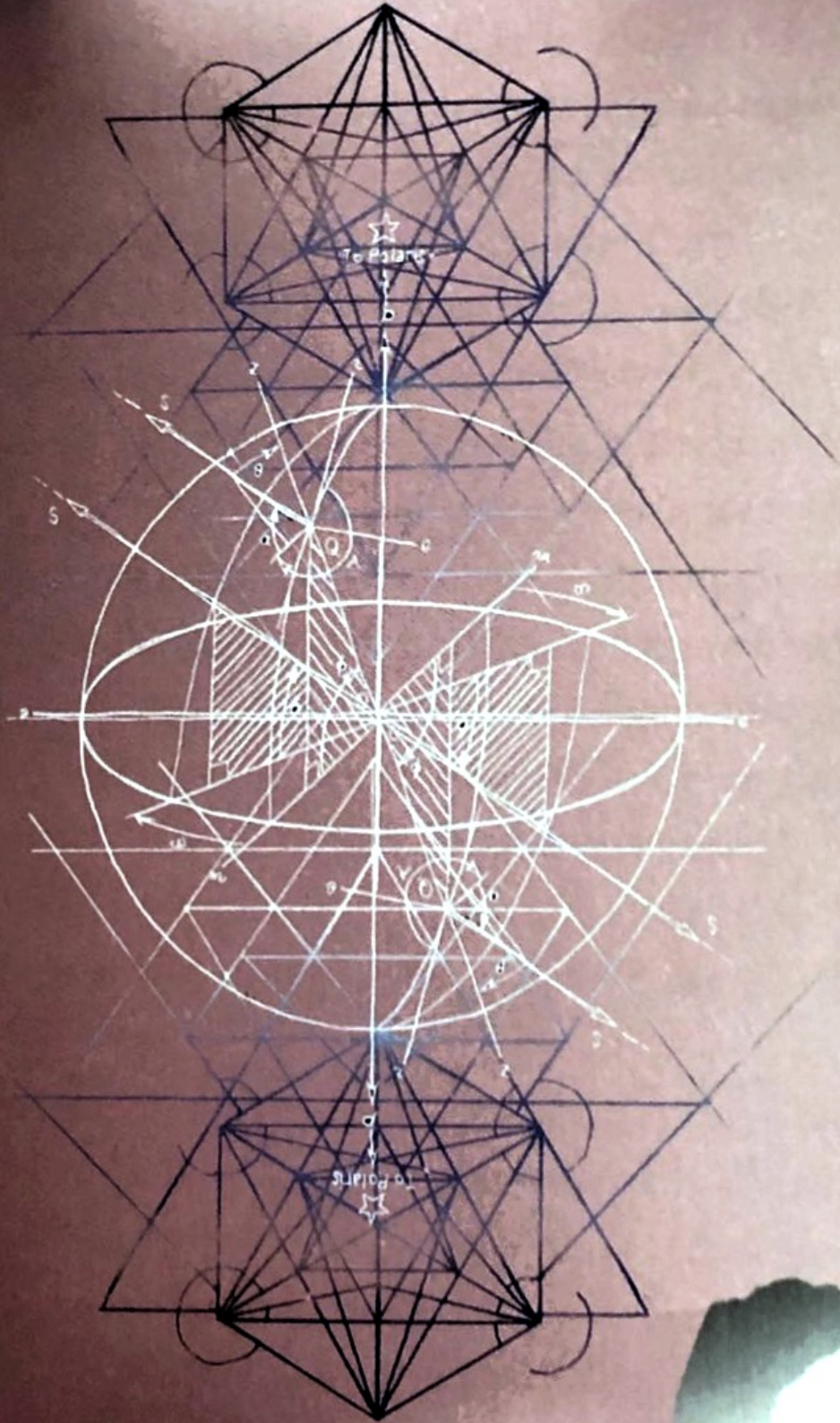


PROSPERITY



One of the things that astounds me about Kundalini Yoga is the wealth of prosperity practices that not only change your abundance on many levels but also your perception of resources. Kundalini Yoga and Meditation enhances your ability to handle success by strengthening the nervous system and to enjoy the richness of all aspects of living a full and experienced life. Practicing helps you be grounded as you become more materially and spiritually abundant—the gains and losses. It gives you what Yogi Bajan called “dealing power”—the ability to deal with whatever is in front of you with finesse, resourcefulness, and enjoyment.

A lot of people have financial success and are miserable. Some people have a lot of freedom and creativity but have nothing to show for it, and the stress of financial issues weighs them down. But there doesn't have to be a chasm between personal fulfillment and personal finances, unencumbered creativity and unimaginable success. You are allowed to have financial wellness, freedom, and spontaneity, all while growing into your knowing of yourself and your creativity.

I think part of the confusion is that we in the West have been promised fulfillment exclusively in the form of money. And I can tell you that you won't find your deepest fulfillment through money alone. It can *help* you help yourself and others, but we have lots of examples of people who have *lots* of material abundance and *no fulfillment* whatsoever. However, just because the truest fulfillment doesn't come through money doesn't mean you shouldn't have any money at all *or* that you shouldn't enjoy the abundance of money, love, health, and creativity, among many of life's other pleasures.

Kundalini Yoga has multiple techniques for actualizing and bringing true, tangible wealth into reality. But before we get into how real wealth is created and how money can be utilized and contained, I think it's important to talk about the bigger picture, specifically how your whole relationship with money is organized around the inflow and outflow in your life—your prosperity.

PROSPERITY

In reality, it doesn't matter how much money you have. All that matters is your *relationship* to your own abundance. And this relationship is a *thought form*. You could be a total billionaire, with bank accounts in the Caymans and the latest Lamborghini and all the trappings of a wealthy person, and *still* relate to your wealth from the point of view of scarcity. Many people do. They have all the money in the world, and they still feel poor. They still feel like, *Any minute it could all be taken away*, or *It's still not enough*, or *Someone else has more than I do*. And this is from someone who, by all external realities, is *not* poor. But they live in a *poverty experience*.

Whatever scarcity you've been relating to—it's an absolute untruth. There is a real fear-mongering situation in our mass-consumption society that wants you to believe that there is not enough. Images of starvation, images of lack and decay. You start to believe, *There's not enough, there's not enough, there's not enough*.

That's a false broadcast that there's not enough. It's not true. A third of our food supply is thrown away every year. *At least.* There are not citable *reasons* why this happens, but it seems to me to be part of an agenda to create more fear and lack on the planet. There are all sorts of weird excuses that are given as legitimate—but there are many holes in those arguments. There are many reasons, however, to keep the population feeling and believing that there is not enough, and those thoughts create vibrational reality.

“They” say there isn't enough, but there *is* enough if we are smart, resourceful, and collaborative.

Poverty consciousness can be so deep and can rule every single action of every day. It may not show up in the classical ways—fear-based concerns about money—it may show up in *other* ways. For instance, you might have an impoverished way of relating to yourself and to the world. You might feel like you have no time (time poverty), you might fear taking risks (safety poverty), or you could be stingy in your love for others or your love for yourself (love poverty). However it shows up, this poverty consciousness is draining your energy in a way that you are not able to deliver to the planet what you came to deliver. Then you can't experience the fulfillment of delivering your unique creative payload. And if you don't have fulfillment, it won't matter how many millions of dollars you have or don't have.

Take a look at all the ways in which you engage in your world in an impoverished manner, and make a mental or physical list. The mind has to be trained to organize your thoughts in a certain way if you want to inherit the respective treasures, whatever that may mean to you in this lifetime. There are yogic prerequisites to the enjoyment of these treasures, though: you need to be strong enough and generous enough, and you have to *widen* your capacity, perspective, nervous system, and radiance to lay claim to the wealth of human experience there is to be had and enjoyed.

Widening is a combination of actual biophysiological nervous system strength *and* an emotional and psychological perspective. So it's a little like stretching your physical body. You are stretching your nervous system in or-

der to receive the literally immense wave of prosperity that's coming at you. If your nervous system is only able to conduct a limited amount of pleasure, happiness, joy, and prosperity, then no matter how much of these things are available to you, you can only experience as much of them as your nervous system can uptake.

And you have to widen your perspective. If you have the nervous system to conduct more prosperity but your psychology and your emotional habits are still scarcity oriented, then you won't tap into the full capacity of the nervous system, which limits your experience of, and appreciation for,

PRANIC ENERGY MULTIPLIER

POSTURE: Sit in easy pose. Rest your hands in your lap with your fingers interlaced.

EYES: Keep your eyes open. In this meditation, this is a direct requirement. Do not close the eyes.

BREATH: Breathe in through pursed lips as though you were sipping from a straw. Rhythmically sip air through your mouth in strokes, about one per second. Just keep taking in air continuously without thinking about the exhale. Just keep inhaling, inhaling, and inhaling. Take in more, more, and even more. More than you think you can. The exhale will be automatic. Just take in more. You're trying to inhale for the full length of the meditation, which is five minutes.

TIME: 5 minutes

TO END: Inhale, hold the breath for as long as possible. Exhale and relax.

abundance. It's like having a computer but not turning it on. You'll never access the Internet.

One way we widen our perspectives is by starting to look at life as a whole spectrum, life as a whole journey—life as a whole blessed, blessed, blessed, blessed incarnation. It's just so big and vast and beautiful and such a precious gift. When we begin to relate with the immensity of our entire being, we can move methodically, step by step, in the direction of our greatest fulfillment. When we *widen*, we experience less tension. When we experience less tension, we can begin to relax deeper and deeper, and then more things can *happen* for us.

There's a really great Kundalini exercise called the Pranic Energy Multiplier that creates a strength and a widening in the nervous system that literally increases your ability to hold more. Most people who are stuck in a poverty experience are naturally calibrated to that energetic space and are afraid to hold more. This meditation forces you to get stronger and more capable of conducting the in- and outflow of energy.

COLD, HARD CASH

I believe it's powerful to create *money*. Money is just energy and can be a sign that there's good flow happening in your life. Sometimes the New Age prosperity conversations can get a little etheric, so I think it's important to also get hard-core, 3-D, practical indications of your prosperity.

I grew up in the thick of the 1980s New Age movement with some beautifully spiritual people. These were people who understood the fundamentals of reality, were interested in building a new society, had the consciousness to do it, but couldn't get their finances in order. Year after year it was the same thing. They didn't have any money. It's just another guru, another healing art modality, another message from the interstellar realm, but no prosperity.

It's now thirty years later, and they are still trying to get their Reiki business off the ground, which is disappointing, because if you want to build something, you need some material wealth to do it. And in order to *really* help yourself and others, you have to be stable: emotionally, physically, mentally, and *materially*.

The good news is, if we can get conscious about money, if we can spelunk the terrain of subconscious booby traps around money and *disengage* some of this stuff, this is a real and practical area where we can make major spiritual and material progress. Yogi Bhanan called money one the heaviest thing on the planet earth.

But ultimately, money is just energy. All Kundalini Yoga practices take you spelunking in the depths of your neurology, where the blackouts are—where we go unconscious. We reprogram the weirdness we often picked up from our parents and grandparents around money and prosperity, the shame, fear, guilt. When we take the time to do this, it can actually change this primal relationship with feeling enough and that we have enough and all the ways that shows up in our lives. When balanced and strengthened, this enoughness can make us much more solid, grounded people on all levels.

MANIFESTING MONEY

Kundalini Yoga is an effective means to change your whole inflow and outflow experience. This yoga is a *command* technology that allows you to send vibrational messages to the biofeedback system of the Universe, with all the spectrum of potential realities, that you are *ready* for more. This is a *command* that you are ready for a nicer place to live, a better job, a healthy relationship, massive amounts of cash . . . whatever. There is no lack of supply, there's lack of *demand*.

When I opened the first RA MA Institute in Venice Beach, California, I spent many early morning meditations not in some New Age bliss, but get-

ting real and commanding that this studio be successful. *I showed up. I built the studio. Now bring the success! Make this happen!* My destiny had called me to build this studio, and many of us know that the brick-and-mortar business in America is not an easy prospect, especially in urban areas like Los Angeles. Something bigger than just me built these studios, and I took major professional, personal, and financial risks to do so—and so I really demanded in my practice and meditations that those higher forces also provide the means for them to stay open and thrive!

So, I've made it a daily practice to live by Yogi Bhajan's teaching that there is no lack of supply; there is *lack of demand and lack of command*. This is how it works: you use the energy cultivated in the yogic practices to command what it is you want. Then, once you've commanded what you want, open up a space to create it and manifest it. And *then . . .* you have to be able to handle it! The amount of material or spiritual wealth that you can hold is directly related to how much your nervous system can handle.

And this is really where the problem is. We can get what we want—we all know that. We've all read, or seen or at least heard about, *The Secret*. We know manifestation is possible. But when people manifest, the real call to action and destiny happen. How we behave, then, in the trenches of actually getting what we want is a very interesting and powerful thing.

I want you to be successful and then be *happy* about being successful. A lot of people are successful and then they're *not* happy about it. Isn't that funny? There are a lot of miserable successful people. Part of this is because when a person moves up into a certain kind of success, we trigger all sorts of self-sabotage programs. Some of these failure switches come from the way we were raised or the way we were educated. There's a kind of peer consciousness that gets programmed in the family and in the school system that if you succeed in a certain way or show up in a certain way, you're showing off. You don't want to one-up your classmates or your friends or your siblings. Or in some cases it's the exact opposite programming—that you're always trying to compete and one-up, and this creates an anxiety and numbness that can

turn into drug and alcohol use or other self-sabotages as an adult. And while we want to have healthy relationships in all those areas, none of them should be an inhibiting factor on your success. Yet all of this starts to creep up once you've reached certain goals or achievements in your life.

Even more and deeply so, a lot of failure mechanisms were programmed in utero. When our mothers were pregnant, many of them were stressed or feeling some kind of abandonment from their husbands or, for those conceived in the 1960s, on some kind of amphetamine . . . the list goes on and on. Any kind of stresses we may have experienced in utero go into our neurological programming and create short-circuits in the nervous system and blackouts that are triggered throughout our lives, particularly when we reach for something higher.

We are progressing and progressing, and all of a sudden we've hit a subconscious glass ceiling. The self-sabotage program has been activated. Sometimes this has to do with a fear of how successful we can be without threatening those who gave us life—like our mothers or fathers. Some parents, and this is really true, were frightened in a very primal way of the intelligence and power of the soul that they were giving life to. It's a natural progression to be far more advanced than those who gave us life. This is evolution at work. And they could tell subconsciously when we were in the womb that we were more advanced than them, which triggered *their* failure and success patterns. As a result, they became nervous that we would show them how backward they were, nervous that they couldn't actually take care of souls like ours. So they programmed us very subconsciously.

Those programs are so innate and heavy and hard to see that most people live their whole lives without recognizing they are in patterns that aren't even their own. Those patterns are from society, the collective consciousness, and the preprogramming of our parents.

So it's not a question of whether you're going to hit this success barrier; it's a question of when. Make no mistake: you *will* hit it. But that doesn't mean

you can't break through these blocks. Look at hitting them as good news. It's good news when you hit some kind of bump in your subconscious around your success because that means things are happening. Then how do we deal with it? We have so many examples of very successful people with a lot of notoriety who have not taken care of their nervous system and therefore aren't handling their success and their fame very well.

Many celebrities in our culture are a great example of this. These are people who have hugely structured radiant bodies that have the ability hold massive prosperity, talent, beauty, and success. However, their nervous systems aren't strong, and the wattage of the fame and prosperity literally fries them. That's why you see celebrities in a downward spiral all over the media.

Unfortunately, there are countless examples of what it looks like to *command* and *receive* and then not be able to handle the prosperity in a long-term graceful and healthy way. We have very few role models who handle success well. And part of why I feel these prosperity teachings and practices are so important is so we can become individuals who have success and can *handle it*—with dignity, generosity, intelligence, and empowerment.

Once we command the prosperity into reality, we then have to have the *nervous system* and the *grit* to be able to contain it. Major prosperity is a big wave of energy. Even though it's positive, you still need to be strong enough to ride the wave.

Nothing short-circuits your nervous system like anger and impatience, so when it comes to receiving and handling prosperity gracefully, a really powerful practice is this Fists of Anger exercise. Fists of Anger detoxes the pent-up energy of frustration and self-hatred that's inside most people on the planet. That anger actually prevents all the blessings from coming to you, so you need to release it for the prosperity to have more flow. This breath also releases such a current of radiance that the nerves start to be able to conduct more wattage. Your capacity widens, your energy clears, and your grit develops.

FISTS OF ANGER

POSTURE: Sit in easy pose or rock pose. Make your hands into fists with your thumb on the inside, touching the mound of flesh below your pinky.

EYES: Keep your eyes closed, gently focusing up and in at the brow point.

BREATH: Do a powerful Breath of Fire through an O-shaped mouth. Take one arm overhead like a backstroke and then the other, alternating and using your frustration to fuel the movement.

TIME: 3 minutes

TO END: Inhale, hold the breath, interlace your fingers, and stretch your arms up with your palms facing the ceiling. Imagine yourself surrounded with white shimmering light. Exhale but keep your arms stretched up. Repeat twice more inhaling, holding the breath as you stretch and feel yourself surrounded with white shimmering light, white upon white. Exhale and relax.

AURIC ROOTING

Wealth, actual material prosperity, takes groundedness. What I mean by groundedness doesn't have anything to do with a hustle mentality or even not dreaming big. What I mean by groundedness is also known in yoga as *auric rooting*.

The idea of *auric rooting* can feel a little foreign to some people. For others, you're going to intuitively get the sense right away of what this means.

Here's how it works: When you get sensitive to your more subtle bodies, which will come in time, you can start to command the more subtle energetic parts of you. Auric rooting occurs when you send your focus into the earth beneath you, literally commanding the energy body through the heel of each foot physically. The amount of material wealth that you can hold is directly related to how deeply your aura can take root.

Auric rooting gives you the ability to be sensitive in a way to physically embody a higher caliber of energy, which *is* prosperity. We know that you can be prosperous in experience and that this has nothing to do with money. However, if you want *actual* money, then you also need to be able to recognize the opportunities that are going to make these actual resources available to you. That recognition and groundedness is essential to the more dense aspects of 3-D prosperity.

Because money is an element of the earthen plane, the deeper your auric field goes into the Earth, the more sensitive you will be to *opportunities* that present themselves to you and the right action around those opportunities. Then you can act on the opportunity, and actual, tangible abundance is a good indication you are going in the right direction. Forget aura photography (a love of mine) and analyzing what colors show up. This is how the somewhat esoteric becomes practical and tangible.

GENEROSITY AND PROSPERITY

Ultimately, one of the foundational pieces around business, success, money, and profit is delivering from a space of *true giving*. There's power when you come from a space of compassion and care. When serving humanity comes before the bottom line, there is a wave of gratitude from the collective consciousness, and that's more *powerful* and profound than you can imagine. It is therefore more *profitable*. There are now countless examples of *thriving*

companies that built themselves on profit sharing, corporate wellness, and philanthropy. The wellness industry and its increasing market share is in one way an example that business based on health and happiness in some way is the new economic model.

FULFILLMENT

Inextricably woven into matters of money and prosperity is the bigger, more expansive, more life-affirming arena of fulfillment. Something *deep* in us is looking for true fulfillment. It's one thing to have success. We live in a country where there's *lots* of success and very little fulfillment. *Very little*. There is a big chasm between success and fulfillment.

Most of you reading this book are not interested in success for success's sake. You're motivated by something bigger, like powerful experiences and serving humanity. That's why there's an emptiness when you just go after success. You are sensory. You want to enjoy abundance, but you're not here for the hustle.

I think it's very important that we start to understand that fulfillment is different than success. Success is an external experience, whatever your version or conditioned version of that looks like. From a very early age, we have all kinds of programs conditioned in us about what success looks like or what it doesn't look like. You get into the rat race, and you get the degree, and the job, and the promotion, and the raise, and the house, and the car, and the thing, and the other things, and all the other things.

Even if it's "success"—even if it's in the model of success, even if there's monetary success—it's not a fulfillment of the soul. It's not a fulfillment of destiny. We all want true human fulfillment, not just some idea of success, and that's a whole other level. Humans don't feel fulfilled unless they feel like they are delivering what they are meant to deliver or create during their lifetime.

And your busy-ness, anxiety, depression, neurosis, and narcissism are certainly not going to fulfill you.

We are inherently wired for happiness. We're not wired to be depressed. Everything in our system is wired to be happy—and not only happy but also fulfilled, which creates true happiness.

AXIS AND ORBIT

In the householder traditions of Kundalini Yoga, Yogi Bhajan referred to the axis and the orbit as the biofeedback mechanisms of your internal spiritual spring and external material abundance. True fulfillment is when the axis and the orbit work together so that we actually feel like we are delivering what we are meant to deliver—it's intrinsically connected to our creativity as creative beings.

Your success can really take any shape, any container. It doesn't really matter what it looks like. It matters what your experience is. What does *experience* mean? Feeling a sense of achievement, purpose, and happiness. And most people will find that they are experiencing a level of satisfaction that they call success when two yogic aspects are in place and balanced: the *axis* and the *orbit*.

Axis is your internal alignment. How you organize your identity, priorities, and your mission. It's your inner conviction. Yogi Bhajan's teaching on the axis is this: when your mind and being are centered on the right axis, you *will* be happy whether you are rich or poor. *Orbit* is your outward sphere of influence. It's what you do in the world—how you choose to circulate in the material arena and how you choose to serve others. Yogi Bhajan says when your being is circulating in your right orbit, you will be rich whether or not you are happy.

To have success, fulfillment, and prosperity, you want to be on both your

right axis and your right orbit. Because when both are strong and in harmony, you will be abundant, prosperous, and happy!

The best way to start to get a sense of your personal orbit and axis is to gain a deeper sensory relationship with inner and outer spheres of experience. Just go deeper within during your meditations or connect deeper with your breath. *And* simultaneously project farther *out*. From the deeply rooted space within, project out into the Cosmos—project into the far reaches of the Universe. Keep pressing at the bounds of your awareness and the ability of your psyche and whole being to participate on a grander scale and scheme.

When you train yourself in this way—to expand and contract simultaneously, just as everything in nature does—you begin to align with the natural order of things. Right action, creativity, and your response to the inflow and outflow of your life become much more artful and in sync. This flow is the baseline of your perceiving your life in a more harmonious and prosperous way and enjoying the depth and velocity of your soul's deeper yearning for varied experience in this lifetime—which ultimately is the call that must be answered for true prosperity.