

Teachings to Live By

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~ Baba Muktananda

In the conscious temple of light, in the *sahasrara*,
dwells your beloved Blue Jewel.
Find it through meditation.

~ Baba Muktananda

Dharana for Meditating on Baba's Teaching

Namaskar.

You will be meditating on a teaching from Baba Muktananda.

Baba teaches:

“In the conscious temple of light, in the *sahasrara*, dwells your beloved Blue Jewel. Find it through meditation.”

To prepare for meditation on Baba's teaching, I'll be giving you instructions for posture and breathing.

Then, I will lead you in a *dharana* on Baba's teaching, followed by ten minutes of meditation.

To begin, take a comfortable, steady posture.

If you're seated in a chair, place both of your feet flat on the floor.

If you're seated on the floor, take a comfortable cross-legged position.

Place your hands on your thighs with your palms facing down, and your index finger and thumb gently touching. This is *chin mudra*.

Or you can place your hands palms up, one on top of the other, in your lap. This is *dhyana mudra*.

Imagine that your spine is gently elongating—moving downward, and at the same time upward.

Broaden and release your shoulders. Let them relax.

Allow the back of your neck to soften and gently lengthen—as if you were bowing your head slightly.

Let your jaw release.

Now, bring your attention to your breathing.

Imagine your breath as a stream of light.

As you breathe in, this stream of light flows downward from the crown of your head to the base of your spine.

As you breathe out, this stream of light moves upward, from the base of your spine to the crown of your head.

Once again, as you breathe in, a stream of light flows downward from the top of your head to the base of your spine.

As you breathe out, a stream of light flows upward from the base of your spine to the crown of your head.

Close your eyes.

Baba teaches:

“In the conscious temple of light, in the *sahasrara*, dwells your beloved Blue Jewel. Find it through meditation.”

Once again, envision your breath as a stream of light.

Divine light.

Breathe in light...

Breathe out light...

Breathe in light...

Breathe out light...

Feel that every cell of your body is suffused with divine light.

Now bring your attention to the *sahasrara*, the realm of resplendent Consciousness at the crown of your head.

Visualize there an exquisite temple made of shimmering light.

Enter this temple of light in the *sahasrara*.

Feel the blessedness and serenity of this space.

You are surrounded by light that is alive, gently pulsating.

Before you shines a radiant blue jewel.

This is the sacred Blue Pearl, the light of your own inner Self.

The Blue Pearl is emanating rays of supreme peace.

Become absorbed in the radiance of the Blue Pearl.

Meditate.