Rg Veda have been envisioned by
the Seers Kaushika and Vishwamitra respectively.

Ratri, night, does not mean complete darkness, she is illuminated by the stars. Knowledge is inherent in us as like the stars in the night.

Usha, dawn, denotes the beginning of correct knowledge about oneself. Her unfailing arrival each day informs us of the perennial source of wisdom and grace of her light.

