

Teachings to Live By

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~ Baba Muktananda

To respect another person is the highest prayer,
the divine prayer of God,
and that is the best prayer of God.

~ *Baba Muktananda*

Dharana for Meditating on Baba's Teaching

Welcome.

Baba Muktananda teaches:

To respect another person is the highest prayer, the divine prayer of God, and that is the best prayer of God.

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

Feel your sitting bones settle into the surface beneath you.

To create more space and easefulness in your upper body, you will now be doing some gentle shoulder rolls.

During this process, pay close attention to the needs of your own body. Do only what feels comfortable for you.

Sitting tall, gently lift your shoulders up... then roll them to the back... down... forward... and up again—moving in a circular motion.

Move your shoulders in this circular motion a few more times, at your own pace.

Now, reverse the direction, lifting the shoulders up... then forward... down... back... and up again, in a circular motion.

Continue circling in this direction.

Change directions once again, and this time, combine the movement with your breath.

Breathe in as you raise your shoulders up and back.

Breathe out as you lower the shoulders and move them forward.

Continue in this way for a few rounds.

Bring your shoulders back to center and let them release.

Breathe naturally.

Feel the openness in your upper chest.

Now, bring your thumbs and forefingers together in *chin mudra* and rest your hands, palms downward, on your thighs.

Once again, listen to Baba's teaching:

To respect another person is the highest prayer, the divine prayer of God, and that is the best prayer of God.

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

Envision yourself on a walk.

In the near distance you see someone you know sitting on a bench. Imagine—it could be a friend, a coworker, or someone from your neighborhood.

When you get closer, you greet each other, and you ask if you can join them on the bench.

They say yes, gladly.

You chat for a few moments, and then they ask if they can speak with you about something that has been on their mind—something they would like your perspective on.

You tell them you are happy to listen and share your thoughts.

At this moment, Baba's teaching comes to mind:

To respect another person is the highest prayer, the divine prayer of God, and that is the best prayer of God.

As you look at this person, you see the light of God in their eyes.

They begin speaking with you, and you listen attentively.

Different thoughts arise as they are speaking, and you refrain from voicing them. You continue to listen carefully.

They finish speaking and ask for your impressions.

First, you articulate what you heard them saying and what you understood.

You choose words that are thoughtful and kind. You encourage them by acknowledging their good qualities.

You share your perspective.

As the conversation concludes, the person thanks you for your time and kindness.

You tell them it was your pleasure and thank them for asking to speak with you.

As they walk away, you feel the warmth of respect shining within you.

You close your eyes for a moment.

Baba's words resonate even more strongly within you:

To respect another person is the highest prayer, the divine prayer of God, and that is the best prayer of God.

You feel God has received your prayer of respect.

Feel God's love in your heart.

Meditate.