

Teachings to Live By

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~ Baba Muktananda

Just as a flame does not flicker where there is no wind,
a mind that has become immersed in the Self
always remains blissful in the Self.

~ *Baba Muktananda*

Dharana for Meditating on Baba's Teaching

Welcome.

Baba Muktananda teaches:

Just as a flame does not flicker where there is no wind, a mind that
has become immersed in the Self always remains blissful in the Self.

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

If you're seated on a chair, place your feet on the floor, hip-width apart,
directly under your knees.

If you're cross-legged on the floor, sit on top of a cushion, if needed, to
position your hips slightly higher than your knees.

Gently rock your upper body forward and backward...

and then from side to side.

Come to rest where you feel your upper body balanced over your sitting bones.

Visualize your spine releasing upward.

Let the back of your neck soften and lengthen.

Now, imagine that your body is completely empty.

Connect to the stillness of the empty space within you.

Feel that you are light... weightless.

Breathe freely.

With each inhalation and exhalation, notice how the breath arises from a space of stillness and merges back into that stillness.

Feel your breath imbued with stillness.

Breathe with this awareness for a few more breaths.

Listen once again to Baba Muktananda's teaching.

Baba says,

Just as a flame does not flicker where there is no wind, a mind that has become immersed in the Self always remains blissful in the Self.

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

Visualize a bright flame in the space between your eyebrows.

This flame is gentle and cooling.

This flame represents the unwavering light of the Self.

In the complete stillness of the space between your eyebrows, the flame does not flicker.

The flame radiates its light in perfect quietude.

Focus your attention steadily on this light.

If your mind wanders, gently bring it back to focus on the flame.

Its radiant light soothes your mind.

This light is the effulgence of the Self.

Immerse your mind in the ever-blissful Self.

Let the bliss of the Self suffuse your mind.

Meditate.