



Sit in Easy Pose, with a light jalandhar bandh.

Eyes: Focus at the tip of the nose, through eyes 9/10th closed.

Mudra: Elbows are by the sides, forearms angled up and outward with the fingers at the level of the throat. The exercise begins with the palms facing down. Alternately hit the sides of the hands together. The Mercury (pinky) fingers and the Moon Mounds (located on the bottom of the palms) hit when the palms face up. When the palms hit facing down, the sides of the Jupiter (index) fingers touch, and the thumbs cross below the hands, with the right thumb under the left. Yogi Bhajan said that the thumbs crossing this way is the key to the meditation.

Mantra: The Tantric Har tape is perfect for this meditation. HAR HAR Chant continuously from the navel, using the tip of the tongue.

Time: Continue for 3-11 minutes. Yogi Bhajan has said about the timing: "This meditation can be done for up to 11 minutes. It is so powerful in bringing prosperity that more than 11 minutes would be greedy."

Comments:

"This meditation stimulates the mind, the moon center and Jupiter. When Jupiter and the moon come together, there is no way in the world you will not create wealth."
- YOGI BHAJAN

