

Har Ji Har Har Har Har Har Ji

Har Ji Har Har Har Har Har Ji:

- Har - Creative god
- Ji - Soul

The mantra means “O, my soul, (the creative) God is, God is, God is, God is, O, my soul.”

Har manifests from the Infinite subtlety of God into immediate experience.

It opens your soul to be real and your mind to link effectively to your real identity.

In the mudra, the thumbs connect to represent “I am” and the little fingers “I shall be.”

The three fingers that are open represent the past, present and future.

So between how you are and how your soul will bloom, all of time serves you. It is a mudra for your connection and flow of life from your essence; its subtle and electromagnetic form adjusts the projection of the heart center and lets your words go deeply into your mind to guide your new behaviors.

Break the Mask Meditation Instructions:

Hold Lotus Mudra with the thumbs touching and pinky fingers touching, all other fingers are spread out. Eyes are 1/10th open. The meditation uses the mantra: [“Har Ji, Har, Har, Har, Har, Har Ji”](#)

Part 1) Mentally chant the mantra while breathing the following segmented breath:

Inhale the lungs 1/3 full and hold the breath for 15 seconds. Inhale the lungs 2/3 full and hold for 15 seconds. Inhale the lungs to capacity and hold for 15 seconds. Exhale and then repeat the sequence. Continue for 15 minutes.

Part 2) Continue holding the mudra and begin chanting aloud with the mantra for 11 minutes.

Part 3) Continue to hold the mudra and repeat Part 1 (mentally chanting and breathing sequence) for 5 minutes.