

Meditation To Bring Prosperity to Your Life

Introduction by Darshan Kaur Khalsa

One of the most inspiring and fascinating aspects of Yogi Bhaajan's teachings is that no matter what the subject matter, he adroitly reminds us that it is always a case of bringing one's self back in alignment with God and Divine Will. Even on the subject of prosperity, this message remains the same. In one lecture on prosperity, he said:

"This subject is very serious and extremely simple: what you should do to bring prosperity to your life. Prosperity doesn't mean that you have wealth, health, and happiness. The best way to explain prosperity is like when a rosebud flowers and

opens up; it has its fragrance. When a person is prosperous, there is that fragrance of security, grace, depth, character, and truthfulness, which that person can share. Like a candle emits light, a prosperous person emits prosperity.

It is the greatest tragedy that we are all trying to find God outside of ourselves. God is within us, and therefore, we have to act like God's existence. One of the greatest human weaknesses is that we want to impress others. But once we begin impressing ourselves, it's nirvana:¹ we are redeemed, we are free, and we get whatever we want. You will find you

are you, and that the very joy of being you is a most precious joy." YB

Prosperity, like many other things for which we strive, manifests itself when we remember that God is within us. When we center our attention on becoming one with the Infinite, we become more present in the now; being really present in the now produces the consciousness, which creates prosperity as a way of life. ■

Part One

Sit in Easy Pose* (or in a chair) with a straight spine. Raise the right hand to the level of the right ear, with the fingers pointing straight up and the elbow out about 10 inches from the ribs (like you are taking an oath). The left hand covers the navel point, with the fingers straight and the palm laid flat over the navel. Close your eyes and just think of yourself and the breath of life. Continue for 8 minutes (no longer).

Part Two

Still sitting in Easy Pose, bring both hands to the heart center. The thumb tips are touching each other, as are the fingertips, and the hands form a triangle in this position. The bases of the palms are apart. The point of the triangle faces up. The eyes remain closed. Meditate on your purity and divinity while whistling to the instrumental music of *Ardas Bhaee*** (side two of the tape). Continue for 4.5 minutes. Then inhale powerfully. Hold the breath in and use your imagery and perceive yourself as pure and Divine. Exhale. Inhale and repeat two more times.

Part Three

Still sitting in Easy Pose with eyes closed, extend the arms straight out to each side. The arms are very straight with no bend, at shoulder level with the right palm facing up and the left palm facing down. Inhale and feel that heaven and Earth are joining in you, that right and left are in balance. Suspend the breath for 20 seconds, and then exhale with cannon-fire breath² through the mouth. Repeat two more times, then inhale deeply and hold tightly. Exhale and relax.



Part One



Part Two



Part Three

¹Characterized by bliss and freedom. Letting go of ego, passion, and desire. Liberation.

²Powerful exhalation through 'o' shaped mouth.

* See Glossary, page 35.

** *Ardas Bhaee* is available from www.a-healing.com.