

For Endless Courage and Endurance Against the Entire Universe

To be practiced at twilight.

Sit in Easy Pose. Lock your hands in **Bear Grip** at the **Heart Center**. Right palm faces inward, left palm faces outward. Eyes are at the tip of the nose.

Begin to rock the body forward about 4–6 inches, and then back to center. This is a slow, continuous, fluid movement. Move forward and back about 8 times per 10 seconds. Let the body move by itself. Do not apply physical muscle.

Chant the mantra, **Har**, each time you move forward. Chant in the following manner: Turn the tip of the tongue back so it strikes the upper pallet each time you chant. The word comes out sounding more like “Hu(d)-uh.” Generate the sound of the mantra from the center of the mouth. **Har** is one of the aspects of God—the Creative Infinity. Continue for **11 minutes**.

To finish: Inhale, suspend the breath for 20 seconds, and then pull on the Bear Grip with all the power in your hands, so the energy can be displaced to every part and fiber of the body. Repeat two more times.



Comments:

One of the hallmarks of the yoga lifestyle is to pay attention to the rhythms of nature that we are part of. As we express our creativity in our culture, business enterprises and other activities we can easily get out of touch with the fundamentals of our biology, our patterns of energy and the cycles of the day. This meditation is done at twilight, as our energy naturally shifts. We take advantage of that shift and direct the change to give us strength.

Yogi Bhajan commented “If the tongue is properly kept turned inside the mouth, and you start chanting, *Har*, you will understand the English word ‘ecstasy.’ It is just a balance between the lower back, spinal cord, you, and the tongue. It can change your vibration, nervous system, and your central nerve, to be so strong that after practice you can become very fearless.

“Most things we do out of fear. We think we love, but we don’t. In our life, love is our attachment to emotions, and fear is our constriction of our self-power. Both are bad. Actually, when you are really in love you are humongous. Nothing can stop you. If you are afraid, you freeze, you can’t move properly.

“You have two things in life to do: Carry the day and carry the night. You want to go to work to carry the work. Wrong. You have a date at night; you want to carry the date. Wrong. You carry the day and you carry the night. God has given you two twilights, 4 to 7 in the morning and 4 to 7 in the evening.”