



I Am  
Not, All  
is  
Zero



***Everything is thought—  
God is thought, Earth  
is thought, names are  
thought, everything  
is just thought. But  
demonstratively entertain  
no thought, ‘I am not, all  
is zero.’ Give yourself  
a thoughtless grace  
and it will be a very  
good bargain when the  
subconscious doesn’t  
act and the unconscious  
gives you intuition.  
Automatically your job  
will be done. That’s the  
end of poverty and the  
beginning of prosperity.  
Yogi Bhanan, November  
11th, 1994***

#### PROSPERITY MEDITATION

##### Part 1

Sit in Easy Pose or on a chair,\* with a straight spine. Bring the hands to shoulder height at the sides, with the elbows by the ribcage. Connect the pointer and middle fingers (Jupiter and Saturn fingers), and the ring and pinky fingers (Sun and Mercury fingers). There will be a space between the ring and middle fingers (this forms the sign of the Vulcans on Star Trek). The thumb just rests. Close your eyes and move the hands quickly and alternately, three times per second, at chest level, as if you are playing a drum. Quickly breathe in through the nose and out through the mouth. Continue for 7 minutes.

To end: Inhale deeply, open your eyes. Keeping the hands

at chest level, squeeze them as if you were squeezing a ball, squeeze your body tight, hold the breath, lean backward sixty degrees tight, and put pressure on the spine. Move your body forward as you exhale. Repeat two more times.

##### Part 2

Lock your hands in Venus Lock,\*\* palms down, arms parallel to the ground at chest level. Move your shoulders up and down as fast as you can, without moving the hands. Continue for 7 minutes. Then inhale deeply and bring your shoulders up to your ears and squeeze the body tight. Exhale. Repeat 2 more times.

##### Part 3

Still sitting in Easy Pose or

on a chair with a straight spine, place your left hand on the heart, hand straight, fingers pointing to the right. Place the right hand in an ‘oath’ position, elbow resting at the side of your body. Close your eyes and become thoughtless. Breathe normally. Continue for 11 minutes.

To end: Inhale deeply. Place both hands on the ground between your knees, and press forward with pressure. Sit up straight and exhale. Repeat 2 more times. ■

\*If sitting in a chair, be sure both feet are flat on the floor with the weight equally distributed between them.

\*\*See Glossary, p. 41.