

Teachings to Live By

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~ Baba Muktananda

It is very good
to set aside a time and place
for meditation.

~ *Baba Muktananda*

Dharana for Meditating on Baba's Teaching

Namaste.

You will be meditating on a teaching from Baba Muktananda.

Baba teaches:

“It is very good to set aside a time and place for meditation.”

Take a moment to establish a steady and easeful posture.

If you're sitting in a chair, sit toward the front of the chair with your feet flat on the floor.

If you're sitting on the floor, sit in a comfortable cross-legged position.

Now, bring your attention to the level of your hips and knees.

In order to balance and ground your sitting posture, your hip creases should be level with or slightly higher than your knees.

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

Notice how elevating your hips centers the weight of your body over its base.

This supports the natural inward curve in your lower back and allows your sitting bones to release into the surface beneath you.

It also supports your spine to be supple and to naturally elongate.

Now, envision your spinal column releasing upward.

Place your hands in *chin mudra*, thumb and index finger touching.

Rest your hands, palms down, on your thighs.

Allow your neck to be soft and free.

To further establish yourself in this *asana*, this posture, gently inhale, drawing the breath all the way down to the base of your spine.

Exhale, allowing your spine to elongate upward.

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

And exhale, feeling your spine elongate upward.

Do this two more times, breathing at your own pace.

Breathe naturally.

Notice how giving your attention to your breathing brings calmness to your mind.

Now, you may close your eyes.

Listen again to Baba's teaching:

"It is very good to set aside a time and place for meditation."

Again, bring your awareness to the steady flow of your breath.

Feel the peacefulness in this moment and in your place of meditation.

There is a serene, yet dynamic energy within you.

As you sit in meditation, you are nurturing this divine energy, as you would tend to a fruit tree in your garden.

Now, picture yourself standing in a spacious garden.

It is early morning, and nature is still and quiet.

The air is fresh.

You have come here to plant a fruit tree.

You begin by finding a place with good soil and sunlight, and there you plant a seed.

As you water the seed regularly, the tree that is inherent in the seed takes shape, day by day.

As you water the seed, a tender green sprout appears.

As you water the sprout, a stalk with tiny leaves develops.

As you water the stalk, a tree grows and sends forth branches and blossoms.

As you water the tree, these blossoms become fruit.

As you water the tree, the fruit ripens and becomes juicy and sweet.

Now, imagine taking your first bite of this delicious fruit.

Relish the nectar.

Let this nectar draw you deep within your being.

Meditate.