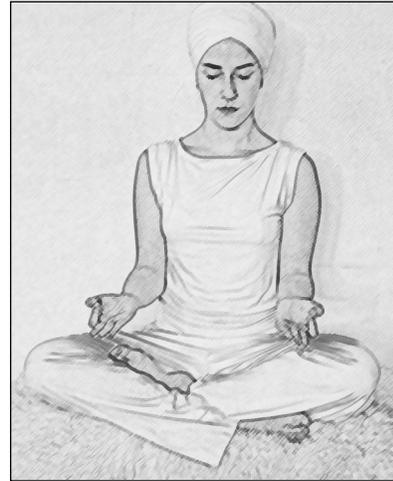


## Meditation for Prosperity I

Sit in an Easy Pose, with a light *jalandhar bandh*.

**EYE POSITION:** The eyes are closed, looking up, focusing at the Brow Point. Alternatively, you may have the eyes open, looking down at the tip of the nose.

**MUDRA:** Put the elbows by the sides, with the forearms parallel to the ground. The hands are pointing forward, with the palms facing up, wrists straight. Touch the thumbs to the tips of the index fingers. Chant the mantra in a steady cadence.



**MANTRA:**

***HAR HA-RAY HA-REE WHA-HAY GU-ROO***

This mantra uses the three qualities of **HAR**—seed, flow, and completion—unto the ecstatic Infinity of God.

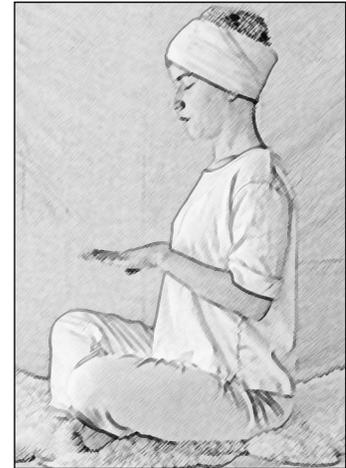
**TIME:** Continue for **11-31 minutes**.

### COMMENTS

This meditation provides guidance, and the way through any block. The future is clear, without anxiety. Every cause has an impact and an orbit of effect. This meditation allows you to use the Neutral Mind to intuit all the expected and unexpected impacts of the mental thoughts you feel now, or that were a part of you in the past. If this part of you is unbalanced, people will distance themselves socially out of subconscious fear of your perception, bluntness, and truth. When balanced, you gain wisdom and self-guidance to hold in trust all that comes to you. You are never swayed by abundance and hold closely to the path.

Originally taught by Yogi Bhajan in 1996

## Meditation for Prosperity II



Sit in Easy Pose, with a light *jalandhar bandh*.

**EYE POSITION:** Focus at the tip of the nose, through eyes 9/10th closed.

**MUDRA:** Hit the sides of the hands together alternately.

The Mercury (pinky) fingers and the Moon Mounds (located on bottom of the palms) hit when the palms face up. The Jupiter (index) fingers hit, and the thumbs hit under the hands when the palms face down.

**MANTRA:** The *Tantric Har* tape is perfect for this meditation.

### **HAR HAR**

Chant continuously from the navel, using the tip of the tongue.

**TIME:** Continue for **3-31 minutes**.

Yogi Bhajan has said about the timing: Normally this is done for 11 minutes, but 3-31 minutes is a choice. Once you make your choice, stick to it, and your glandular system becomes habitual to it.

### **COMMENTS**

"This meditation stimulates the mind, the moon center and Jupiter. When Jupiter and the moon come together, there is no way in the world you will not create wealth."

- YOGI BHAJAN