

# Teachings to Live By

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~ Baba Muktananda

Don't underrate yourself.  
Don't let your price fall on the market  
by keeping the memory  
of all your faults, attachments, and aversions alive.  
Focus on cultivating good qualities.

~ *Baba Muktananda*

## Dharana for Meditating on Baba's Teaching

*Namaste.*

You will be meditating on a teaching from Baba Muktananda.

Baba teaches:

Don't underrate yourself. Don't let your price fall on the market by keeping the memory of all your faults, attachments, and aversions alive. Focus on cultivating good qualities.

First, establish a steady and comfortable posture for meditation.

Feel your sitting bones release into the surface beneath you.

Your upper body is balanced and light.

Place your hands in *chin mudra*, with your thumbs and index fingers touching and your palms resting downward on your thighs.

Let your spine be supple and gently elongated.

Release the muscles on all sides of your neck.

Imagine your collarbone area opening and broadening, creating more space in your upper body.

Now, bring your attention to your shoulders.

Visualize your shoulders releasing away from each other, out to either side.

Feel the space this creates in your chest and upper back.

Now, with the breath, you will create more expansion in your upper body.

Breathe in, letting the breath fill the collarbone area.

Breathe out, letting the collarbone area settle.

Again, inhale and let the breath fill your collarbone area.

Breathe out and let the collarbone area settle.

Breathe normally.

Listen again to Baba Muktananda's teaching.

Baba says:

Don't underrate yourself. Don't let your price fall on the market by keeping the memory of all your faults, attachments, and aversions alive. Focus on cultivating good qualities.

I will now lead you in a *dharana* on this teaching from Baba.

In your mind's eye, visualize yourself sitting before a sacred fire.

See yourself offering to the fire the good qualities you wish to cultivate.

See yourself offering to the fire...

compassion,

respect,

courage,

generosity,

your longing for God.

As you offer each of these qualities to the fire, you feel that virtue becoming stronger within you.

For a moment, your mind wanders into the past.

You recall a time when you felt you failed.

As this memory seizes your attention, you feel a sense of unworthiness.

You bring your gaze once again to the fire. Its radiance and warmth reminds you of your own goodness.

With renewed focus, you resume offering your good qualities to the fire...

enthusiasm,

forgiveness,

kindness.

See the flames dancing even higher.

As you watch the fire, you feel a steady and powerful glow inside of you—the flame of your own Self.

See this inner flame illuminating a limiting idea you have about yourself.

As this idea is touched by the inner flame, watch: it dissolves into light.

As you breathe in... see your inner flame shining brightly.

Breathe out... see your inner being filled with light.

Breathe in... see the flame shining brightly.

Breathe out... see light pervading your being.

Meditate on your own inner light.