

Originally taught by Yogi Bhajan in March 1979

## Meditation to Conquer Self-Animosity

Sit in an Easy Pose, with a light *jalandhar bandh*.  
Maintain an alert attitude.

**MUDRA:** Relax the arms at the sides and raise the forearms up and in toward the chest at the heart level. Draw the hands into fists, and point the thumbs straight up toward the sky. Press the fists together in such a manner that the thumbs and fists are touching. The palms are toward each other. This meditation requires the upper torso to be held straight, without rocking back and forth.

**EYE POSITION:** Fix the eyes at the tip of the nose.

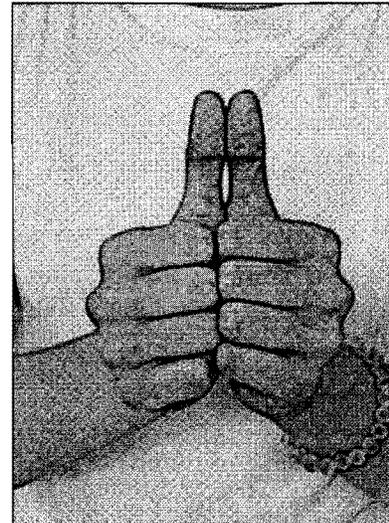
There is no required mantra other than the subtle sound of the breath.

**BREATH:** *Inhale* through the nose.

*Exhale* completely through the mouth.

*Inhale* deeply and smoothly through the mouth.

*Exhale* through the nose.



**TIME:** Continue for **3 minutes**. Gradually build the time to **11 minutes**. Practice daily, but do not exceed 22 minutes in any one session.

**TO END:** Inhale and stretch the arms up over the head. Keep the stretched position as you take **3 more deep breaths**. Relax.

### COMMENTS

There are no enemies. There are challenges to our creativity. The greatest enemy is the self. Self-defeating activity and self-animosity occur where we do not accept ourselves. We instinctively reject self-confirmed continuity. We will oppose our own success and accomplishment just to break with steadiness. That break is the assertion of ego: an attempt at marking and possessing something in Time and Space. This self-animosity distracts us from the real gift of human life: the capacity to confront and experience the self in relationship to the Unknown Infinity of our Self.

This meditation conquers the state of self-animosity and gives you the ability for constant consciousness in support of the core self.