

Teachings to Live By

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~ Baba Muktananda

It is absolutely true that God does exist
and that God is *saccidānanda*.

~ *Baba Muktananda*

Dharana for Meditating on Baba's Teaching

Welcome.

You will be meditating on a teaching from Baba Muktananda.

Baba teaches:

It is absolutely true that God does exist and that God is
saccidānanda.

To prepare for meditation on Baba's teaching, establish a steady and comfortable posture.

Whether you are sitting on a chair or cross-legged on the floor, check to see that your knees are at the same level or lower than your hip creases.

If your knees are higher than your hips, place a firm cushion or folded blanket under you.

Release the muscles in the back of your neck.

Let your jaw relax.

Now, breathe in deep,...
and breathe out long.

Again, breathe in deep,...
and breathe out long.

Once again, breathe in deep,...
and breathe out long.

Allow your breath to settle into its normal rhythm.

Listen again to Baba Muktananda's words.

Baba says:

It is absolutely true that God does exist and that God is
saccidānanda.

I will now lead you in a *dharana* to experience Baba's teaching about the nature of God as *sat*, *chit*, and *ānanda*.

First, become aware of *sat*—existence.

Focus within yourself on the experience of being, of simply existing.

Visualize how this pure existence pervades everything in the universe.

Imagine how existence has no beginning and no end.

It is eternal.

Become aware that *sat*, pure and timeless existence, is your own true nature.

Next, bring your awareness to *chit*—consciousness.

The light of consciousness is shimmering within you.

Perceive how this consciousness illumines your inner and outer world.

Perceive how consciousness is what allows you to hear and follow the words of this *dharana* right now.

This same consciousness also illumines your dreams and deep sleep.

Become aware that *chit*, luminous consciousness, is your own true nature.

Now, bring your awareness to *ānanda*—which is bliss, supreme joy.

Remember an occasion when you felt bliss within you.

It might have been during chanting,
or meditating,
or listening to beautiful music.

As you remember that occasion, reexperience that bliss...

Feel the pure essence of that bliss, that *ānanda*.

Now gently bring your awareness to the place within you from which this bliss arises.

Recognize that this bliss, this supreme joy, is ever-present within you.

Become aware that *ānanda*—bliss—is your own true nature.

Baba says: "God is *saccidānanda*."

Feel God's presence within you

as existence,
consciousness,
and bliss.

Saccidānanda permeates
your mind,
your heart,
and your very breath.

With this awareness, breathe in *ānanda*...

Breathe out *ānanda*...

Breathe in *ānanda*...

Breathe out *ānanda* ...

Meditate.