

Teachings to Live By

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~ Baba Muktananda

Om pulsates in your breath perpetually
as you breathe out and as you breathe in.

A yogi concentrates his mind on that,
and he listens to that sound
in the form of *nada*, the divine sound.

~ *Baba Muktananda*

Dharana for Meditating on Baba's Teaching

Welcome.

Baba Muktananda teaches:

Om pulsates in your breath perpetually as you breathe out and as you breathe in. A yogi concentrates his mind on that, and he listens to that sound in the form of *nada*, the divine sound.

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

Allow your sitting bones to release into the surface beneath you.

Gently rock your upper body forward and back...

and side to side.

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

Visualize your spinal column gently elongating from the base of your spine to the crown of your head.

Let your shoulders broaden and soften.

Relax the muscles on all sides of your neck.

Bring your attention to the natural flow of your breathing.

Breathe in deep and feel the energy of the breath filling your body.

Breathe out long and release any tension you may be holding.

Breathe in deep and feel the energy of the breath filling your body.

Breathe out long and release any tension.

Let your breath return to its natural rhythm.

Listen once again to Baba's teaching.

Baba says:

Om pulsates in your breath perpetually as you breathe out and as you breathe in. A yogi concentrates his mind on that, and he listens to that sound in the form of *nada*, the divine sound.

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

Become aware of the sound of your breath as you inhale and exhale.

Give your full attention to this sound.

Now, listen to the subtle pulsation within the sound of your breath.

Underlying this pulsation is *Om*, the divine inner sound — *nada*.

Listen to *Om* continuously reverberating as you breathe in... and as you breathe out.

Om is the vibration of the Self.

Keep listening.

As you become absorbed in *Om*, the sound draws you to its source — the Self.

Listen to the divine inner sound *Om*.

As you breathe in, hear *Om*.

As you breathe out, hear *Om*.

Immerse yourself in *Om*.

Meditate.