

Teachings to Live By

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~ Baba Muktananda

If you want to cultivate devotion,
if you want to awaken devotion within you,
if you want to drink the elixir of devotion,
meditate on your Self,
honor and worship your Self,
kneel to your Self,
because God dwells within you as you.

~ Baba Muktananda

Dharana for Meditating on Baba's Teaching

Namaste.

Baba Muktananda teaches:

If you want to cultivate devotion, if you want to awaken devotion within you, if you want to drink the elixir of devotion, meditate on your Self, honor and worship your Self, kneel to your Self, because God dwells within you as you.

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

Bring your awareness to the sitting bones...

Check that you're balanced on both your sitting bones.

Place your hands, palms down, on your thighs.

Now, you'll be doing a gentle movement to stretch and open the front and back of your body.

Pay attention to the needs of your own body and do only what is comfortable for you.

Inhale and draw your shoulders back
as you gently arch your upper spine,...
expand your chest,...
and look up, stretching the front body.

Exhale, roll your shoulders forward,...
bow your head,...
and gently round your upper spine,
stretching the back of the torso.

Again, inhale and gently arch up,
opening your upper chest toward the sky.

Exhale and gently round forward, bowing your head.

Repeat this a few more times at your own pace, combining your movements with the breath.

Return to a balanced, upright posture.

Next, I will lead you in *pranayama*, a technique to regulate the flow of the breath.

In this particular *pranayama*, you will breathe in for four counts,
hold the breath for three counts,
breathe out for six counts,
and hold the breath for three counts.

I will be keeping count as I lead you in three rounds of this breathing.

If at any time it's uncomfortable for you, just go back to your usual breathing.

Breathe in, 2, 3, 4,... hold, 2, 3...
Breathe out, 2, 3, 4, 5, 6,... hold, 2, 3...

Breathe in, 2, 3, 4,... hold, 2, 3...
Breathe out, 2, 3, 4, 5, 6... hold, 2, 3...

Breathe in, 2, 3, 4,... hold, 2, 3...
Breathe out, 2, 3, 4, 5, 6,... hold, 2, 3...

Let your breath return to its natural rhythm.

Feel the calm energy in your body and mind.

Listen again to Baba's teaching.

Baba says:

If you want to cultivate devotion, if you want to awaken devotion within you, if you want to drink the elixir of devotion, meditate on your Self, honor and worship your Self, kneel to your Self, because God dwells within you as you.

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

Visualize your heart as the abode of the Self.

Connect with your longing to experience the *rasa*, the sublime quality, of devotion.

Baba shows you the way, teaching:

Meditate on your Self.

Follow Baba's teaching and enter the sacred space of your own heart.

There, on the throne of your heart, you see a scintillating blue light.

This is the light of your own Self.

Baba says:

Kneel to your Self.

Picture yourself reverently kneeling before the luminous Self dwelling in your heart.

With respect, you bow your head.

Baba's words guide you:

Honor and worship your Self.

You prepare an *arati* tray with fragrant flowers and a flame.

See yourself waving the tray with these offerings in honor and worship of your own Self.

You are offering light to the radiant blue light of the Self.

You complete the *arati* and offer *pranam*.

As you bow, the brilliant blue light of the Self suffuses your entire being.

As you sit for meditation, hear Baba's words:

God dwells within you as you.

With each in-breath and out-breath, silently repeat the mantra *Om Namah Shivaya*, with the awareness "I am Shiva, the Self of all."

Om Namah Shivaya.

I am Shiva, the Self of all.

God dwells within me as me.

Om Namah Shivaya.

Om Namah Shivaya.

Om Namah Shivaya.

Baba says:

If you want to drink the elixir of devotion, meditate on your Self.

Continue to repeat *Om Namah Shivaya*.

I am Shiva, the Self of all.

God dwells within me, as me.

Meditate.