

# Teachings to Live By

## 9

~ Baba Muktananda

*Om Namah Shivaya* means “I bow to the Lord, who is the inner Self.”

Repeat it silently, at the same rate of speed with which you speak.

Repeat it with love and go deep inside.

Understand that you yourself are the deity of the mantra.

*Baba Muktananda*

### Dharana for Meditating on Baba's Teaching

*Namaste.*

You will be meditating on a teaching from Baba Muktananda about the great mantra *Om Namah Shivaya*.

Baba teaches:

*Om Namah Shivaya* means ‘I bow to the Lord, who is the inner Self.’

Repeat it silently, at the same rate of speed with which you speak.

Repeat it with love and go deep inside. Understand that you yourself are the deity of the mantra.

Let Baba's words reverberate in your being.

To prepare to meditate on Baba's teaching, take a comfortable posture.

Whether you're in a chair or on the floor, feel your two sitting bones connect to the surface beneath you.

From this steady, grounded foundation, allow your spine to gently elongate.

For a moment, stretch the fingers of both hands wide and enjoy the sensation of that stretch.

Using your fingertips, very gently massage your jaw.

Start at your chin and gradually move up the jawbone on both sides, all the way up to the two joints of the jaw, which are just in front of your ears.

As you massage the jaw, allow any tension to melt away.

Now, with your fingertips give your entire face a gentle tap, tap, tap.

Let all the muscles of your face relax.

Now, bring your hands to rest, palms down, on your thighs.

Focus on your breath moving in and out of your body like the soothing, rhythmic flow of ocean waves.

Feel your breath easefully flowing in...  
and easefully flowing out.

Easefully flowing in...  
and easefully flowing out.

Continue breathing as I lead you in a *dharana* on Baba's teaching.

Once again, Baba teaches:

*Om Namah Shivaya* means ‘I bow to the Lord, who is the inner Self.’  
Repeat it silently, at the same rate of speed with which you speak.  
Repeat it with love and go deep inside. Understand that you yourself  
are the deity of the mantra.

Let Baba’s words settle in your being.

Begin to repeat *Om Namah Shivaya* silently and slowly, pronouncing each  
syllable, as Baba said, at the same rate of speed with which you speak.

*Om Namah Shivaya.*

Continue repeating the mantra with love—love for your own inner Self.

Feel the syllables of *Om Namah Shivaya* pulsating inside you.

Let the mantra carry you within, to the center of your being.

Hear the following words within you: “I bow to the Lord, who is the inner  
Self.”

*Om Namah Shivaya.*

With each repetition of the mantra, I worship the inner Self.

*Om Namah Shivaya.*

I am the Self.

*Om Namah Shivaya.*

I offer love to my own Self.

*Om Namah Shivaya.*

*Om Namah Shivaya.*

*Om Namah Shivaya.*

Meditate.