

# Meditation to Recognize Prosperity When it Comes to You

**Position:**

Sit in Easy Pose<sup>1</sup> with a light Neck Lock.<sup>2</sup> Begin with the hands in Prayer Pose<sup>3</sup> at the Heart Center with the thumbs crossed.

- 1 Raise the arms up with straight elbows to 60 degrees as you chant **Aad Guray Nameh**.
- 2 Bring the hands back to the Heart Center as you chant **Jugaad Guray Nameh**.
- 3 Stretch them back up, with straight elbows, 60 degrees as you chant **Sat Guray Nameh**.
- 4 Bring them back to the Heart Center as you chant **Siree Guroo Dayvay Nameh**.  
Continue for 31 minutes.  
Project the mind out as you chant.

**Mantra:**

**Aad Guray Nameh<sup>4</sup>**

Salutations to the Primal Guru<sup>5</sup>

**Jugaad Guray Nameh**

Salutations to the Guru throughout all the Ages

**Sat Guray Nameh**

Salutations to the True Guru

**Siree Guroo Dayvay Nameh**

Salutations to the Great angelic, transparent, invisible Guru

This mantra activates the ten bodies<sup>6</sup> to serve you in your daily interactions. While other meditations bring you prosperity, this meditation helps you recognize the prosperity when it comes, enabling you to immediately respond to the opportunities it brings.

1 A comfortable cross-legged sitting position  
 2 Stretch the back of the neck gently straight by pulling the chin straight back and lifting the chest.  
 3 Palms together at the center of the chest  
 4 Nameh could also be translated as “reverent greetings.” The “eh” sound rhymes with the “a” in “cat.”  
 5 Guru means Teacher, or that which takes you from darkness to light, from ignorance to knowledge.  
 6 The human is made up of ten bodies: the physical body, three mental bodies, and six energy bodies.

