

Katha Upanishad
In the secret cave of the heart



In the secret cave of the heart,
Two are seated by life's fountain.
The separate ego drinks of the sweet and bitter stuff,
Liking the sweet, disliking the bitter,
While the supreme Self drinks sweet and bitter
Neither liking this nor disliking that.

The ego gropes in darkness,
While the Self lives in light.
So declare the illumined sages and the householders
Who worship the sacred fire in the name of the Lord.

May we light the fire of Nachiketas
That burns out the ego, and enables us
To pass from fearful fragmentation
To fearless fullness in the changeless Whole.¹



¹ *Katha Upanishad* I, iii, 1-2; [modified from Easwaran's translation]