

Teachings to Live By

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~ Baba Muktananda

The one thing the world needs,
and needs to put into practice,
is the awareness of universal brotherhood.
Love springs from this awareness.

~ *Baba Muktananda*

Dharana for Meditating on Baba's Teaching

Namaste.

Baba Muktananda teaches:

The one thing the world needs, and needs to put into practice, is
the awareness of universal brotherhood. Love springs from this
awareness.

To prepare to meditate on Baba's teaching, establish an easeful and stable
posture.

Feel your sitting bones release into the surface beneath you.

Feel your upper body balanced over this strong base.

Rest your hands, palms down, on your thighs.

Or, place your hands, palms facing upward, one on top of the other, in your lap.

Bring your awareness to your spinal column. *[pausette]*

Imagine the entire spine effortlessly extending upward.

Feel your head resting comfortably on top of your spine.

Observe the alignment of your neck and head.

To refine this alignment, allow the back of your neck to gently lengthen.

Now, move your head back just a bit, so that your ears are in line with your shoulders.

Your head and shoulders are at ease.

Now, breathe in deeply...

and as you breathe out,

let your spine and head release gently upward.

Once again, breathe in deeply.

As you breathe out, feel your spine and head release upward.

Continue breathing in this way a few more times.

Allow your breath to return to its natural rhythm.

Listen again to Baba Muktananda's teaching.

Baba says:

The one thing the world needs, and needs to put into practice, is the awareness of universal brotherhood. Love springs from this awareness.

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

Connect with the feeling of affection and fellowship that you have with the people who are dear to you.

These could be your close friends and beloved family members...
people with whom you feel safe and accepted.

Feel the strong bond you have with these good people.

Feel the love that naturally arises in their presence.

Now, envision expanding your circle of friendliness and kinship to the world.

Imagine seeing everyone as your sisters and brothers.

Envision all people as belonging to God's family.

Perceive the deep bond between you and all the people in your neighborhood...

all the people in your city...

in your state ...

in your country.

Feel your heart's connection with all of humanity.

See yourself and everyone on this planet becoming aware of this connection.

Envision everyone living together in unity.

Experience the pure love that arises from this vision.

Visualize all people living with love for one another.

Love is shining in each person's heart.

Feel that great love within you.

Meditate.