

ASHTANG MANTRA FOR PROSPERITY

January 14, 1989



POSTURE: Sit in Easy Pose.

EYE FOCUS: The eyes are closed. Focus at the tip of the nose.

MUDRA: Using your intuition, choose a mudra for the left hand and place it at the knee. Place the right hand over the heart on the upper left chest.

MANTRA: Chant the mantra. Chant with the tongue, not the mouth.

***Har Har Har Har Gobinday
Har Har Har Har Mukanday
Har Har Har Har Udaaray
Har Har Har Har Apaaray
Har Har Har Har Hareeang
Har Har Har Har Kareeang
Har Har Har Har Nirnaamay
Har Har Har Har Akaamay***

TIME: **5 to 11 minutes.**

Guidelines for Practice

Practice the meditation for 5 to 11 minutes before going to bed. Then sleep with the mantra playing through the night. The following morning, before you get out of bed, chant this mantra. Sleep with this mantra and wake up with this mantra.

Comments

In the tongue, the pair of *nadis* called the *ida* and *pingala* meet with the central *nadi*, the *shushmana*. That is the only place where the three powers meet—*ida*, *pingala* and *shushmana*; nowhere else is that union possible. Everywhere else they crisscross each other; the tongue is the only place where all three are straight. When you chant this mantra it will create an experience of unison—an intercourse, a merger—and you will be happy. So chant with your tongue not with your mouth. It takes about 30 seconds to chant this. So, in one minute you can chant this whole *Ashtang Mantra* twice.

There are eight powers described in these words—the eight facets of God that you have to deal with, whether you like it or not:

Gobinday, one who sustains us;

Mukanday, one who liberates us;

Udaaray, one who takes us across, uplift us;

Apaaray, one who is Infinite;

Hareeang, one who does everything;

Kareeang, one who by grace everything is done;

Nirnamay, one who is not bound down, he is without the identity of the name;

Akaamay, one who is by itself. These are the eight facets.

HAR is a Shakti Yog mantra. *HAR* is the original God, and sometimes, if you chant just that one word, *HAR*, with me, you will realize God in just a couple of seconds.

When your subconscious hears this mantra at night, it will not allow for garbage. The subconscious will become pure. Acknowledge and practice this for 10-15 minutes in the evening and in the morning; it will do the work. Learn one thing: become the hub and everything will come to you, become the rim and you will go everywhere. When you want two hundred thousand things, where are you going to go? You go crazy running this way and that way, and who cares? That's not living; that is hustling.