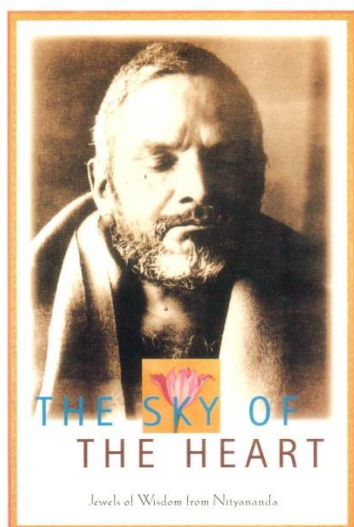




## The Sky Of The Heart



As Swamiji writes in the introduction: “The sutras presented in *The Sky of the Heart* demonstrate Nityananda’s mastery of spirituality, speaking as he does with simple conviction about the most subtle and refined points of the spiritual realm. And because he spoke very little, these sutras are a rare treasure of inspired wisdom arising from a special state of consciousness. They date from the early 1920s in Mangalore when devotees gathered around Nityananda each evening to sit in silence. Occasionally, however, Nityananda would speak from a trance-like state, and eventually the devotees began to copy down his work.” This body of work, also called the Chidakash Gita, has been published in several translations. The Rudra Press edition is notable for its very beautiful and accessible language.

This sutra speaks to the experience of being a new practitioner.

175.  
In the beginning,  
When you sit to practice,  
You may feel as heavy as a mountain,  
As if you are leaving the ground,  
As if you are sitting in the sea,  
As if hot water were being poured over you,  
As if you were sitting on high and observing,  
As fine and subtle as the point of a needle,  
As insubstantial as a leaf . . .  
You may not know whether you are  
Walking, talking, or sitting.  
At times, all feelings cease, leaving you  
As still and rooted as the coconut tree.  
You may look about and see only actors

In a play.  
You may see black faces.  
In perfect peace, all is infinite white light;  
Light in darkness, darkness in light;  
The universe in darkness,  
In the universe—light.  
At times, everything may seem like a movie  
On a screen.  
At other moments, only being  
In the bliss of consciousness.  
Questions may arise such as:  
“Why have I come into this world?”  
“Where am I going?”  
“What is my duty?”  
Coming down is not permanent—but rising,  
Step by step, to the upper story is!

This month *The Sky of the Heart* is available at a 25% discount. Click [here](#) to order.