



Sit in Easy Pose, with a light jalandhar bandh.

Eyes: 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 hands 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. Yogi Bhajan said that the thumbs crossing in this way (right under left) is the key to the meditation.

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

Comments: "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. 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