



by Nirmala

For centuries, spiritual teachings have pointed us to the Heart as the source of wisdom, truth,

peace, and love. We call it the Heart because these deeper realities are experienced most strongly in the region of the physical heart. However, the spiritual Heart is not limited to a location in your body. The Heart is the totality of your connection with the essential qualities and greater dimensions of your true nature as limitless Being. Any full exploration of the larger truth of your Being must include a discovery of the capacities and qualities of this tender, loving, and wise aspect of your true nature.

Living from the Heart consists of three related pieces that explore living from the spiritual Heart. *Part One, From the Heart*, offers simple ways to drop your awareness into the Heart and thereby shift into a more open, allowing perspective and to more fully experience the world and your true nature as aware space. It goes on to explore dropping awareness into the belly and ultimately into the larger spiritual Heart, which includes the mind, heart and belly. These simple shifts in perspective can profoundly alter your experience of life and its challenges. It turns out it doesn't matter what you experience; what matters is where you experience it from.

Part Two, The Heart's Wisdom, explains how the Heart is a wise and accurate guide to the truth. The truth is whatever opens your Heart and quiets your mind. This simple definition cuts through any confusing ideas and beliefs to the direct source of wisdom and guidance available in your own Heart.

Part Three, Love Is for Giving, points to the true source of love in your own Heart. The essence of love is the spacious, open attention of our awareness. Awareness is the gentlest, kindest, and most intimate force in the world. It touches everything but doesn't impose or make demands. Surprisingly, this awareness, or love, is experienced most fully when you give it to others, not when you get it from others. The more love you give, the more love you experience. It is by freely giving love that we are filled with love.

Throughout, there is a pointing beyond the experience of the Heart and its wisdom, peace, and love to the possibility of recognizing these essential qualities as who and what you are. The Heart with all its joy, satisfaction, peace, love, and wisdom is not just something you can experience more fully; it is what you have always been and always will be. In recognizing your true nature as this fullness of Being, you can ultimately rest from all seeking and effort, and just be who you are.

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[Download a PDF of Part 2 of *Living from the Heart* for free \(27 pages\) \[Read Part 2 only\]\(#\) \[Read an excerpt entitled *Love is for Giving*\]\(#\)](#)

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New: A friend is creating a series of podcasts of The Heart's Wisdom, part 2 of Nirmala's book, Living from the Heart. [Listen to the first three podcasts now](#)

Reviews of Living from the Heart:

“Nirmala's book is an invitation to explore the world through a new lens of perception...deep love, peace, stillness, and awareness. His coaching is followed by extraordinarily simple exercises that helped me to stop avoiding and resisting the challenges in life. He taught me how to relax into every moment and find the richness that was already there. Before reading this book, I felt an almost constant obsessive desire for more...more love, gratification, experience, more of almost everything. When I view reality from my heart, as Nirmala instructs, the obsessiveness stops and is replaced with deep fulfillment and peace. Nirmala's words are imbued with Spirit and seem to penetrate deeply, way beyond the mind. The ONLY other book that had a similar effect on me was Eckhart Tolle's The Power of Now. It is rare indeed to pick

up a book and read only a sentence or paragraph and know that you have crossed the threshold of mind and entered into the larger domain of Expanded Awareness. I love this book and can't wait to share it with others.” –Debbie Hartman, CA

“I first read one of Nirmala's books almost two years ago and it was my introduction to Avaita. It took what Pema Chodron's work had started for me to a more personal, practical level to apply in daily life. The most valuable "pointer" is how Nirmala, kindly, gently has us be with everything with a perspective of "allowing," not efforting to change anything. I've always had trouble being judgmental for not so wonderful feelings or experiences and his writings get right to the heart of being allowing and merciful of even the worst parts of my thinking and interpretations of life experiences. Nirmala, referring to your writings almost daily, I'm learning and practicing what "loving myself," my human nature, really means. His writing speaks deeply to me and compels me to practice living from the heart, even when I'm not. In person, at his retreat, his presence is also beautiful and a gift I am very grateful for experiencing.” -Patrice Suave

“This book is really well written, clear and precise and if the exercises are sincerely followed you will be amazed at the experiences. This book will point you in the right direction, if you're willing to journey you will not be disappointed. What I enjoyed most about this book was it went into good instruction and reasoning without being watered down, redundant, or confusing. If you are someone interested in self-improvement/self-realization this is a must-read. Relax, open your heart and enjoy!!!” -Brett Ward on Amazon

“*Living from the Heart* immediately took me into the feeling of my whole heart - the heart of my total and deeper being. From reading this book, my meditations have deepened. This simple and great work helped me to sink more into my body, my complete being, and attune to the subtleties of how my heart feels in the moment. Many thanks Nirmala.”

–Michelle Elizabeth on Amazon

“The initial sentences of Nirmala's book, *Living from the Heart*, captured my imagination from the start. He said, "You may think it matters what happens. But what if the only thing that matters is where you are experiencing from, where you are looking from? I immediately was curious to know more and see how he would approach this topic. He was not to disappoint me. Consider this additional quote from the book: ”

..looking from the heart shifts you more fully into your own Being, your true nature. While you are made of aware space, it is not exactly empty space. Everything that really matters is found in the space that you are and not in the external events or experiences of life, as we so often assume.

" Nirmala uses clear, concise explanations of the concepts he is teaching with helpful exercises to experientially ground one's understanding. The use of exercises is a clear strength of the first part of the book as he moves us from a contracted sense of heart to an expanded experience of the spiritual Heart including mind, heart and belly.”

- Gloria Achterberg on Amazon

“I have had the pleasure of sitting in Satsangs with Nirmala, as well as reading his books, and find that there is a feeling of total acceptance that permeates his being, and is equally felt through his writings. I hope I am not exposing a secret when I say that although there are many

approaches in spiritual literature that direct us to move from the head to the heart, I find in Nirmala's writing a quality that I can only describe as disarming. The following quotations may give an idea of what I mean. In Part 2, '*The Heart's Wisdom*,' he says: '*The opening and closing of the heart is not a prescription—something you need to practice—but simply a description of what your heart has been doing your entire life.*

' Such a phrase leaves nothing for the ego to resist, and adds spaciousness to the process of inquiry. And just when the ego feels it might have material to come back into prominence as it strives to succeed in the process, Nirmala says, '

There is never a need to have a bigger or smaller experience, as Being is still Being, even in the small experiences...just as a single drop of water is still wet.

' 'One more try,' the ego says, and then it reads: '

Being is never harmed by the limited perspectives we experience...Being is already resting within the endless opening and closing of the heart, so you might as well enjoy the ride.

' And it is then that the ego realizes that it is, and always has been, included in the 'ride' and it finally rests. I am very grateful for Nirmala's teachings, and I highly recommend his book to those who are ready to stop the struggle and rest in Being."

—Arzani Burman, author of
The Legacy of Violetta Rose

Press Release

"You may think it matters what happens. But what if the only thing that matters is where you are experiencing from, where you are looking from? What if you could experience all of life from a spacious, open perspective where anything can happen and there is room for all of it, where there is no need to pick and choose, to put up barriers or resist any of it, where nothing is a problem and everything just adds to the richness of life?"

With these words, the new book, *Living from the Heart*, begins a journey of exploration into what has been called the spiritual Heart. For ages, spiritual seekers have been pointed in the direction of their own Heart to find the answers to life's deepest questions, and also to find the true source of peace, joy, wisdom, and love. And now there is a practical, down-to-earth guide to how to access this deepest wisdom and love in your own Being.

Living from the Heart

shows readers specifically how to drop their awareness into their Heart and thereby soften and expand their awareness, how to sense the truth by following the responses in their own Heart, and how to be filled with a profound love by giving it away to everything they encounter. The many pointers and exercises throughout the book give a direct experience of the open, accepting qualities of the spiritual Heart and show how it can be an integral part of everyday life.

"Throughout the book," says the author, *"there is also a pointing to a much bigger and more*

transformative truth—that this limitless, loving, and spacious awareness is actually who and what we are. Spiritual presence is much more than just something we can experience; it is that which is experiencing. It is infinite loving Being itself that is looking out of our eyes every minute. Freedom from suffering comes when there is this recognition of our true nature
.”

After experiencing a profound spiritual awakening in India, Nirmala has been offering spiritual teaching and mentoring in the U.S. and internationally since 1998. Nirmala offers a unique vision and a gentle, compassionate approach, which adds to the rich tradition of inquiry into our true nature. He is the author of several other books, including *Nothing Personal: Seeing Beyond the Illusion of a Separate Self* and *Gifts with No Giver*

. In his sessions with individuals and in the book, *Living from the Heart*

, Nirmala points to the wisdom within each of us, and fosters the individual's own exploration of the full potential of the spiritual Heart.

Living from the Heart

is published by

Endless Satsang Foundation

and is available on Amazon.com. More information and free downloads of several of Nirmala's books are available on his website at www.endless-satsang.com.

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