

# Teachings to Live By

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~ Baba Muktananda

What is ego? We all have the awareness of "I."

It exists naturally within us, and it is pure.

If we leave that "I" as it is, that "I" is God.

But we always add something to the "I,"

and as soon as we do that,

it becomes ego and causes all our troubles.

~ Baba Muktananda

## Dharana for Meditating on Baba's Teaching

*Namaste.*

Welcome to this meditation based on a teaching from Baba Muktananda.

Baba teaches:

What is ego? We all have the awareness of "I." It exists naturally within us, and it is pure. If we leave that "I" as it is, that "I" is God. But we always add something to the "I," and as soon as we do that, it becomes ego and causes all our troubles.

Establish a comfortable and upright meditation posture.

Allow your sitting bones to release into the surface beneath you.

Feel your upper body balanced over its base.

Let your torso gently elongate from the base of your spine to the crown of your head.

Allow your chest to broaden.

Your upper arms and shoulders are at ease.

Your hands rest, palms down, on your thighs.

Allow the back of your neck to lengthen gently, so that your head bows slightly.

Release any tension from your jaw.

Bring your awareness to your breath.

Breathe in such a way that your inhalation and exhalation are about the same length.

Now, breathe in... and at the end of your inhalation, pause for 2 seconds.

Then, breathe out.

Continue this pattern for several breaths.

Now, while keeping the 2-second pause after you breathe in, begin to lengthen your out-breath as much as is comfortable for you. Do this for several cycles of breath.

Let your breathing return to its normal rhythm.

Now, listen again to Baba's teaching.

Baba says:

What is ego? We all have the awareness of “I.” It exists naturally within us, and it is pure. If we leave that “I” as it is, that “I” is God. But we always add something to the “I,” and as soon as we do that, it becomes ego and causes all our troubles.

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

Bring your attention once again to the flow of your breath.

Just by becoming aware of it, notice how your breath becomes more steady and tranquil.

Experience your mind also becoming steady and still.

Within the stillness of your mind, become aware of the pure feeling of “I” —the feeling of simply being.

Notice how this awareness of “I” is always present within you.

This “I” is your natural state.

See what happens when you add thoughts to your awareness of “I.”

Tell yourself something inwardly—for example, “I am intelligent” or “I am so busy.”

Repeat whatever thought comes to mind a few times.

Observe the effect that this thought or thoughts had on your inner state.

Now, let go of all thoughts and return to your awareness of the pure “I.”

Repeat silently: “I.”

“I.”

“I.”

Baba teaches:

If we leave that “I” as it is, that “I” is God.

Breathing in, maintain your awareness of the pure “I”....

Breathing out, experience your oneness with the pure “I”...

Meditate.