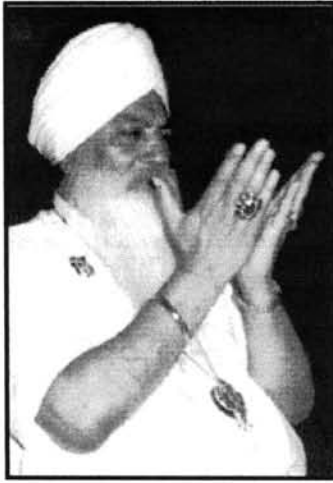


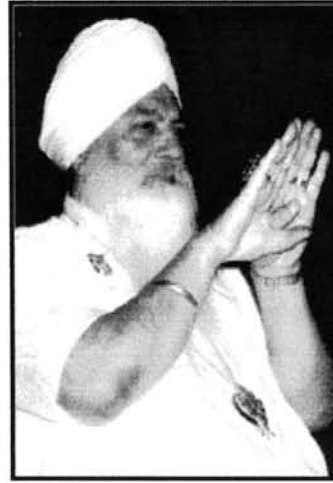
PROSPERITY MEDITATION

Taught by Yogi Bhajan, 6/21/96
Ram Das Puri, New Mexico

“Wealth Will Come To You”



A



B

WHAT THIS MEDITATION WILL DO FOR YOU:

*This meditation is first of a five-part kirya called “Sobagh Kriya” --
the only kriya given by Rishi Sobagh, in the Mahan Tantric Yog.*

This meditation is a money making machine.

It will make you rich. It will straighten out your brain.

MUDRA: Bend the elbows down by the sides. Place the palms face up in front of the chest, with the sides of the hands pressed together, as if you are reading a book. (See “A” above)

MOVEMENT: Alternate between A and B. Move powerfully.

A) Strike the sides of the hands together with a force, powerfully pounding together the area from the base of the pinkie down to the base of the palm. (Yogi Bhajan refers to this area as the “Moon mounds.”)

B) Strike the sides of the index fingers (also known as the Jupiter fingers) together. Again strike these sides with a powerful force.

MANTRA: Chant the word “Har” with each strike of the hands. To correctly recite the word “Har,” pull slightly in on the navel point, and strike the upper palate with the tip of your tongue as you chant the word. This optimizes the effects of the mantra.

EYES: Look at the tip of your nose.

TIME: 11 minutes a day. Do not exceed 11 minutes a day.

COMMENTS: This movement stimulates the mind, the moon center and the Jupiter fingers. When Jupiter and moon come together, there is no way in the world you will not make wealth.

Wealth will come to you. Not just money -- wealth. *It's all in you.* It's not outside of you. You just need to stimulate certain parts.