

Teachings to Live By

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~ Baba Muktananda

Respect yourself.

If you respect yourself, you also respect others.

~ *Baba Muktananda*

Dharana for Meditating on Baba's Teaching

Namaskar.

You will be meditating on a teaching from Baba Muktananda.

Baba teaches:

Respect yourself. If you respect yourself, you also respect others.

Prepare to meditate on Baba's teaching by establishing an easeful and steady posture.

Feel your sitting bones connecting to the surface beneath you.

Let your upper arms release straight down from your shoulders.

This allows your chest to be open and your shoulders to be relaxed.

Rest your hands on your thighs in *chin mudra*—palms down with your thumbs and index fingers touching.

Or you can place your hands one on top of the other in your lap, with the palms up. This is *dhyana mudra*.

The back of your neck is gently elongated, allowing your head to bow slightly.

Bring your attention to your breath.

Breathe in deep, letting your torso expand to the front, sides, and back....
And breathe out long.

Once again, breathe in deep, feeling your torso expand on all sides....
And breathe out long.

Now, let your breathing return to its natural rhythm.

Listen again to Baba Muktananda's teaching.

Baba says:

Respect yourself. If you respect yourself, you also respect others.

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

Imagine that you are standing at the threshold of a sacred temple.

This temple is the shrine of your own innermost being—the shrine of your heart.

Before you enter this sacred space, you pause for a moment.

You realize that you are about to enter a divine realm.

Now, with reverence, step across the threshold.

Enter the inner sanctum of the temple.

Before you stands an altar honoring your own innermost being: the supreme Self.

At the center of the altar glows a scintillating flame. This is the deity of the temple: the divine light of your own Self.

As you gaze at this effulgence, you recognize the sacredness of your own being.

Gently, you bow, offering your deepest respect to the light within you.

As you rise from offering *pranam*,
your whole being is filled with the nectar of respect—
respect for your own divinity,
respect for the divinity in everyone
and everything in this universe.

With reverence, meditate on the divine flame shining in your own heart.