



HAR MEDITATION FOR PROSPERITY

Posture: Sit in Easy Pose, elongating the spine.

Drishti: Focus at the tip of the nose, eyes are 9/10th closed.

Mudra: Elbows are by the sides, forearms are at a 45° angle, with the fingers at the level of the throat. The exercise begins with the palms facing down.

Alternately strike the sides of the hands together. When the palms are face down, the sides of the Jupiter (index) fingers touch, and the thumbs cross below the hands, with the right thumb under the left.

When the palms are face up, the Mercury (pinky) fingers and the Moon Mounds (located at the base of the palms) touch.

Mantra: Har

Chant continuously from the navel, using the tip of the tongue (pronounced “hu-duh”). Tantric Har is recommended for this meditation.

Time: Continue for 3-11 minutes

