



## SUBAGH KRIYA

Subagh means good fortune. Yogi Bhajan says about this kriya, "Even if God has written with His own hand, that you shall live under misfortune, by doing Subagh Kriya you can turn your misfortune into prosperity, fortune and good luck." The first two exercises were originally taught using Simran Kaur Khalsa's Tantric Har tape which is available through the resources listed in the back of this book. Har refers to the creative, green energy aspect of God.

The mantra *Har Haray Haree Waa hay Guru* used in Exercise 4 is a mantra of the ecstatic experience of the creative, green energy aspect of the Creator. It is often used in prosperity meditations.

All five parts of this kriya must be done for equal lengths of time: either 3 minutes or 11 minutes. Never exceed 11 minutes per exercise. Only the first exercise of this kriya may be practiced separately from the other exercises. It is a powerful prosperity meditation in its own right. In fact, it is so powerful that Yogi Bhajan suggests doing it for only 3 minutes if you are employed; the longer time is for people who are unemployed.



1. Sitting in Easy Pose with a straight spine, bend the elbows down by the sides with the upper arms relaxed and place the palms face up in front of the chest. Focus on the tip of the nose. First strike the sides of the hands together from the base of the little fingers to the base of the palms. Then turn your hands over and strike the sides of the index fingers together. Alternate these two positions, striking hard at a rate of about 1 strike per second. Chant *Har* with each strike of the hands, pulling slightly on the navel and touching the tip of the tongue to the upper palate just above the teeth.

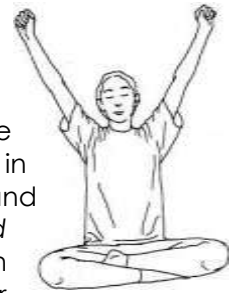


2. Sitting in Easy Pose with a straight spine, stretch the arms up at a 60° angle keeping the arms straight. With the palms facing forward, spread the fingers as wide and stiff as they will go. Crisscross the arms in front of the face. The left arm first crosses in front of the right, and then the right crosses in front of the left. Continue alternately crossing the arms,



keeping the arms straight and the fingers spread wide and stiff. Move at a rate of about 1 crossing per second, silently vibrating *Har* each time the arm crosses.

3. Sitting in Easy Pose with a straight spine and with the arms still up at a 60° angle, make fists with the thumbs inside, squeezing the thumbs as if to squeeze out all the blood from them. Move the arms in small backwards circles, keeping the elbows straight and maintaining the pressure on the thumbs. Chant *God* powerfully from the navel, 1 repetition of *God* with each backward circle, at a rate of 1 backward circle per second. Move so powerfully that the spine shakes.



4. Sitting in Easy Pose with a straight spine, bend the arms so that the forearms are parallel to the ground around diaphragm level with the palms facing in and with the left hand inside and the right hand outside. Move the right hand up a few inches and the left down a few inches. Then move the left hand up a few inches and the right down a few inches. Chant *Har Haray Haree Wah-hay Guroo* in rhythm with this alternating motion, in a deep monotone from the navel, at a rate of 1 repetition of mantra every 4 seconds.



If you are practicing the exercises for 11 minutes each, then chant the mantra out loud for 6 minutes, whisper it powerfully for 3 minutes, and whistle it for 2 minutes. If you are practicing the exercises for 3 minutes each, then chant out loud for 1 minute, whisper powerfully for 1 minute, and whistle for 1 minute.

5. Sitting in Easy Pose with a straight spine and the arms held parallel to the ground at shoulder height, rest the right forearm on the left forearm with the palms facing down. Close the eyes. Be very calm and steady. Inhale for 20 seconds, hold for 20 seconds, and exhale for 20 seconds, or as slowly and deeply as possible, inhaling, holding and exhaling for approximately equal lengths of time.



From "Yoga for Prosperity", page 94-96, Siri Kirpal Kaur Khalsa