

# Teachings to Live By

## 12

~ Baba Muktananda

In the bright days of your brief life, remain aware.

Live with morality and righteousness.

Power will go one day...

~ Baba Muktananda

### Dharana for Meditating on Baba's Teaching

*Namaste.*

You will be meditating on a teaching by Baba Muktananda.

Baba says:

In the bright days of your brief life, remain aware. Live with morality and righteousness. Power will go one day...

To prepare for meditation on Baba's teaching, establish a comfortable and steady posture.

Feel both your sitting bones release into the surface beneath you.

Let your spine be supple and gently elongated.

Place your hands palms down, on your thighs. You may wish to practice *chin mudra*, with your index fingers gently touching your thumbs.

Now, bring your attention to your torso.

Your entire torso is light and buoyant.

A sense of lightness in your torso contributes to an easeful meditation posture.

To support a feeling of lightness, I will be leading you in a three-part breathing exercise.

First, become aware of the breath moving in your torso.

Listen as I describe the three-part breath, and then I will instruct you, step by step.

In the three-part breath,  
    you inhale through the nose—  
        breathing first into the bottom of the lungs,  
            then into the middle of the lungs,  
                and finally into the top of the lungs.

You then exhale in the reverse order—  
    breathing out the air from the top of the lungs,  
        then from the middle of the lungs  
            and finally from the bottom of the lungs.

Practice this now, following my instructions:

Breathe in slowly, filling first the bottom of the lungs...  
    then the middle...  
        and finally the top.

Breathe out slowly, emptying first the top of the lungs...  
    then the middle...  
        and finally the bottom.

Once more: breathe first into the bottom...  
into the middle...  
and into the top of the lungs.

Exhale first from the top...  
from the middle...  
and from the bottom of the lungs.

Allow your breath to return to its natural pace.

Notice how your torso feels now.

Now, listen again to Baba's words.

Baba says:

In the bright days of your brief life, remain aware.  
Live with morality and righteousness. Power will go one day...

To engage in a *dharana* on Baba's teaching, bring your attention to your breath once again.

Become aware of the power that draws the breath in and sends it out.

The power inherent in your breath is your own sacred life force.

It is the divine power by which you think and act in this world, by which you exist and live.

Become aware of the preciousness of this breath moving through you.

Now, listen to these intentions and hold them in your heart.

I live with morality and righteousness.

I speak with discernment and kindness.

I act to benefit humankind.

I perform my work with honesty and integrity.

I express appreciation for others' thoughtfulness and good deeds.

I extend compassion to myself, to others, and to all creatures.

I offer my gratitude to God, to Shri Guru, for my life.

As you breathe in, receive the sacred energy of the breath.

As you breathe out, offer your gratitude to God.

Breathe in and receive the sacred energy of the breath.

Breathe out, offering your gratitude to God.

Breathing with awareness, meditate.