

Teachings to Live By

7

~ Baba Muktananda

Inside us abides divine happiness,
the same happiness we are looking for in the world.

~ *Baba Muktananda*

Dharana for Meditating on Baba's Teaching

Namaste.

You will be meditating on a teaching from Baba Muktananda.

Baba teaches:

“Inside us abides divine happiness, the same happiness we are
looking for in the world.”

Begin by establishing a comfortable, upright posture.

(pause)

Feel your sitting bones releasing down into the surface beneath you.

Place your hands, palms down, on your thighs.

Feel energy gently spiraling upward from the base of your spine to the crown of your head.

Allow the muscles of your face to relax.

Let the focus of your eyes be soft.

Bring your attention to the position of your arms and hands.

Check to see if your upper arms are releasing straight down from your shoulders.

If they are not, slide your hands along your thighs toward your hip creases until your upper arms are releasing straight down from the shoulders.

Feel your shoulders broadening and your shoulder blades moving slightly toward each other and resting flat on your back.

Now, breathe in deep...

And breathe out long...

Again, breathe in deep...

Breathe out long...

Let your breath return to its natural rhythm.

Close your eyes.

Baba teaches:

“Inside us abides divine happiness, the same happiness we are looking for in the world.”

Take a moment to recall an occasion when you felt deep happiness.

As you focus on this moment, get in touch with the feeling of happiness.

Now gently shift your attention to where this feeling of happiness arises from, within you.

Breathe into the space from where the happiness arises.

As you breathe out, let this happiness expand and fill your whole being.

Within you is an infinite fountain of happiness.

This happiness is divine, limitless, pure.

Breathe into this space of divine happiness within you...

Breathe out, letting the divine happiness flow freely.

Relish the divine happiness that is ever present inside you.

Meditate.