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Prosperity Meditation – Iccha Kriya (<https://www.sikhdharma.org/prosperity-meditation-iccha-kriya/>)

Posted May 29, 2019 by Siri Singh Sahib Ji (<https://www.sikhdharma.org/author/okkhalsa/>) & filed under Meditation (<https://www.sikhdharma.org/category/meditation/>), Prosperity (<https://www.sikhdharma.org/category/prosperity/>), Prosperity Meditations (<https://www.sikhdharma.org/category/prosperity/prosperity-meditations/>).

NOTE: There are no breaks or pauses between the parts of this meditation.

Part One

POSTURE: Come into Easy Pose. Sit in this relaxed posture, in tranquility and grace.

MUDRA: Place the hands in your lap, both palms facing down, right hand on top of the left, both palms facing down.

EYES: The eyes are closed.

FOCUS: Start thinking. Just think. And what- ever you think, add, “What am I thinking?” It’s simple and the oldest method of cross- reference thinking. The idea is to realize, “Oh, I am thinking. What am I thinking? I am thinking something. What is that something?” Then keep going. See where it takes you. As long as your right hand is over your left hand, it works. Keep thinking. Don’t worry, and don’t stop. Keep pursuing the thought. One thought will release another thought, then that thought will release another. See if you can stop somewhere. **3 minutes.**

Part Two



Keep your eyes closed. Keep your posture with your hands on the lap. But take your tongue and begin to flick it like a snake, in and out. Keep thinking. Your tongue has nothing to do with you. The snake breathes and cools himself through the tongue. Similarly, your tongue will move. It's just not split, that's all. Keep thinking and pursue each thought. Once in a while, at your pleasure, flick your tongue like a snake. The tongue must leave your lips and show up in the air. Don't pull it all out—but extend it a little. **5 minutes.**

Part Three

Continue as in Part Two. Listen to *Say Saraswati* by Nirinjan Kaur. **7 minutes.**

Say Saraswati (<https://www.sikhnet.com/gurbani/audio/say-saraswati>) by Nirinjan Kaur is available to stream on SikhNet's Gurbani Media Center. It is also available for purchase through Spirit Voyage (<https://www.spiritvoyage.com/mp3download/bountiful-blissful-and-say-saraswati/nirinjan-k-khalsa/alb-oo1102.aspx>).

Part Four

Continue listening to the music as in Part Three. Now consciously think about your first fear, your primal fear. In this meditation, just concentrate on one primal fear. It's between you and you. No one else will know it. It's very important to keep your eyes closed while you are thinking about your fear. Under no circumstances should you open your eyes.

6 minutes.

TO END: Inhale. Hold tight and move your body in complete circles, like a convulsion. **20 seconds.** Exhale.

Inhale again. Hold the breath and move all parts of the body very powerfully—to equalize the energy in every part of the body. **20 seconds.** All the organs need the benefits. Exhale.

Inhale again—deeply. Hold tight. This time, don't spare any part. Move everything— powerfully, strongly, tightly—holding the breath of life inside. You have to go through it for your own health and happiness. **20 seconds.** Exhale. Relax for a few minutes.

Part Five

Everything has come to a consolidated zero and now has to be moved. Put on some bhangara or other strong dance rhythms, and move the shoulders, heart, arms and rib cage in rhythm with the music. The rib cage is the main thing. If you can move your body vigorously in this, you can totally heal your physical self.

3 minutes.



COMMENTS: There is a snake called *Iccha Naag*—it is always a cobra. *Iccha Naag* is a snake that only has to wish to have things magnetically come to him. What you are doing is called *Iccha Kriya*. You can magnetically get what you want.

You develop your psyche by your fears. Your fears are what limit you. They cut you out from the totality of life. This exercise is unique and very scientific. If you do it right technically, you will realize something you can't realize otherwise.

The scientific explanation is that your *shushmana*, or central nerve, is in the center of your tongue. When you pull on it by moving your tongue in and out, your thoughts come to a purification under its commanding will. If that is developed, you can get anything you want.

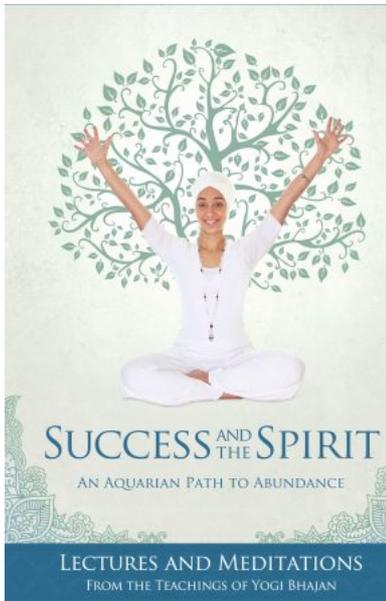
There are techniques like this—methodologies and formulas from wise elders—that can totally take you out of all kinds of dangers. It comes down to the basic truth that God is perfect, Omnipresent, Omniscient, whatever you want to call Him. He can't create anything incomplete. You are complete for the purposes of longitude and latitude, circumstances and confrontation.

A Prosperity Meditation given by Siri Singh Sahib, Yogi Bhajan
(<https://www.sikhdharma.org/about-the-siri-singh-sahib-yogi-bhajan/>) on April 14, 1992
Featured in *Success and the Spirit, An Aquarian Path to Abundance*
(<https://www.sikhdharma.org/product/success-and-spirit/>), page 162

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In the book Success and the Spirit: An Aquarian Path to Abundance
(<https://www.sikhdharma.org/product/success-and-spirit/>), *Lectures and Meditations from the Teachings of Yogi Bhajan:*

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3 thoughts on “Prosperity Meditation – Iccha Kriya”



Rai (<https://www.comunidadkundalini.com/>) says:

June 10, 2019 at 8:31 am (<https://www.sikhdharma.org/prosperity-meditation-iccha-kriya/#comment-22426>)

Prepare yourself for a powerfull meditation

Reply



Rai (<https://www.comunidadkundalini.com/>) says:

June 10, 2019 at 8:29 am (<https://www.sikhdharma.org/prosperity-meditation-iccha-kriya/#comment-22425>)

Prepare to cry when you do it, it is very powerfull.

Reply



Ramneet Kaur says:

May 30, 2019 at 6:31 am (<https://www.sikhdharma.org/prosperity-meditation-iccha-kriya/#comment-22165>)

Sat nam, thank you for what you do. Very cool kriya, can't wait to try it!

Reply

◀ Prosperity Meditation – Intuition (<https://www.sikhdharma.org/prosperity-meditation-intuition/>)

Kiaa Gun Tayray Saar Samaalee – This Shabad Brings Wealth and Prosperity ›
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