

Teachings to Live By

29

~ Baba Muktananda

“If you were to sit calmly
and focus on the natural center of the in-breath and out-breath,
then you would be able to hear the mantra
without repeating it.”

~ Baba Muktananda

Dharana for Meditating on Baba's Teaching

Namaste.

Baba Muktananda teaches:

If you were to sit calmly and focus on the natural center of the in-breath and out-breath, then you would be able to hear the mantra without repeating it.

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

Feel your sitting bones release into the surface beneath you.

Feel your upper body balanced over your sitting bones.

Place your hands, palms down, on your thighs.

Let your spine be supple and gently elongated.

Allow your neck to be soft and free.

Now, bring your attention to the natural flow of your breath.

Simply watch the breath moving in and out, without trying to change it.

Listen again to Baba Muktananda's words.

Baba says:

If you were to sit calmly and focus on the natural center of the in-breath and out-breath, then you would be able to hear the mantra without repeating it.

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

Bring your awareness to the easeful flow of your breath.

Observe its natural rhythm.

As you breathe, bring your attention to the in-breath.

Breathe in and follow the in-breath to where it ends.

Breathe out easefully.

Again, breathe in and follow the in-breath to where it ends.

Breathe out long.

Breathe in and notice the moment of stillness when the in-breath ends, before the out-breath begins.

For a few breaths, observe that moment of stillness.

This is the natural center of the in-breath and out-breath that Baba describes.

As you continue breathing, bring your attention to the outbreath.

Follow the out-breath to where it ends. Then breathe in.

Do this now for a few breaths.

Notice the moment of stillness at the end of the outbreath, before the in-breath begins.

Observe that moment of stillness for a few breaths.

This is the natural center of the out-breath and in-breath that Baba refers to.

At this natural center, or moment of stillness in the breath, there is a subtle vibration.

Breathe in and feel the subtle vibration where the in-breath ends.

Breathe out and feel the subtle vibration where the out-breath ends.

Continue breathing and focusing on this subtle vibration at the center between the in-breath and the out-breath and between the out-breath and the in-breath.

This subtle vibration is the mantra.

The mantra reverberates inside you in rhythm with your own breath.

Listen.

Hear the mantra pulsating at the end of the in-breath.

Hear the mantra pulsating at the end of the out-breath.

Become absorbed in the mantra.

Meditate.