

# Teachings to Live By

## 20

~ Baba Muktananda

It is unnecessary to argue whether God has any attributes.  
Each devotee can, and should, worship Him  
according to his own approach, feeling, and sentiment.

~ *Baba Muktananda*

### Dharana for Meditating on Baba's Teaching

Welcome.

You will be meditating on a teaching from Baba Muktananda.

Baba teaches:

It is unnecessary to argue whether God has any attributes. Each devotee can, and should, worship Him according to his own approach, feeling, and sentiment.

Establish a comfortable posture for meditation.

Feel your sitting bones connect to the surface beneath you.

Allow your spine to gently release upward.

Your neck is soft...

and your shoulders are relaxed.

Bring your attention to the spaciousness inside you.

In this space, your breath is moving freely.

Breathe in deep—

and feel the breath flowing all the way down to the soles of your feet.

Breathe out long—

and feel the breath flow up from the soles of your feet to the top of your head.

Once again, breathe in all the way down to the soles of your feet.

Breathe out...

and feel the breath flow up from your feet to the top of your head.

Resume breathing at your normal pace.

Now, listen to Baba's teaching.

Baba says:

It is unnecessary to argue whether God has any attributes. Each devotee can, and should, worship Him according to his own approach, feeling, and sentiment.

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

Connect with your breath as it flows in and out.

Let the movement of the breath draw your attention inward.

Visualize a form of God that is beloved to you.

See the divine qualities emanating from your cherished form of God.

Notice each quality.

Now, imagine yourself worshipping your Beloved in your own chosen way.

As you visualize your worship, notice the qualities, the divine feelings you are expressing for God.

Let these feelings suffuse every aspect of your worship.

As you make offerings, you feel that God is receiving them and is pleased.

Let your heartfelt feelings for God shine within you.

Meditate.