

Prosperity Meditation: A Mantra of Commitment

Taught by Yogi Bhajan on October 16, 1973



Yogi Bhajan's comments:

When a person is weak, his four sides are unguarded. The Infinite stands on the left side of you—that is the heart side. Time stands behind you, so time supports you. The truth of the now stands on your right side; it means your action stands as you. The Great Infinite Guru¹ stands before you.

Just imagine what a powerful mantra it is, if you properly maneuver your mind and channel the energy and see how this is happening around you. Sit in the center of it and then chant this mantra and be in the light of it. Man has a great power to still himself, that is the highest protection of the man. When a man stops and does not move, then the entire universe around him moves to help him.

¹ Literally “that which takes you from darkness to light” or “teacher”

Posture: Sit in Easy Pose,¹ with a straight spine. Push the lower back in so it is not bent back. The hands are resting in Gyan Mudra.²

Mantra: *Aad Guray Nameh* – I bow to the primal wisdom

Jugaad Guray Nameh – I bow to the wisdom true through the ages

Sat Guray Nameh – I bow to the true wisdom

Siri Guru Devay Nameh – I bow to the great unseen wisdom

This is a mantra³ for protection that will uphold your commitment. Feel the energy around you as you chant:

Aad Guray Nameh, to the left of you

Jugaad Guray Nameh, behind you

Sat Guray Nameh, to the right of you

Siri Guru Devay Nameh, in front of you

Time: No time for this meditation was specified. KRI⁴ suggests 3 – 11 minutes.

¹ A comfortable cross-legged sitting position

² The tips of the thumbs and index fingers touch and the rest of the fingers are straight; activates the wisdom and knowledge areas of the brain

³ A syllable or combination of syllables that help focus the mind

⁴ Kundalini Yoga Research Institute (KRI) preserves the accuracy of the teachings of Yogi Bhajan