

Teachings to Live By

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~ Baba Muktananda

Everyone wants to enter into an ideal palace.

Make your own heart ideal.

Why do you wander from door to door?

~ *Baba Muktananda*

Dharana for Meditating on Baba's Teaching

Namaste.

You will be meditating on a teaching from Baba Muktananda.

Baba teaches:

Everyone wants to enter into an ideal palace. Make your own heart ideal. Why do you wander from door to door?

To prepare for meditation on Baba's teaching, take a comfortable and steady posture.

Begin by focusing on your sitting bones.

Feel them connect to the surface beneath you.

Now that you have established a steady foundation, gently sway forward and backward... and then from side to side.

Return to center and come to rest where your upper body feels balanced over your foundation.

Experience how easeful it is to sit with your body aligned in this way.

Place your hands palms down on your thighs.

Imagine your spine lengthening upwards.

As you focus on the spine elongating, let it remain supple.

The back of your neck is soft and free.

Bring your attention to the natural flow of your breathing.

As you breathe, become aware of the brief pause, the moment of stillness, that occurs naturally at the end of your in-breath, before the out-breath begins.

Focus on this place of stillness for a few breaths.

Now, notice how that pause or moment of stillness also occurs naturally at the end of the out-breath, before the in-breath begins. Focus on this place of stillness for a few breaths.

Continue breathing naturally.

You may close your eyes.

Baba teaches:

Everyone wants to enter into an ideal palace. Make your own heart ideal. Why do you wander from door to door?

Visualize your heart as a magnificent palace.

It is vast and open.

Go inside.

The interior of this palace sparkles with golden light.

The air is fragrant with the scent of *mogra* flowers.

Breathe in the exquisite fragrance.

Breathe out and let the fragrance permeate your whole being.

A celestial melody pervades the atmosphere. Listen....

You are filled with profound peace.

Here, in the palace of your heart, you are completely content.

Breathe in contentment.

Breathe out contentment.

Rest in the contentment shining in your own heart.

Meditate.

