

Teachings to Live By

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~ Baba Muktananda

**Silence is the highest religion
and a symbol of the eternal Truth.**

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Dharana for Meditating on Baba's Teaching

Welcome.

Today you will be meditating on a teaching from Baba Muktananda.

Baba teaches:

“Silence is the highest religion and a symbol of the eternal Truth.”

Establish a steady and easeful posture for meditation.

If you're sitting in a chair, check to see that your hips, knees, and feet are parallel and hip-width apart.

Make sure your feet are positioned directly below your knees.

This alignment promotes the health of your hip and knee joints.

Place your hands in *chin mudra* on your thighs.

Whether you're sitting on a chair or on the floor, feel your weight balanced evenly on your two sitting bones.

Gently rock front to back...

and side to side...

Come to rest where you feel centered over your base.

From this solid foundation, imagine energy spiraling upward from the base of the spine to the top of the head.

Let your neck soften and lengthen.

Now, you will be using your breath to center your mind by equalizing the length of your inhalation and exhalation.

You will breathe in on the count of four and breathe out on the count of four.

Time your breathing with my count.

Breathe in, 2, 3, 4—breathe out, 2, 3, 4.

Breathe in, 2, 3, 4—breathe out, 2, 3, 4.

Do this two more times on your own.

Let your breath return to its natural rhythm.

Notice the calming effect of this balanced breathing on your body.

Sense how the mind has become quieter.

Close your eyes.

Listen to Baba's teaching:

“Silence is the highest religion and a symbol of the eternal Truth.”

Visualize the *kalash*, the golden form that adorns the peak of the Bhagavan Nityananda Temple in Shree Muktananda Ashram.

The *kalash* symbolizes the sacredness of the Temple.

It is a reminder of the unchanging Truth, the silent inner Witness that we experience in meditation.

Envision the *kalash* shining, like a steady golden flame against the sky.

The *kalash* remains the same, no matter the weather.

See it shining in the snow of winter.

See it glistening in the midst of spring showers.

See it shimmering in the clear skies of summer.

See it sparkling when the trees are vivid with autumn leaves.

Like the *kalash*, the silent Witness is shining within you, now and always.

Immerse yourself in the inner silence.

Meditate.