

## Get Rid of Your 'Couldn't

Taught by Yogi Bhajan September 4, 2001 [As published in 'Success and the Spirit' by the Kundalini Research Institute](#)

### Yogi Bhajan's comments on this meditation:

Do you remember when you wanted to come to class and you said 'I couldn't'? Do you remember when you wanted to get up in the morning and be with your God and instead said, "I couldn't?" Do you remember when you wanted to love and be with somebody and decided, "I couldn't"? All the problems on this planet come from this "I couldn't". It gives us a slip from our dharma, from our destiny. We need to make our will so clean, clear, and positive that 'couldn't' doesn't touch our shores. Kundalini Yoga takes away our 'couldn't' and give us our excellence.

Every sequence has a consequence. When we start a sequence, the consequence will be there. If you don't want the consequences, don't start the sequence. Have that control! Control your 'couldn't'.

Practicing a kriya with a mantra like this one give you a rhythm. When your life is subject to rhythm, your 'couldn't' goes away.

**POSTURE:** Sit straight and tall in Easy Pose, as if you were the Lord Buddha.

**MUDRA:** Cross the middle fingers over the backs of the index fingers, locking the other two fingers down with the thumbs. Bend the elbows and bring the mudra up to ear level.

**EYES:** The eyes are closed.

**MANTRA:** Chant Har from the navel to the rhythm of Tantric Har by Simran Kaur and Guru Prem Singh. Be constant and consistent.

**TIME:** 11 minutes.

**TO END:** Inhale deeply, hold. Let the breath and the mantra multiply into your being. Exhale. Repeat. Then one more time inhale deeply and powerfully, hold, and pull the navel in. Exhale and relax.

