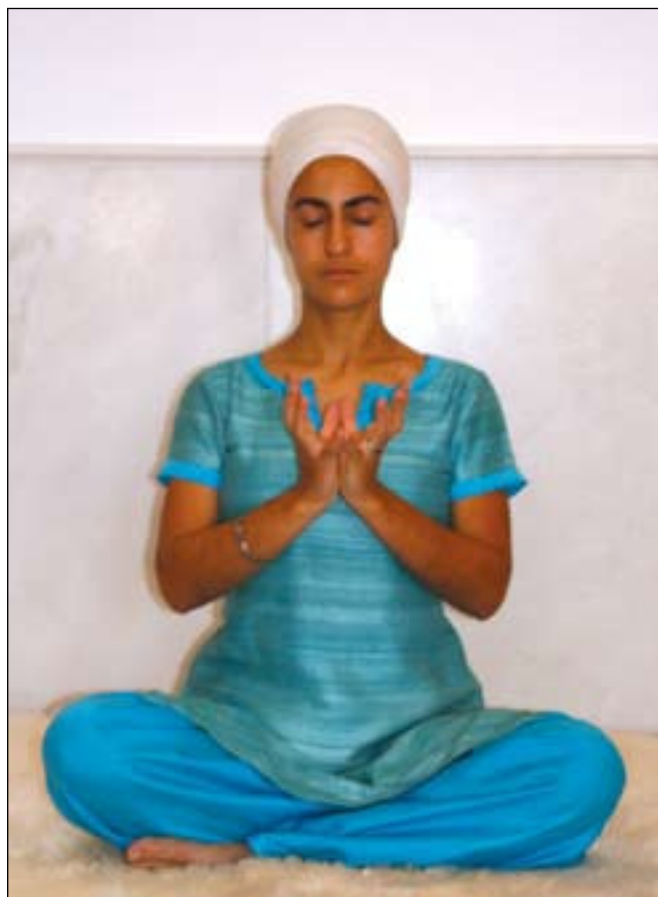


Lotus Prayer for Prosperity



Position: Sit in Easy Pose¹ with a straight spine. Bend the elbows down into the sides of the body. Bring the hands in front of the heart center, palms facing one another, with the fingers pointing up towards the ceiling. Spread the fingers wide apart. Make your hands into a lotus in front of your heart center by bringing together and touching the tips of the pinkies, the sides of the pads of the thumbs, and the base of the palms. The other fingers will be kept spread apart, and curved slightly to form the lotus petals.

Keeping the mudra² with the fingers pointing straight up, begin gliding your arms up in a straight line, until the hands are a little above, and a little in front of the head. Then in a continuous movement, without any abrupt stop, glide them back down to the starting position. Continue.

¹ A comfortable cross-legged sitting position
² Hand position

Eyes: Unspecified.

Mantra: *Reality, Prosperity and Ecstasy* by Nirinjan Kaur is played for 15 minutes. Then the instrumental tape *Dhuni* is played for 6 minutes. These tapes are available through www.a-healing.com.

Time: 21 minutes

To end: Inhale, exhale. Relax.

Yogi Bhajan's comments: This is a prayer for prosperity. It is the prayer of the lotus. Just listen to the lyrics of the *Prosperity* tape,³ and go into a deep prayer:

³ *Reality, Prosperity, and Ecstasy* by Nirinjan Kaur