

Teachings to Live By

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~ Baba Muktananda

Wherever you look, whatever you see, is all your own light. Nothing is different from you. You are present in everything.

You should not think of such distinctions as “I am here, I am not there.”

Instead, your constant meditation should be the thought

“I am everywhere. I am the Self of all.”

~ *Baba Muktananda*

Dharana for Meditating on Baba’s Teaching

Namaste.

Baba Muktananda teaches:

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To prepare to meditate on Baba’s teaching, establish a comfortable sitting posture.

Feel your sitting bones release into the surface beneath you.

Allow your spine to elongate upward.

Let it be supple.

Let the muscles in your neck gently soften.

Now, scan your body and note any place where you might be holding tension—your hips, your abdomen, your upper back, your neck...

Breathe into any area of tension, consciously sending your breath to that specific part of your body.

Breathe out and allow the tension to release.

Repeat this process a few more times.

Let the breath return to its normal rhythm.

I will now be leading you in a *dharana*.

Take a moment to observe the image with Baba's teaching on your screen.

Notice the grandeur of the mountain... and the undulating landscape below.

Observe the way the light illumines the white clouds.

See the textures in the moving water.

Take in the whole image.

Now, close your eyes.

Imagine yourself seated on a moss-covered slope within this landscape.

It is springtime, and the air feels fresh.

You can hear the sounds of birds chirping and the stream rushing over the rocks.

Listen again to the first part of Baba's teaching:

Wherever you look, whatever you see, is all your own light.

As you continue to imagine the mountain landscape, become aware that this scene is illumined by the light of your own consciousness, your own awareness.

Open your eyes and look at the image on your screen again.

This image, too, is illumined by the light of your awareness.

Everything you perceive exists because it is illumined by the light of your own consciousness.

You may close your eyes again.

Continue to visualize the mountainous landscape.

Gaze at the passing clouds.

Hear the water flowing.

Feel the freshness of the air on your skin.

Baba goes on to say:

Nothing is different from you. You are present in everything.

Experience your presence in the vast sky,...

in the moving water,... *[pause]*

in the majestic mountain.

Baba continues:

You should not think of such distinctions as “I am here, I am not there.” Instead, your constant meditation should be the thought “I am everywhere. I am the Self of all.”

See the Self, luminous Consciousness, shining within you.

Envision the radiant Self existing everywhere in the world and in every being and every object,...

in other people,

in plants and animals,

in mountains, forests, and oceans,

in planets and stars.

Now, follow Baba’s guidance to meditate on the thought “I am everywhere. I am the Self of all.”

As you breathe in, silently repeat “I am everywhere.”

As you breathe out, silently repeat “I am the Self of all.”

Breathe in—“I am everywhere.”

Breathe out—“I am the Self of all.”

Meditate.