

# Prosperity Meditation: Gurprasad

Guru is that guidance which takes you from darkness to light. Gurprasad means Guru's Grace or Blessing; given by the grace of the Guru.

## Excerpts from a lecture by Yogi Bhajan, May 7, 1989

Somebody gives you prasad<sup>1</sup> in the Gurdwara,<sup>2</sup> and I have seen fingers going like this (demonstrates somebody asking to be served just a tiny amount of prasad). And I see you in Al Gelato (an upscale Los Angeles ice cream parlor) eating this big ice cream.

I absolutely have no mind to understand what you are doing. I have absolutely no idea. I feel like you, within that moment when you do this (making the sign for just a little prasad), have shipped me to Mars or Venus or somewhere. This is a very contrast of a human. And I also see you in Al Gelato with this ice cream, with whipped cream, with raisins, and those nuts—you want it bigger and bigger. Something goes wrong with you.

But just remember, if Gurprasad is Gurprasad, then accept it as it is given. And accept it with such devotion that it can open the faculty, it can open your path. These eyes of ours are only there to read sign boards, but these eyes can also see the great creativity of God.

**Posture:** Sit in Easy Pose<sup>3</sup> with a straight spine. With your upper arms close to your sides, bring your hands to the level of the heart with the hands side-by-side and cupped (the way they are for receiving prasad).

**Eyes:** Eyes are one-tenth open and focused on the tip of the nose.



**Mental focus:** Allow all the blessings of heaven to flow to you; ask for whatever you need; know yourself to be blessed; feel the boundless flow of spirit.

**Time:** There was no time given for this meditation. We suggest starting with 3 to 11 minutes and working up to 31 minutes.

<sup>1</sup> Guru's gift (often meaning blessed food); in the Sikh tradition, a pudding made of flour, ghee (clarified butter), and honey

<sup>2</sup> Sikh temple or place of worship, the "gate of the Guru"

<sup>3</sup> A comfortable, cross-legged, sitting position; Sukhasan