CONSTANT BEAR AND LOOKING OWL

The image is that of a bear walking steadily through the woods, never missing a step, holding the world in his hand-like paws. His friend the “looking owl” sits atop his head, keeping it on straight. He guards our earth, turning day to night and back to day, turning yang to yin and back again. As we become the bear we see all our cycles going. Do this move for 3-5 minutes to 20 minutes, and while doing it, our teacher would say “Remain in a pleasant mood”.

This move is more active than the previous two and provides a link between the deep stored energies and the daily yang qi that governs our actions.