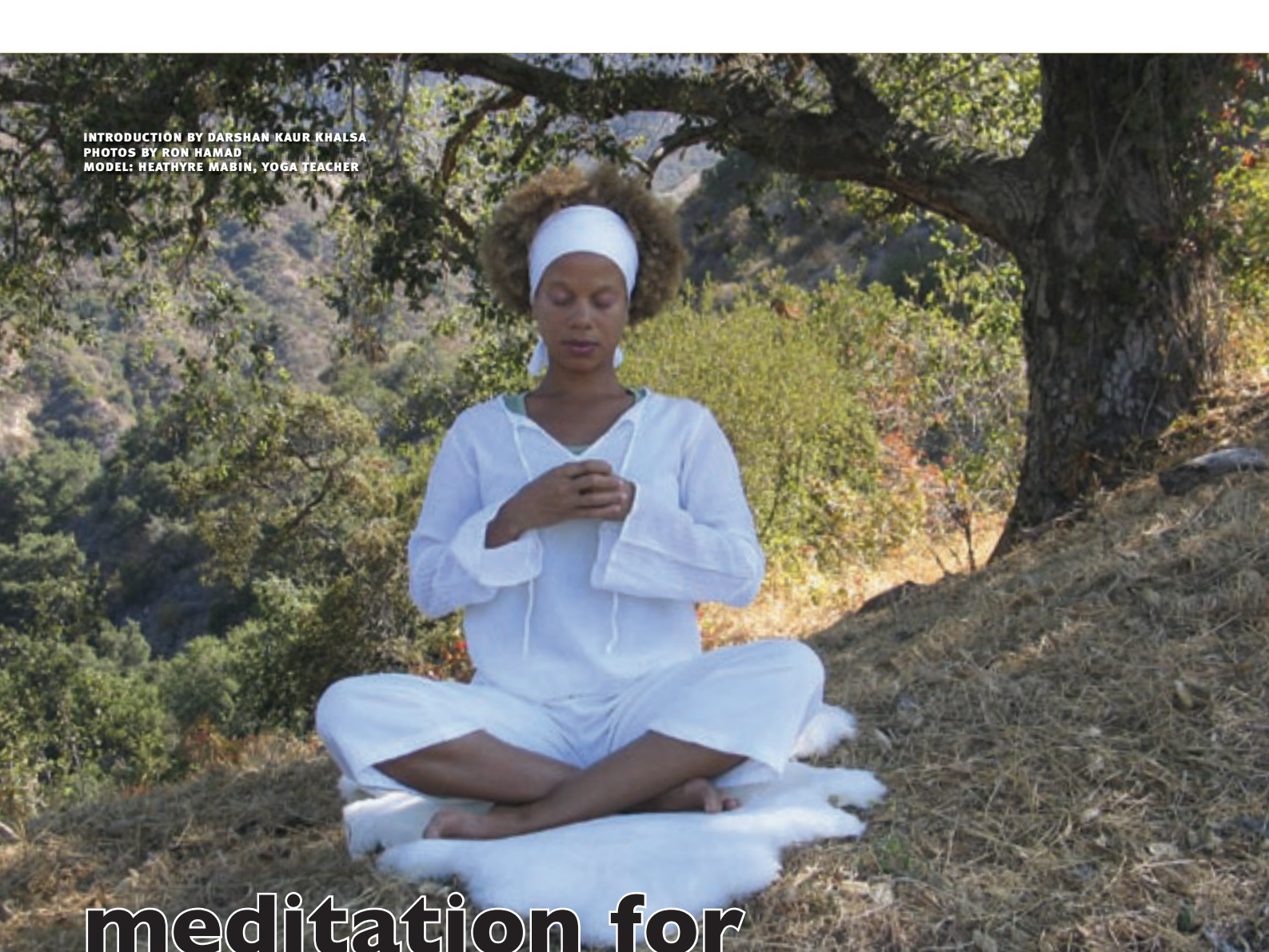


INTRODUCTION BY DARSHAN KAUR KHALSA
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MODEL: HEATHYRE MABIN, YOGA TEACHER



meditation for financial empowerment

“There are 108 elements in this Universe which are at the tips of your fingers, provided you decide to be compassionate, kind, and caring...As you expand in kindness, prosperity comes with it.” Yogi Bhanjan

STEPPING UP TO THE PLATE WHEN IT COMES TO YOUR finances can be tough, but it’s imperative to your prosperity. Where does your money come from? What are your assets and what are your debts? What are your habits with money? Do you have a budget? Do you live by it? Do you know where your money is spent and where it is saved? It’s simply not possible to be prosperous without detailed knowledge of our finances. By failing to keep track of our finances, we risk playing the role of victim. But by paying attention and looking at it squarely, we empower ourselves to really take charge of our prosperity. What does that empowerment look like?

“I was so afraid of looking at my finances that I just wouldn’t do it. I had debts. I knew I was earning money, but I never saw it. I couldn’t track where I was spending it. I felt like I wasn’t in charge, and I wasn’t. I was afraid because I knew I had mounting debts and they seemed too

huge to overcome—ever. But I finally sat down and worked out my numbers and I prayed to be debt free. It doesn't happen overnight, but I can testify that it does happen, and every step of the way I got stronger and stronger. The real gift was the personal empowerment I got out of it. I am no longer at the mercy of my fear, I am no longer just vaguely guessing—today I know where I stand, and my prosperity has increased so much because of it.” Allison from California.

In yogic tradition, practicing the following meditation

correctly opens us to the opportunity to explore and recognize the bounty we already have. Not stepping up to the plate is a form of denial, and when we ignore our financial picture, we also put at risk our essence, our skills and talents, our beauty, consciousness, and capabilities—everything about ourselves that is really essential to a life of true abundance, prosperity, and wealth. It is when we begin to acknowledge what and who we are and what we have that the Universe opens itself to us, and we can reap its vast rewards.

Prosperity Meditation to Feel your Abundance



When we ignore our financial picture, we also put at risk our essence.

Part One

Position: Make a fist of the left hand, with the thumb covering the fingers. Hold the fist 6-8 inches in front of the heart chakra and wrap the right hand around it. Close your eyes and do Long Deep Breathing (slow deep breathing through the nose). Continue for 7 minutes.

Part Two

Now instead of the hand, hold an orange. Hold it with both hands as a symbol of prosperity. Look at the tip of your nose. Continue to breathe deeply. Be gracious. Continue for 7 minutes.

Part Three

Meditatively peel the orange and eat it, chewing each bite very thoroughly. Hold it in the essence of prosperity.

Variation

You may choose to practice parts 1, 2, and 3 as above, or you may practice only parts 2 and 3. If you choose to practice only parts 2 and 3, then part 2 is done for 11 minutes.

Yogi Bhajan's comments on the meditation:

“Feel yourself holding your abundance. The hand is your spirit. It is not a hand you are holding, it is Jupiter, Saturn, Sun, and

Mercury. The best thing is to know what you have. Sometimes we do not have the power to concentrate and we miss the opportunity. Elementary abundance is in your hands. Your hands will hold it, and the breath of life, your breathing (prana), will be the longest and deepest, and you will concentrate. That is all that is needed.”

For more about prosperity technology visit www.prosperitytechnology.org

DARSHAN KAUR is a writer, musician, and entrepreneur. She works for Sikh Dharma Dasvandh and has been teaching about prosperity and tithing for 5 years. Her current projects include creating a prosperity technology course for the Dasvandh office and operating her new website, LinkingSpirits.com, an interactive website bringing spiritual people together.



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