

## Attitude of Gratitude Meditation



This mantra is said to attract prosperity and dispel negativity. It's fast and effective, and brings in what is needed. You need to be who you are—your authentic self. When you think or talk negatively, it is said that that negativity negates who you are. Cultivate the attitude of gratitude. The attitude of gratitude is when you are grateful for every breath of life. You will be uplifted and start attracting prosperity.

**POSTURE:** Sit in Easy Pose with a straight spine, chin in, chest out, belly in. Physically and mentally straighten your spine, so the channels can be clear.

**MUDRA:** Bend the elbows down by the sides and cross the forearms over the diaphragm area, parallel to the floor, right on top, left underneath. Grab the right elbow with the left hand and the left elbow with the right hand. Comfortably lock your hands so that you have the elbows in your hands.

**EYES:** The eyes are closed.

**BREATH:** Breathe long and deep for 1 to 2 minutes before beginning to chant.

**MANTRA:**

*Har Har Har Har Gobinday* Sustainer

*Har Har Har Har Mukanday* Liberator

*Har Har Har Har Udaoray* Enlightener

*Har Har Har Har Apaaray* Infinite

*Har Har Har Har Hareeang* Destroyer

*Har Har Har Har Kareeang* Creator

*Har Har Har Har Nirnaamay* Nameless

*Har Har Har Har Akaamay* Desireless

Nirinjan Kaur's version of this mantra was used in class.

**Time:** Chant the mantra out loud from the navel. Continue for 1 minute.

Then whisper powerfully. Use the pranic power. Keep the navel engaged. Continue for 3 ½ minutes.

Then chant silently. Move the breath with the navel. Keep the navel moving as if you were chanting, but you are silently chanting with the mantra. Continue for 8 minutes.



**TO END:** Inhale deeply, stretch your spine as much as you can while squeezing the ribcage, the area where your elbows are locked, as well as every part of your body. Hold for 15-20 seconds. Cannon Fire exhale through the mouth. Repeat for a total of 3 times. Relax.

© 3HO. This kriya is courtesy of YB Teachings, LLC. Used with permission.

***This mantra focuses on prosperity and gratitude***