

Teachings to Live By

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~ Baba Muktananda

The power of grace
pervades from north to south, from west to east.
It stretches from above to below.

~ *Baba Muktananda*

Dharana for Meditating on Baba's Teaching

Namaste.

You will be meditating on a teaching from Baba Muktananda.

Baba teaches:

The power of grace pervades from north to south, from west to east.
It stretches from above to below.

To prepare to meditate on Baba's words, take a comfortable posture.

Feel your sitting bones release into the surface beneath you.

Allow your spine to gently lengthen and remain supple.

Place your hands, palms down, on your thighs.

In a moment, you will stretch your arms and the sides of your torso.

Be mindful of the needs of your own body.

Do only the amount of stretching that is comfortable for you.

First, become aware that your spine is supported by your back muscles and, in the front, by your abdominal muscles.

Place your left hand next to your left hip on the chair or floor beside you.

Raise your right arm overhead as high as you can, with your palm facing inward, toward your midline.

As you inhale, lengthen your arm and torso upward.

Exhale and gently curve your upper body to the left. Bend your left arm to allow this sideward stretch.

Maintain this stretch as you breathe in and breathe out two more times.

Come back to center and lower your right arm at your side.

Now, you'll stretch the other side of your body.

Place your right hand next to your right hip on the chair or floor beside you.

Raise your left arm overhead as high as you can, with your palm facing inward, toward your midline.

Inhale and lengthen upward.

Exhale and gently curve your upper body to the right. You can bend your right arm to allow this sideward stretch.

Maintain this stretch as you breathe in and out two more times.

Now, come back to center and lower your left arm at your side.

Bring your hands to rest again on your thighs, palms facing down.

Observe how your ribcage has become more open to the flow of the breath.

As you breathe in, feel your ribcage expand in all directions.

As you breathe out, feel the ribcage return to center.

Breathe in—feel your ribs expand.

Breathe out—let the ribs return to center.

Continue breathing in this way for a few moments.

Breathe normally.

I will now be leading you in a *dharana* on Baba's teaching.

Baba says:

The power of grace pervades from north to south, from west to east. It stretches from above to below.

Envision your awareness, expanding in all four directions—before you, behind you, and to both sides.

Feel the vast expanse that exists in all four directions.

Now, visualize your awareness stretching upward into the vast sky, and at the same time, stretching downward into the limitless space below you.

Feel your awareness reaching out in *all* directions.

The infinite space surrounding you is permeated by the power of grace.

Feel the Guru's benevolent grace within you,
above you,
below you,
behind you,
before you.

Feel this compassionate grace embracing you from all directions.

With this awareness, meditate.

