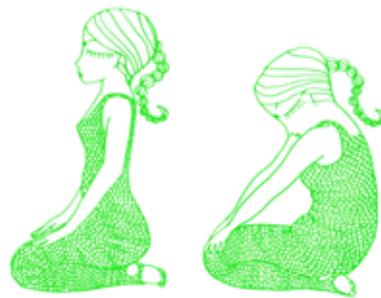


KRIYA FOR PROSPERITY

YOGI BHAJAN

1. Spinal Flexes in Vajrasana (Rock Pose). Place the hands over your thighs and keep them . As you inhale, fl x the spine forward. As you exhale fl x the spine back, keeping the shoulders relaxed and the head straight. Continue rhythmically with deep breaths for **2-3 min.** mentally inhaling **Sat** concentrating at the first Chakra and exhaling **Nam** concentrating on the 3rd Chakra. Do the movement without balancing front and back and without sliding the hands over your thighs. To end, inhale and pull root lock, exhale and pull root lock and hold for ten seconds. Repeat 3 times.



2. Body Drops from Dandasana (Staff Pose). Sit on the floor with your legs together and extended in front of your torso. If your torso is leaning back, it may be helpful to sit on a blanket to lift the pelvis. Sit towards the front of the sitting bones. Firm the thighs, press them down against the floor (or your support), rotate them slightly toward each other and fl x your ankles, pressing out through your heels. Place your hands on the floo , facing forward, not under your shoulders, but a little bit forward to have better support. Inhale as you lift your body away from the floo , exhale as you let it drop. Continue for **2-3 minutes**.



3. Crow Pose. Begin in Tadasana (Mountain Pose) with feet hip distance apart and parallel between each other. Extend the arms straight forward parallel to the ground, interlace the fingers, forefingers pointing out in front of the heart. Inhale, exhale as you bend your knees into squatting position. Hold the posture with Breath of Fire for **2-3 minutes**. To end, inhale, hold and project out from the heart centre and then exhale.



4. Running in Place. Run at a fast pace with the knees up high and a punching motion with the arms. **3-5 minutes**



5. Upavistha Konasana B (Kundalini Lotus Pose):

Sit in Badha Konasana (Bound Angle Pose), elongate the spine and grab the either the big toes or the outside edges of the feet, apply Jalandhara Bandha. Balance on the back part of your sitbones, elevating your feet a few centimeters away from the ground. Activate your core and begin to open your legs to the sides, stretching them completely (if it's possible to maintain the balance). Draw your shoulder blades toward each other to open the chest and press out the bottoms of your feet. Hold the posture with Breath of Fire for **2-3 minutes**.

6. Trea Kriya. Sit on the left heel with the right foot on the left thigh, hands are cupped below the navel, right hand over left hand, thumbs touching. Lift up the diaphragm and chant **Ong So Hung** strongly from the heart. Feel the sound vibrating in your heart. **3-5 minutes**.



7. Arms Out Parallel in Sukhasana (Easy Pose).

In Easy Pose, stretch arms out to the sides, parallel with the ground, palms are up, concentrate on the energy coming in from the left palm and going out the right palm forming a powerful arch between the hands with Breath of Fire. **2-3 minutes**. To end, inhale hold and feel the energy enter the left palm, move through the shoulders and leave from the right palm and arch overhead. Exhale and relax.

8. Bowing to the Infinite in Sukhasana (Easy Pose). In Easy Pose, hands in Venus lock behind the neck. Exhale and bring the forehead to the floor, silently chanting **Sat** and then rise up, inhaling silently chanting **Nam**. **2-3 minutes**.



9. Arm lifts in Sukhasana (Easy Pose). Extend the arms straight out in front, palms down, alternately raise and lower the arms to 60 degrees. Inhale as the right arm goes up and exhale as the right arm goes down. **2-3 minutes**. To end, arms together at level of the 3rd eye and project from the 3rd eye out to infinity. Exhale and relax.



10. Cosmic Connection.

(a) **Hands in Venus lock**, 10 centimeters above the head with the palms down. Focus eyes up and out of the top of the head breathing long and deep for **2-3 minutes**.

(b) **Keep the hands in place, and point the fore fingers up** maintaining focus at the top of the head breathing long and deep **2-3 minutes**.

(c) **Keep the hands in place, and place the finger tips together in the shape of a teepee** and continue to focus at the top of the head with Breath of Fire for **2-3 minutes**. To end, inhale, hold and project out exhale and relax.

11. Creating opportunities and prosperity. In Easy Pose, place arms at the sides, bend the so that the arms point up with palms facing forward, comfortably and relaxed. Visualize green energy, chant from the heart, pulling in at the navel centre: ***Hari Hari Hari Hari Hari Hari Har*** for 2-11 minutes. To end – inhale, exhale and relax the hands over your lap, right hand over left hand. Meditate and think about all the things you can be grateful for. Enjoy the shower of energy coming to you. Love every breath that comes and love all things known and unknown.



COMMENTS:

This kriya attracts opportunities and opens the heart center. Allows you to approach prosperity from the consciousness of the heart center or attraction field. This awareness can be summarized as: "The more I open, the more I can attract to me. Need no fight. I have the ability to attract opportunities to me." You begin to realize that opportunities and prosperity may come in much different ways than you'd imagined. Believe you deserve prosperity and that the universe loves you.