



Santhika  
Retreat  
Center

## Meditation For Courage

Yogi Bhajan

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*"It is the vibration of courage and projection which attracts reality. You can live a bitter life or a better life, it is your choice..." – Yogi Bhajan*

**Posture:** Archer Pose: Stand with the right leg forward so the knee is directly over the toes. The left leg is straight back with the foot flat on the ground, at a 45 degree angle to the front foot. Raise the right arm straight out in front, parallel to the ground and make a fist, as if grasping a bow. Pull the left arm back, as if pulling the bowstring back to the shoulder. Feel a tension across the chest.

**Eyes:** Face forward and fix the eyes above the fist to the horizon.

**Time:** Hold the position 3 to 5 minutes, then switch legs and arms to the mirrored position and repeat.

**Comments:** The first and, perhaps, most important step in any process of transformation is COURAGE. By encompassing courage, we are making a conscious decision not to allow anything like fear, trepidation, or doubt to be or become an obstacle on our path.

"Perpetual courage is the only thing that wins in the world, and this comes from:

- 1) nerve strength,
- 2) personal strength and
- 3) mental strength.

It is the vibration of courage and projection which attracts reality. You can live a bitter life or a better life, it is your choice. Life is a lie if truth is not found. Truth is just an idea if it is not lived, and this is absolute courage, strength and grit.

Kundalini Yoga can be a source of life, happiness, prosperity, nobility and courage. It's effective, practical and it changes us. It widens our scope and makes us bigger."

