



2006 Prosperity Meditation of the Year

For Royalty in Service to the Divine



There is a universal force that keeps the Creation in motion: the force of love, the force of service. When we flow with love and service in our hearts, it gives us a royal projection on the Earth. Then, the most divine opportunities in alignment with our highest good come to us.

This meditation was given so that the mind can surrender to the heart and accept the gifts that the Creation has to give. By opening our hearts, our royalty shines through. In service to the power of love, unlimited prosperity comes to us by the hand of the Divine. ■

Position:

Sit in Easy Pose,* with the spine straight. Bring the hands together 2-3 inches in front of the heart center. The base of the palms touch, as do the sides of the thumbs and the tips of the little fingers. The rest of the fingers flare out to form the petals of the lotus flower.

This is called *Lotus Mudra*.

Focus your eyes on the thumb tips. Breathe long, slow, and deep. As you exhale, feel the breath touch the thumbs. Continue for 11 minutes.

To end:

Inhale deeply, suspend the breath, squeeze all your muscles for ten seconds. Exhale and repeat the closing sequence two more times. Relax.

*See Glossary, p. 40.