

Har Prosperity Kriya

Start by sitting with eyes closed, palms together, deep breath in and out.

Chant verry passionately

ong namo gurudev namo

Accentuating the NG part of the Ong

3 times, deep breath. Hold and press palms together

<https://youtu.be/qBPHsZuTTTU>

<https://youtu.be/gISQ-h337wU>

Here are two descriptions of how to do the Kriya

It works 100% of the time.

Pull your chin back and relax shoulders

Elbows in and hands and arms out at 45 degree angle

Look down at your nose with the eyes just 9/10 of the way open

Make sure to say "Har" from your navel and allow your tounge to bounce off the roof of your mouth pronounced as "hu-duh"

let yourself flow into the rhythm

With each "har" alternatively hit your pinky fingers (mercury) and then the other side where your pointer fingers and thumbs will come together, the right thumb under the left, left into the right pocket

The practice starts with palms facing down and ends with them facing up



I recommend 11 min and 11 seconds, I personally like hearing my thoughts that come up during the chant so I do it with a simple phone timer.

Some people love to listen to music, I tend to go much faster that the music I have found which gives me a breathwork at the same time which makes it much more powerful for me.

Here is a playlist with 3 songs that may suit you.

<https://www.youtube.com/playlist?list=PLIb4BvOacKuu4tV3CQJQGBSOqsB6K14Id>

At the end of the chant hold your mercury position, palms facing upward inhale deep
Breath in magnificence, hold in deep and as long as comfortable then release

“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

Email if you have any questions,

Blissings,

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