

# Teachings to Live By

## 23

~ Baba Muktananda

If you practice discipline day in and day out—  
living in a disciplined manner,  
eating and drinking in a disciplined manner,  
sleeping in a disciplined manner—  
then all manner of dis-ease is kept at bay.

~ *Baba Muktananda*

### Dharana for Meditating on Baba's Teaching

*Namaste.*

Baba Muktananda teaches:

If you practice discipline day in and day out—living in a disciplined manner, eating and drinking in a disciplined manner, sleeping in a disciplined manner—then all manner of dis-ease is kept at bay.

To prepare to meditate on this teaching from Baba, establish a steady and easeful posture.

Allow your sitting bones to release into the surface beneath you.

Balance your upper body over your sitting bones.

Feel your spine gently lengthening upward.

Let your shoulders broaden and soften.

Release the muscles on all sides of your neck.

Now, become aware of your entire body.

Envision all the cells in your body suffused with the shimmering light of consciousness.

Feel every cell in your body being buoyed by this inner light.

Next, bring your focus to your breath naturally flowing in and out.

Breathe in deep...

And breathe out long.

As you breathe in, offer your breath to the inner light of consciousness.

As you breathe out, envision this inner light shining ever stronger.

Breathe in and offer your breath to the inner light...

Breathe out and envision this light shining ever stronger.

Allow your breath to return to its normal rhythm.

Listen once again to Baba's teaching.

Baba says,

If you practice discipline day in and day out—living in a disciplined manner, eating and drinking in a disciplined manner, sleeping in a disciplined manner—then all manner of dis-ease is kept at bay.

You will now practice a *dharana* on Baba's teaching.

Reflect for a moment on how nature follows its own disciplined rhythm.

Visualize the sun.

See it rising in the morning...

See it setting at night.

Picture the seasons turning from one to the next in their regular, yearly cycle.

Within you, a disciplined and natural rhythm is also taking place in the form of your breath.

The breath, flowing through you right now, is powered by *prana shakti*, the universal life force.

Visualize how *prana shakti* is the animating force that is...  
    making your heart beat,  
        making your blood flow,  
            and digesting your food.

When you follow a disciplined daily rhythm, you support *prana shakti* to function smoothly within you.

Imagine yourself waking up and going to sleep at a regular time.

Notice how your body feels refreshed and energized by following a regular pattern of waking and sleeping.

Now, see yourself eating fresh, nourishing food.

Visualize the well-being you experience when you eat regularly and moderately—not too much, not too little.

Envision moving through your day in a disciplined manner, attuned to the life force within you.

Your body feels energized and at ease.

Your breath flows serenely.

Your mind is centered and clear.

Your heart sings with positivity.

You feel connected to your own Self.

Once again, watch your breath move in and out of your body at its own natural rhythm.

Feel its constant, calming flow.

Follow its movement.

Let the steady rhythm of the breath draw you within to your own Self.

Meditate.