

Teachings to Live By

4

~ Baba Muktananda

Man reaps the fruit of his own attitude.
Right attitude is a pilgrimage to Vaikuntha.

~ *Baba Muktananda*

Dharana for Meditating on Baba's Teaching

Welcome.

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

Baba teaches:

“Man reaps the fruit of his own attitude. Right attitude is a pilgrimage to Vaikuntha.”

Take a steady and easeful meditation posture.

Rest your hands palms down on your thighs.

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

Bring your awareness to your upper chest and allow the chest to open and widen.

Your upper arms are relaxed, releasing down from your shoulders. This naturally helps your upper chest to remain open and your neck to gently lengthen upward.

Let your jaw and the muscles in your face relax.

Now, bring your attention to your breathing.

As you breathe in, feel your diaphragm descending and your ribs opening to either side.

As you breathe out, feel your diaphragm naturally rising up again and the ribs moving back to center.

Breathe like this a few more times.

Close your eyes.

Listen again to Baba's teaching:

“Man reaps the fruit of his own attitude. Right attitude is a pilgrimage to Vaikuntha.”

Envision yourself on a pilgrimage to Vaikuntha, the abode of God.

You can see the path stretching out before you.

This path passes through hills and valleys, across green meadows, and up to the top of a hill where there stands a beautiful white temple. You know that enshrined in this temple is a *murti*, a form of the Lord.

As you walk along the path, you gather flowers to offer to the Lord.

A deep-blue morning glory reminds you of your gratitude for each day the Lord has given you.

A silky-pink rose reminds you of your love for humanity.

A vibrant yellow daffodil reminds you of your steady commitment to know the Truth.

A jasmine blossom, with its exquisite fragrance, reminds you of God's presence in every particle of the world.

As you arrive at the temple door, you arrange the flowers in a glorious bouquet.

With reverence, you place the bouquet at the feet of the *murti*.

As you *pranam*, you experience oneness with your beloved.

You take your seat.

God's love permeates your entire being.

Meditate.