

Teachings to Live By

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~ Baba Muktananda

The teachings of the Guru are filled with virtue.

Follow them, for they bring joy.

~ *Baba Muktananda*

Dharana for Meditating on Baba's Teaching

Namaste.

You will be meditating on a teaching from Baba Muktananda.

Baba says:

The teachings of the Guru are filled with virtue. Follow them, for they bring joy.

Establish a comfortable, upright posture for meditation.

Whether you're sitting in a chair or on the floor, feel your sitting bones supported by the surface beneath you.

You may place your hands in *chin mudra*, with your index fingers and thumbs gently touching, and rest your hands, palms downward, on your thighs.

Or, you may practice *dhyana mudra*, one hand on top of the other, palms facing up, and resting in your lap.

Now, breathe in and feel your spine lengthening upward.

Breathe out and maintain that feeling of lift.

Once again, breathe in and feel your spine lengthening upward.
Breathe out as you maintain the feeling of lengthening.

Let your breathing return to its natural rhythm.

Bring your attention to your facial muscles... and let them relax.

Let the muscles of your eyes be at ease.

Your tongue is resting on the floor of your mouth.

Allow the hinges of your jaw to relax.

Let all the muscles of your face be soft.

Now I will lead you in a *dharana* on Baba's teaching.

Baba says:

The teachings of the Guru are filled with virtue. Follow them, for they bring joy.

Take a moment to recall a teaching from the Guru that you have made a conscious effort to follow in your life.

Hold this teaching in your awareness.

Envision yourself practicing this teaching in a moment or scenario in your life.

Notice how practicing the teaching affects your mind and heart.

Notice how it affects others or your environment.

Perceive how the virtue, the goodness, contained in the teaching emanates within you and into your world.

And now, silently repeat the teaching.

With each repetition, feel its benevolence.

Let this quality of goodness flow through you and lead you to your own heart.

Hear the hum of joy in your heart.

Abide in that joy.

Meditate.