

Prosperity Meditation: Meditation for Brosa

(SPIRITUAL ENDURANCE)

"All our life needs is for us to come to a spiritual endurance. The effect of this spiritual endurance is the primary factor that can take us calmly and quietly through the channels of life. There is no difference between us and our divine endurance. The pressure we all go through is sometimes unbearable and this pressure is always here. Atmosphere has a pressure, longitude and latitude have a pressure,

and aptitude and attitude have a pressure. That is why we build spiritual endurance through meditation and mantra. Sometimes each person's load can only be taken collectively. Collectively we can pull the weight. We have a collective strength in us, hand in hand, in friendship, in the love, and in the affection. Do not keep things to yourself and say, 'I cannot.' There is nothing you cannot do." – YOGI BHAJAN

The Meditation for Brosa affects the element of trust in the human personality. Trust is the basis of faith and commitment and the sense of reality. It will give you the elevation of spirit so you can stand up to any challenge. It builds and balances the *aura*¹ from the *fourth chakra*² up.

Position

Sit in Easy Pose (a comfortable cross-legged sitting position), or in a chair, with a straight spine. Arch the arms up over the head with the palms facing down. If you are male, place the right palm on top of the left. If you are female, place the left palm on top of the right. The thumb tips are together with the thumbs pointing back. The arms are slightly bent at the elbows.

Eyes

With the eyes opened very slightly, look down toward the upper lip.

Mantra

While chanting the following mantra, form the sounds with the lips and tongue very precisely:

Wahe Guru (waa-hay guroo)

Whisper it so that *Guru* is almost inaudible. It takes about 2 ½ seconds per repetition.

Time

This *kriya*³ should be done for a maximum of 11 minutes per day for the first week or two, and then may be increased by 1 minute for every 15 days of practice until you reach a total of 31 minutes.



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1 The energy field that surrounds and interpenetrates the body, also called the electromagnetic field

2 The Heart Center, center of compassion and kindness

3 Combination of posture, mantra, breath, and rhythm