

Teachings to Live By

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~ Baba Muktananda

The mind should not wander outside the present moment.
Rather, it should stop within the boundaries of the moment
and become completely still there.

~ *Baba Muktananda*

Dharana for Meditating on Baba's Teaching

Welcome.

You will be meditating on a teaching from Baba Muktananda.

Baba teaches:

The mind should not wander outside the present moment.
Rather, it should stop within the boundaries of the moment
and become completely still there.

Take a comfortable posture for meditation.

Balance your upper body so that it is centered over your two sitting bones.

Position your hands comfortably on your thighs, palms facing down, with your fingers in *chin mudra*.

Or place your hands in your lap, in *dhyana mudra*.

Release the muscles on all sides of your neck.

Imagine your spinal column gently lengthening both downward and upward.

The vertebrae—the bones of the spinal column—are delicately balanced, one on top of the other.

Between each vertebra is a soft, cushion-like disk.

Simply by thinking of your spine lengthening, you are creating more space between each of these disks.

Turn your attention to your breath.

As you breathe in, envision each vertebra floating on a cushion of light.

As you breathe out, envision the space between each vertebra expanding.

Again, breathe in and envision each vertebra floating on a cushion of light.

Breathe out and envision the space between each vertebra expanding.

Practice this for a few more breaths.

Breathe naturally.

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

Baba says:

The mind should not wander outside the present moment.
Rather, it should stop within the boundaries of the moment
and become completely still there.

To bring the mind to rest in the present moment, take the support of your breath.

Focusing on the flow of your breath naturally draws you into the present moment.

As you breathe in, feel the gentle caress of the air flowing into your nostrils, throat, and lungs.

As you breathe out, feel the air caressing the lungs, throat, and nostrils.

Continue to gently focus on the sensation of the breath as it flows in and out.

If your mind wanders, simply return your attention to the flow of the breath.

As you maintain your focus on the breath, your mind is in the present moment.

As you continue to be in the present moment, your mind is becoming more still.

Enter the stillness.

Meditate.