

## NM128 940316 That's the way of prosperity

*Tonight, we will pull the strength from the third chakra on to shashara*

<https://www.libraryofteachings.com/lecture.xgy?q=libraryCode:%22NM-128%22&id=e41b58d2-8857-25b9-e3bd-465a36c785ac&title=Espanola-Lecture>

### POSTURE

With your thumb, both hands, lock the pinky and ring fingers, middle and index fingers straight.

Right arm straight 60 degree, left arm bended on the side.

*"Two fingers, that Jupiter and Saturn finger and lock and with the ego, the Mercury and the sun finger tight and sixty degree like that and this hand, lock this and this these two finger in the same manner. Now this way we are creating a call it polarity imbalance in the horizons and the hemispheres of the brain."*



### EYES FOCUS

*"Eyes closed and roll down your eyes downward at the point of your chin your moon center. That will clear out your nightmares, where you even will clear subconscious."*

### NAVEL

*"And without the help of breath, pulled pull your navel in and out but do not let the body move too much [...] Pull, pump the navel, without the help of breath, breathe normally but pump the navel by the help of the diaphragm."*

### TIME

11 min

### END

Inhale and hold, move the navel as hard as possible, fire out exhale. Repeat 2 more times.

### MUSIC

Niranjan Kaur, Every Heartbeat