



## Meditation to manifest money

September 23, 1997

*"Life is nothing but Alertness. You can only be Alert if you are wise & disciplined." –Yogi Bhajan*

**Mudra:** Sit with a straight spine, chin in, chest out. Bend the elbows into the sides of the body, and place the palms in front of the diaphragm area, flat and face up. Criss cross the finger area only, left on bottom, right on top. The thumbs will be extended away from the rest of the hand, and point straight ahead. Make sure they are not stretched back so far that they point to the right & left, but are pointing exactly straight ahead.

**Music/Mantra:** ["Har Har Har Har Gobinday..."](#) by [Nirinjan Kaur](#) is played. Sing with it from the navel.

**Eyes:** Closed.

**Time:** 23-1/2 minutes

**End:** Sit in silence and become thoughtless for 40 seconds. Then inhale, place the palms flat against the heart, pressure as hard as you can against the heart and squeeze the entire body, getting rid of all the sickness, disease, potential. Hold 17 seconds. Exhale. Repeat 3 times total, inhaling & holding between 15-17 seconds per inhale. Relax.

**Comments/Effects:** This is a sign of prosperity. It is a money manifestation scheme.

