

## For Wealth and Intuitive Opportunity

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1. Sit calmly in a comfortable position. Relax your arms at your sides with your palms facing forward. Alternately bend each elbow bringing your palms toward the center of your chest, but do not touch your chest. Do not bend the wrists or hands. Move as rapidly as you can, you should have sweat on your forehead after a couple of minutes. Maintain a balance in the rhythmic motion of your hands. If your hands hit each other, it means that this balance is upset.

This exercise clears out the lymph glands in the upper chest, makes the heart healthy, and is good for the breast area. It works on the left and right hemispheres of the brain, creating a balance between them. It will make you quick to know what to do.

As a warm-up for the following meditation, practice this exercise for 3 to 11 Minutes. (If you wish to practise this exercise on its own, do it for 10 or 15 minutes every morning.)



2. Still in the same position, loosely connect the fingertips to equalize the energy, leaving the thumbs separate and extended. The fingers are loosely separated and the hands are relaxed. ("Hariang" is not a neutral mantra so the thumbs which represent the ego, must be apart.) Look down sixty degrees through your hands. Chant "Hariang" sixteen times on each breath. (Each chanting cycle takes about 13-15 seconds.) 11-31 Minutes.

"Hariang" means "Shiva, Destroyer of Evil". It is a powerful mantra which brings wealth and intuitive opportunity. When chanting "Hariang" the tip of the tongue touches the roof of the mouth, behind the front teeth to make the "r" sound.

It may take a couple of months to bring this meditation under your control, but, if you do this meditation for ninety days, it will activate your brain so that you will know exactly what is what. It will make you super sensitive. It will make it intuitively possible for you to live creatively to your own potential and to tap the opportunities around you.

*"Richness is having the power of wealth."*

*Prosperity is when you are purposefully satisfied."*

YB

