

2008 Prosperity Meditation of the Year



“Let us see what we can do tonight to energize our center of courage, our *superconscious*. The word *superconscious*, which you may not find in the dictionary, is a word which will be used after a thousand years. Unconscious, subconscious, and there is a beautiful thing called *superconscious*. How do we develop that? It’s a combination of intelligence, consciousness, and courage.”Yogi Bhajan

Posture: Sit in Easy Pose¹ with a straight spine (or in a chair with both feet flat on the floor). Tuck the elbows next to the ribcage and bring the forearms vertical, palms facing forward. Keeping the Jupiter (forefinger) and the Saturn (middle) fingers straight and together, fold the thumbs over the ring and pinky fingers of both hands.

Motion and Mantra: From the beginning position with the palms facing forward, rotate the hands 90 degrees, so they are facing each other. In a steady rhythm, repeat this motion, facing the hands forward and then towards each

other, as you chant *Har*,² striking the upper palate with the tip of the tongue and pulling in the navel with each movement.

Eyes: The eyes are focused on the tip of the nose.

Time: Continue for 11 minutes.

To end: Inhale deeply, hold tight for 25 seconds as you mentally squeeze yourself. Shrink to bring yourself into the capacity of being zero (shuniya) under all circumstances. Imagine you are just a central line and the two sides of your body have squeezed into the central line for the length and breadth of the spine only. Exhale. Inhale deeply again, exhale. Inhale deeply again, hold tight for 20 seconds and reduce the body by “self-hypnosis” to the strength of the length and only the breadth of the spine. Exhale. Inhale deeply again, hold tight for 10 seconds. Self-hypnosis is a very powerful thing. Exhale. Inhale deeply and release the breath. Inhale deeply and release. Finally, inhale deeply to full strength and hold tight for 20 seconds as if you are just one stick, two and

¹ A comfortable cross-legged sitting position

² The ‘a’ is as the ‘u’ in ‘up’ and the ‘r’ is rolled so it almost sounds like a ‘d.’