



### 210493 Meditate on Nothing, and You Find the Prosperity

The thumb and Mercury fingers are stretched out in front and to the sides (see picture). The middle fingers are curled in, but do not touch the palms. Eyes are closed.

It is a very potent exercise. Go to an empty space - shuniya. If a person meditates on nothing he will receive everything. That is the law of prosperity. Prosperity will come to you because you are calling the nothing that is calling the all. Don't hold any thought. It is a very simple exercise. Meditate as a saint. It is a very simple posture and technically speaking shuniya is a very simple theory.

God is in all, all in you is nothing. With the energy of your hands, with every simple mood, if the position is right you will go through internal changes, sit in shuniya. Any thought that comes, say no, like a child growing up. With a boy or a girl, there is a period in which they say no to everything. You are not different from them. Now technically speaking put yourselves in the realm of no, into negation. You can begin to experiment with millions of things. No thoughts. If one arrives, bypass it. Zero. Meditate on the zero point. Shuniya means this. Constant thinking can be stopped by this posture. There is nothing exciting in this. You are in the non existence. No thought, no existence. Nothing. No fear, no security. Don't share any thought. Any thing you say is simply no. . . . any thing that touches you. . . any thought. . . you don't exist. Practice "I am not". You are not learning. I am not teaching. There is a class but there is no class. Call yourselves civilized. You are in a survival state. Go beyond everything. Eliminate the intellectual. You will open the doors to prosperity.

31 min.

(gong)

Start to shake your body and you will be healthy. (start the tape Punjabi drum music), shake. . . stronger, stronger . . . move the lips, the cheeks and the tongue, move everything. This, anyway, we will call the lucky class. I will teach it when I feel like it.