

Teachings to Live By

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~ Baba Muktananda

In both mundane and spiritual life,
all work is carried out through the words we use,
whether these are words we are thinking
or that we are writing or speaking aloud.

What is the source of these words?

The primordial *AUM*, the mantra.

~ Baba Muktananda

Dharana for Meditating on Baba's Teaching

Namaste.

Baba Muktananda teaches:

In both mundane and spiritual life, all work is carried out through
the words we use, whether these are words we are thinking or that
we are writing or speaking aloud. What is the source of these words?
The primordial *AUM*, the mantra.

I will be leading you in a *dharana* to experience this inner source that Baba
teaches about—the primordial mantra *AUM*.

First, establish a steady and comfortable posture for meditation.

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

Feel how your upper body is balanced over this foundation.

Let your spine be supple and gently elongated.

Allow your neck to be soft and free.

To further settle into an easeful posture, practice an inner smile.

Imagine that your entire being is smiling, content, and happy.

As you smile inwardly, notice how this relaxes your body and mind.

Now bring your focus to your breath.

Breathe in deeply and slowly, feeling the soothing energy of the breath.

Breathe out slowly and fully, enjoying the calming effect of the breath.

Continue breathing in this way for a few moments.

Breathe naturally.

Now, listen again to Baba Muktananda's teaching.

Baba says:

In both mundane and spiritual life, all work is carried out through the words we use, whether these are words we are thinking or that we are writing or speaking aloud. What is the source of these words? The primordial *AUM*, the mantra.

You will be practicing a *dharana* to experience the source of words that Baba teaches about.

To travel to the source of words, you will repeat the mantra *AUM* and trace it back through the levels of your own being, moving from the physical to the subtle.

You will begin by repeating *AUM* aloud—speaking it or singing it on any note you choose.

As you do so, feel *AUM* vibrating on your tongue and in the space inside your mouth.

You may begin.

Now, repeat *AUM* silently.

As you do this, feel the vibration of *AUM* at the level of your throat.

Imagine your repetition of the mantra as a continuous stream of water or honey.

Now, feel the silent repetition of *AUM* go deeper to the level of your heart.

At the level of your heart, visualize the letters of the mantra *AUM* dissolving into a gently pulsating pool of light.

Experience the repetition of *AUM* as light pulsating in your heart.

The mantra's vibration spreads warmth throughout your body.

Now, go deeper still to the level of your navel, where *AUM* is resounding continuously.

At this level, *AUM*, the primordial sound, exists in the form of vibrating consciousness.

It is from this pure consciousness that all words—in the form of thoughts and speech—arise.

Feel the divine vibration of *AUM* taking place within you on its own.

If any thoughts arise, let them return to their source—the divine sound *AUM*.

Become absorbed in the vibrations of *AUM* resounding deep within you.

Meditate.