

Prosperity Meditation for becoming Dharmic Taught by Yogi Bhajan on Sept 10, 1998

1) Sitting in easy pose, bring hands to the level of the shoulders, palms facing forward in Sun mudra (thumbs and ring fingers touching). Index, middle and small fingers straight and pointing up. Chant Chattr Chakkr Vartee (see below) from navel. Mudra helps for resounding the mantra, hear the echo of your voice inside. 28 min

**Chattra chakakra vartee, chattra chakakra
bhugatay
Suyumbhav subhang sarab daa sarab jugtay
Dukaalang pranaasee dayaalang saroopay
Sadaa ung sungay abhangang bibhootay**

*Pervading in all the four directions,
Enjoyer in all the four directions.
Self-illuminated and united with all.
Destroyer of pain, embodiment of kindness
Always within us.
Everlasting giver of undestroyable power.*

(Use the musical version from Kalwant Singh found [here](#))

2) Keep chanting Chattr Chakkr Vartee from the navel, open the palms straight facing up, at the level of the shoulders (fingers pointing to the sides). Energy has to be reinvented. 3 min

3) Keep the posture, no music. Stay steady and become thoughtless. Break all patterns of thought so your inner being can have two minutes of relief. In silence. Say no to your thoughts. 2.5 min

4) Keep the posture, Chant **Humee hum brahm hum** from navel point. Keep palms open and straight. 4 min.

(Use the musical version from Nirinjan Kaur found [here](#))

To end: bring hands to prayer pose in front of the heart, tighten hands and press against each other with all the pressure possible.

Inhale, hold 5 sec while pressing, exhale.

Inhale, hold 10 sec press hard and contract all muscles, exhale.

Inhale, hold for 15 sec press and contract muscles with force, exhale.

Exercise 1:



Exercises 2-4:



Source:

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