

Teachings to Live By

25

~ Baba Muktananda

Take care of your mind.
The mind is your friend
who will bring you much happiness.

~ *Baba Muktananda*

Dharana for Meditating on Baba's Teaching

Welcome.

Baba Muktananda teaches:

Take care of your mind. The mind is your friend who will bring you much happiness.

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

Feel the weight of your upper body balanced over your two sitting bones.

Allow the neck to lengthen...
and the chin to tilt down slightly.

To bring greater suppleness to your spine, you will be doing a simple seated twist.

Please pay attention to the needs of your body and do only what feels comfortable to you.

If you are sitting in a chair, move toward the front of the chair.

To twist to the left, place your right hand on your left knee, and your left hand on the chair or floor next to your left hip.

Inhale and allow your spine to lengthen upward.

Exhale and gently turn your torso toward the left, using your hands to help you twist.

In this gentle twist, breathe easefully, keeping your spine elongated and your shoulders broad.

Return to facing toward the front.

Now, you'll twist to the right.

Place your left hand on your right knee, and your right hand on the chair or floor next to your right hip.

Inhale and allow your spine to lengthen upward.

Exhale and gently turn your torso toward the right, using your hands to help you twist.

In this gentle twist, breathe easefully, keeping your spine elongated and your shoulders broad.

Return to facing toward the front.

Now, you will focus on the breath—flowing down the front of the body on the inhalation, and up the back of the body on the exhalation.

Breathe in deep and imagine the breath flowing like a gentle wave from the crown of the head, down the front of the body, to the base of the spine.

Breathe out long and imagine the breath flowing up the back of the body from the base of the spine to the crown of the head.

Once again, breathe in deep and feel the breath flowing down the front of the body.

Breathe out long and feel the breath flowing up the back of the body to the crown of the head.

Let your breath return to its normal rhythm.

Listen again to Baba Muktananda's teaching.

Baba says:

Take care of your mind. The mind is your friend who will bring you much happiness.

Now I will lead you in a *dharana* on Baba's words.

Become aware of your mind.

Silently, say the following words to your mind:

"You are my loyal companion.

You help me understand myself and the world around me.

You always seek to protect and care for me.

Your restlessness led me to search for God and to find my Guru."

With great appreciation, say to your mind:

“You are my true friend.”

Now, picture how you will take care of this extraordinary friend, your mind.

Silently say:

“My dear friend, here is my resolution:

I will nourish and uplift you by studying the Guru’s teachings.

I will guide you to the love you seek by repeating God’s name.

I will remind you to think well of yourself and others.

I will lead you to the peace you long for by practicing meditation.

In all these ways, I will be your *true* friend.”

Imagine the great happiness that fills your life as you take care of your mind in these ways.

Now, lovingly invite your mind to turn within.

Let your mind rest in the peace and happiness of the Self.

Meditate.