



incredible potential, just imagine how it can affect your happiness, relationships, and prosperity.

At Sikh Dharma Dasvandh, our mission is to support your prosperity through tithing, by giving to the Universe and trusting completely, allowing infinite abundance to flow back to you. It is our blessing to share Yogi Bhajan's words and meditations that relate specifically

to continued trust and the flow of prosperity. It is my great honor to join this incredible group consciousness, serving you through the beauty and grace of Dasvandh. Thank you for your support and all that you give to Dasvandh, and for spreading these teachings to the world. If you haven't signed up for electronic giving, please do so today and allow for infinite growth and prosperity in your life.

Guruprakash Kaur Khalsa is joining the Dasvandh team after serving administrative needs for Miri Piri Academy, Sikh Dharma International, and Sikhnet.com. She has always had a love for connecting with people through writing. She can be reached at dasvandh@sikh-dharma.org

PROSPERITY MEDITATION: DEVELOP THE POWER OF EXPRESSION



In order to be successful and manifest what you want and need in this life, you must be able to communicate clearly and powerfully. This meditation, properly done, develops your power of expression so that you can speak from your truth and effectively attract prosperity into your life.

Chant the Adi Mantra (*Ong Namu Guru Dev Namu*) 3-5 times.¹

Posture:

Sit with the spine straight in a cross-legged position (Easy Pose). Interlock your hands behind the neck with the elbows stretched back.

Eyes:

Eyes are closed.

Mantra:

Rhythmically chant the mantra, *Har, Har, Har, Har...*,² pulling in the navel and stretching the elbows back on each *Har*.

Time:

Continue for 11 minutes.

To end:

Inhale deeply, hold, and stretch your spine. Exhale and relax.

¹ For complete instructions, go to kriteachings.com/toolsforteachers

² One of the names of God in His creative aspect; the 'a' is short and sounds like the 'u' in 'but' and the 'r' is slightly rolled, similar to Spanish. Available on CD *Tantric Har* by Simran Kaur and Guru Prem Singh at www.spiritvoyage.com