

M086 930123 January 23, 1993 Prosperity, Fulfillment, and
Success Circling your Psyche

*If you do this meditation correctly, you will experience the
rising of your own consciousness.*

Sit in Easy Pose with your weight balanced equally on both hips. Keep your spine straight. Your elbows are bent with your arms close to your sides and your hands pointing upward. The Jupiter (index) finger is extended straight up and the rest of the fingers are curled into a fist, locked down with the thumb.

Move your hands in small, rapid outward circles while keeping the elbows close to the sides of your body. Close your eyes and chant "Har, Haray, Haree" with the tip of your tongue. Chant at a rate of approximately one repetition of the mantra per second. Move the hands quickly. 11 Minutes.

To finish: continue circling your Jupiter fingers as rapidly as possible but change the chant to "Har, Har, Har, Har." Do this for 15 Seconds and relax.

*"You determine
your worth.
Nobody else can
do it. Whatever
worth you give
yourself, that
shall be."*

YB

