

Teachings to Live By

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~ Baba Muktananda

Let your forbearance increase.
Let your envy of other people decrease.
Let your kindness for humankind grow.
Give no place to hatred in your heart.
You are a portion of God.
Believe in this ancient Truth.

~ *Baba Muktananda*

Dharana for Meditating on Baba's Teaching

Namaste.

Baba Muktananda teaches:

Let your forbearance increase. Let your envy of other people decrease. Let your kindness for humankind grow. Give no place to hatred in your heart. You are a portion of God. Believe in this ancient Truth.

To prepare to meditate on Baba's teaching, establish a comfortable and steady posture.

Feel your sitting bones release into the surface beneath you.

Let your collarbone area widen...
and your shoulders release away from each other.

Allow your spine to gently elongate.

You will be doing some gentle stretches for the neck.

As you do so, please pay close attention to your own body.

Do only what is comfortable for you.

Now, allow the back of your neck to lengthen upwards.

Very gently, turn your head to the right until you feel the very beginning of a stretch.

Take a few easeful breaths in this position.

Turn your head back to the center.

Once again, allow the back of your neck to lengthen upwards.

Very gently, turn your head to the left until you feel the very beginning of a stretch.

Take a few easeful breaths in this position.

Turn your head back to center.

Breathe in and visualize the muscles in your neck softening.

Breathe out and allow the back of the neck to gently lengthen.

Again, breathe in and visualize the muscles in your neck softening.

Breathe out and allow the back of the neck to gently lengthen.

Breathe normally.

Listen again to Baba Muktananda's teaching:

Let your forbearance increase. Let your envy of other people decrease. Let your kindness for humankind grow. Give no place to hatred in your heart. You are a portion of God. Believe in this ancient Truth.

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

First, focus on the following statements from Baba's teaching:

You are a portion of God. Believe in this ancient Truth.

Envision God as a vast blue ocean.

Observe waves playing on the surface of this ocean.

Each wave has its own shape and size.

Each wave is a portion of the ocean of God.

Now, imagine yourself as a wave in this great ocean.

Feel the conviction that you are a portion of God.

With this awareness, recognize that God's qualities are your qualities.

Now, recall a situation that required you to practice forbearance or tolerance toward another person, who is also a portion of God.

It might have been a situation when you felt impatient or irritated with a family member, a friend, a co-worker, or a stranger.

In this situation, visualize remembering that you are a portion of God.

Picture yourself summoning the virtue of forbearance and being patient with the other person.

Notice how it feels in your body to respond with forbearance.

Notice how it feels in your mind.

Notice how it feels in your heart.

Now, think of a time when you acted with kindness toward someone.

Recall your kind actions.

Notice how it feels in your body to act with kindness.

Notice how it feels in your mind.

Notice how it feels in your heart.

Observe how this act of kindness affected the other person.

Once again, feel the conviction that you are a portion of God.

Feel the presence of these divine virtues within you:

 forbearance,
 kindness,
 and love.

Visualize envy and hatred dissolving in the transforming power of the virtues.

Hold these words from Baba Muktananda in your heart:

You are a portion of God. Believe in this ancient Truth.

Meditate.

