



## Santhika Retreat Center

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### **MEDITATION TO CHANGE POVERTY INTO PROSPERITY**

April 23, 1997

*“This shabad will change poverty to prosperity.” — Yogi Bhajan*

*“The law of vacuum is that there is no vacuum. The more you spend, more comes. The less you spend, less comes. But the height of your personality is your divine manners. Manners are your life and to understand that life is nothing but a mutual existence. That will guarantee your peace. And your service and smile will bring you prosperity. There is nothing to suffer. Happiness is your birthright.” — Yogi Bhajan*

#### **Part One**

**POSITION:** Sit in Easy Pose with a straight spine.

**MUDRA:** Bring both hands into Gyan Mudra (touch the tip of the index finger with the tip of the thumb, the other fingers remain straight). Place the right hand, palm facing forward, next to the shoulder. The fingers point up with the hand at the level of the face. The left elbow is bent and the left hand rests on the left knee, palm facing up.

**EYES:** The eyes are closed.

**MANTRA:** [Chant the 25th Pauri of Japji Sahib aloud.](#) 31 minutes.

#### **Part Two**

Remain in the same posture. Breathe very long, deep and slow through the nose. In the silence, hear the sound of the mantra in your inner ear. 5 minutes.

**TO END:** Inhale deeply and squeeze your entire spine from top to bottom, bringing the energy from the Earth to the Heavens. Hold for 15-20 seconds. Cannon fire exhale through the mouth. Repeat 2 more times. Relax.

**NOTE:** It is recommended to dance for a few minutes after completing this meditation to balance out the energy and keep the nervous system strong. Yogi Bhajan played bhagara music for this purpose.





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ਬਹੁਤਾ ਕਰਮੁ ਲਿਖਿਆ ਨਾ ਜਾਇ ॥  
ਵਡਾ ਦਾਤਾ ਤਿਲੁ ਨ ਤਮਾਇ ॥  
ਕੇਤੇ ਮੰਗਹਿ ਜੋਧ ਅਪਾਰ ॥  
ਕੇਤਿਆ ਗਣਤ ਨਹੀ ਵੀਚਾਰੁ ॥  
ਕੇਤੇ ਖਪਿ ਤੁਟਹਿ ਵੇਕਾਰ ॥  
ਕੇਤੇ ਲੈ ਲੈ ਮੁਕਰੁ ਪਾਹਿ ॥  
ਕੇਤੇ ਮੂਰਖ ਖਾਹੀ ਖਾਹਿ ॥  
ਕੇਤਿਆ ਦੂਖ ਭੂਖ ਸਦ ਮਾਰ ॥  
ਏਹਿ ਭਿ ਦਾਤਿ ਤੇਰੀ ਦਾਤਾਰ ॥  
ਬੰਦਿ ਖਲਾਸੀ ਭਾਣੈ ਹੋਇ ॥  
ਹੋਰੁ ਆਖਿ ਨ ਸਕੈ ਕੋਇ ॥  
ਜੇ ਕੋ ਖਾਇਕੁ ਆਖਣਿ ਪਾਇ ॥  
ਓਹੁ ਜਾਣੈ ਜੇਤੀਆ ਮੁਹਿ ਖਾਇ ॥  
ਆਪੇ ਜਾਣੈ ਆਪੇ ਦੇਇ ॥  
ਆਖਹਿ ਸਿ ਭਿ ਕੇਈ ਕੇਇ ॥  
ਜਿਸ ਨੋ ਬਖਸੇ ਸਿਫਤਿ ਸਾਲਾਹ ॥  
ਨਾਨਕ ਪਾਤਿਸਾਹੀ ਪਾਤਿਸਾਹੁ ॥੨੫॥

*Bahutaa karam likhkaa na jaa-ay.  
Vadaa dataa til na tamaay.  
Kaytay mange jodh apaar.  
Kaythaa ganat nahee veechaar.  
Kaytay khap tuteh vikar.  
Kaytay lai lai mukar paa-eh.  
Kaytay moorakh khaahee khaa-eh.  
Kaytiaa dookh bhookh sad maar.  
Ay-eh bhe daat tayree daataar  
Band khaalasee bhanai hoe.  
Hor aakh na sakai koe.  
Jay ko khaa-ik akhaan paae.  
Oh jaanai jaytee-aa muh khaa-ay.  
Aapay jaanay aapay day-eh.  
Aakheh se bhe kay-ee kay-eh.  
Jis no bakhsay siphat saalaah.  
Naanak paatisee paatisee.*