

Teachings to Live By

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~ Baba Muktananda

Letters and words create our thoughts,
and thoughts create our feelings —
our happiness and unhappiness, our depression and elation,
our desire, love, pride, expectation, and jealousy.

~ *Baba Muktananda*

Dharana for Meditating on Baba's Teaching

Namaste.

You will be meditating on a teaching from Baba Muktananda.

Baba teaches:

Letters and words create our thoughts,
and thoughts create our feelings —
our happiness and unhappiness, our depression and elation,
our desire, love, pride, expectation, and jealousy.

Soon, I will lead you through a *dharana* on Baba's words.

First, refresh your posture so that it is steady and comfortable for meditation.

Feel the solid support of the surface beneath you.

Rest your hands, palms downward, on your thighs.

Your spine is long and supple.

Let the muscles in your neck release.

Now, bring your attention to your abdomen.

Gently engage your abdominal muscles, which support the stability of your lower back.

Make sure you are engaging the muscles *gently*, allowing the breath to continue moving freely.

Breathe in deeply, allowing your abdomen to expand as your breath moves into your lower lungs.

Let the breath move out of your body effortlessly, settling you into a steady and serene posture.

Once again, breathe in deeply, allowing your abdomen to expand as your breath moves into your lower lungs.

Breathe out effortlessly, settling further into your easeful posture.

Continue breathing like this for a few moments.

Breathe naturally.

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

Listen once again to Baba's words:

Letters and words create our thoughts,
and thoughts create our feelings—
our happiness and unhappiness, our depression and elation,
our desire, love, pride, expectation, and jealousy.

To have an experience of Baba's teaching, you will hold different thoughts in your mind and observe how they affect you.

First, recall a word or thought that is agitating for you.

It might be a word or phrase someone else has said to you, or something you have said to yourself.

Now hold this word or thought in your awareness for a few moments.

Still holding this word or thought, observe its effect on your body,...
on your mind,...
and on your feelings.

Now, take a moment to recall a word or thought that uplifts you or pleases you.

Again, it might be a word or phrase someone else has said to you, or something you have said to yourself.

Now hold this word or thought in your awareness for a few moments.

Still holding this word or thought, observe the effect it is having on your body,...
on your mind,...
and on your feelings.

Now, silently say to yourself the following words:

“I am the Self.”

“I am pure Consciousness.”

“I am the Self.”

“I am pure Consciousness.”

As you continue to repeat these words, these pure thoughts, observe their effect on you.

Let the power and truth of these words resonate within you.

Meditate.