



Prosperity Meditation: Blossom into Your Potential



No one wants to become limited, because each of us is Infinite; the source of each of us is Infinity. Infinity has everything. When you relate to Infinity, Infinity gives you everything. **Yogi Bhajan**

This meditation is said to cause the heavy area of the vagus nerve¹ to activate. It is also said that this extends the brain, eventually to Infinity, and that the result is that the person meditating will blossom like a flower into his/her entire potential.

Posture: Sit in Easy Pose² (or in a chair with both feet on the ground) with the spine straight. Relax the arms down with

the elbows bent by the sides. Draw the forearms in towards each other until the hands meet in front of the body, about one inch above the navel. Keep both palms facing up, and rest the right hand in the palm of the left hand. Press the thumb tips together.

Eyes: Eyes are one-tenth open and focused on the tip of the nose.

Chant: Inhale deeply and continuously chant the following *mantra* in a low, monotone voice, moving your lips to create the sound.

Mantra: *Sat Nam Sat Nam Sat Nam Sat Nam Sat Nam Sat Nam Sat Nam Wahe Guru*

Time: 11 - 31 minutes.

To End: Inhale deeply, exhale, and relax.

¹ A cranial nerve that carries motor impulses from the brain to many major organs. The vagus nerve controls the muscles of the larynx (voice box), stimulates digestion, and regulates the heartbeat.

² A comfortable cross-legged sitting position; Sukhasan