

Teachings to Live By

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~ Baba Muktananda

A person's life
should be like a flower
which only gives out great fragrance.

~ *Baba Muktananda*

Dharana for Meditating on Baba's Teaching

Namaste.

You will be meditating on a teaching from Baba Muktananda.

Baba teaches:

“A person's life should be like a flower, which only gives out great fragrance.”

To prepare for meditation on Baba's teaching, I'll be giving you instructions for posture and breathing.

After that, I will lead you in a *dharana*, followed by ten minutes of meditation.

Now, I will guide you in five steps for creating a steady and easeful posture for meditation.

The first step is to create a solid foundation.

If you are sitting in a chair, place both feet flat on the floor approximately hip-width apart and parallel to one another.

If you're sitting on the floor, sit in a comfortable cross-legged position on a firm pillow or cushion.

Whether you're sitting on the floor or in a chair, bring your awareness to your two sitting bones—the bones at the bottom of the pelvis that are in contact with the surface beneath you.

Feel the weight of your upper body balanced over your sitting bones.

Allow your sitting bones to release down into the surface beneath you, creating a stable base for your posture.

The second step is to position your hands and arms easefully.

Your upper arms are relaxed and releasing straight down from your shoulders.

Place your hands in *chin mudra*, thumb and index finger touching.

Then rest your hands, palms down, on your thighs.

Step three is to imagine your energy gently spiraling upward.

Starting at the base of the spine, visualize energy spiraling up through your body all the way to the crown of your head.

The fourth step is to allow your neck to be soft and free.

Let the back of your neck soften and gently lengthen as if you were bowing your head slightly.

Release your jaw.

Allow the muscles in your face to relax.

Let the focus of your eyes be soft.

Step five is to breathe freely and naturally.

Bring your attention to your breathing.

Without doing anything to change the way you're breathing, simply notice how the breath feels as it moves in and out of your body.

Your chest is open and slightly lifted.

Observe your breath flowing easefully.

Now, if you wish, close your eyes.

Baba teaches:

"A person's life should be like a flower, which only gives out great fragrance."

In your mind's eye, imagine a delicate pink blossom.

Its petals are fully opened.

Inhale the exquisite fragrance that emanates from the blossom.

Exhale, savoring its heavenly scent.

As you continue breathing, let the perfume draw you into the serene space within your heart.

There, at the center of your being, is a magnificent blossom made entirely of light.

From this radiant flower emanates the qualities of your own heart—

love,

kindness,

generosity,

joy...

Visualize these pure qualities filling your being and extending outward to the world around you.

Rest in the sweetness emanating from your own heart.

Meditate.