

Teachings to Live By

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~ Baba Muktananda

Do not allow your desires to dominate your life.

If something comes, let it come.

If something goes, let it go.

~ *Baba Muktananda*

Dharana for Meditating on Baba's Teaching

Namaste.

You will be meditating on one of Baba Muktananda's teachings.

Baba teaches:

Do not allow your desires to dominate your life. If something comes, let it come. If something goes, let it go.

Prepare to meditate on Baba's teaching by establishing an easeful and upright posture.

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

Gently rock your upper body from front to back... and side to side.

Come to rest where you feel your weight evenly balanced over your sitting bones.

From this solid base, your torso rises up like a mighty mountain, strong and serene.

Feel the steadiness of your mountain-like posture.

As you breathe in, feel your own vital force flowing down to the base of your spine, anchoring the foundation of your posture.

As you breathe out, feel your vital force flowing upward, allowing your spinal column to lengthen.

Again, breathe in, all the way to the base of your spine.

Breathe out, and let the spinal column lengthen upward.

Continue breathing like this for a few more breaths.

Let your breath return to its natural rhythm.

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

Baba says:

Do not allow your desires to dominate your life. If something comes, let it come. If something goes, let it go.

To experience Baba's teaching, envision a mighty mountain rising up toward the heavens.

Picture how a mountain remains steady with the passing of the seasons.

It is unaffected by the snows of winter, and the heat of summer.

Now visualize your own body as a mountain.

Your mountain-like posture emanates strength and serenity.

Sitting like a majestic mountain, you are complete and fulfilled.

You are connected to the core of your being.

Now, visualize something you desire coming to you.

Let it come.

As you do so, remain connected to your inner steadiness.

Now, visualize something you desire leaving you.

Let it go.

As you let it go, remain connected to the unchanging serenity within you.

Bring your awareness to the breath flowing in and out of your body.

As you inhale, experience your inner serenity.

As you exhale, experience your inner steadiness.

Inhale and feel your inner serenity.

Exhale and feel your inner steadiness.

Hold Baba's words in your awareness: "If something comes, let it come."

"If something goes, let it go."

Feel your breath flow in... and flow out.

Remain steady in your own serenity.

Meditate.