

**BREATHING WEALTH:  
A MEDITATION FOR MAKING MONEY**

By *Mary Jane Kasliner*

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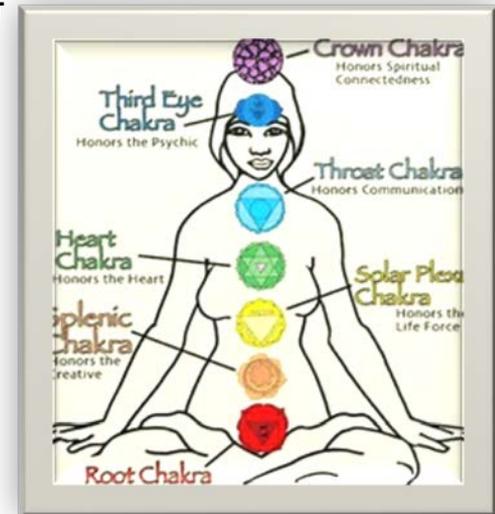


## NOW IS THE TIME TO EXPERIENCE ABUNDANCE THAT'S ALREADY WITHIN YOU!

In order to live in abundance one must create a flow of giving and receiving. When we do not know how to give and receive, scarcity takes hold and abundance is unable to enter one's life. Many times this lack of energy flow is due to conditioning or the environment you are exposed to.

Feng Shui is a wonderful way to reprogram the environment so abundance can flow. There are many different publications on my website: [www.MJKasliner.com](http://www.MJKasliner.com) that can provide you with the tools to create an environment that will attract prosperity in all avenues of your life.

Now it is time to focus on the divine self and tune into the heart. The heart is where all flow begins and gives the energy of sharing with others in the world. This same energy is then received through the sacral or 2<sup>nd</sup> chakra (located below the navel), a point of desires in life. From there the energy continues to flow upwards towards the crown chakra (located at the crown of the head), where it is transformed to the highest it can be, before it loops back to the heart to give again.



# BREATHING WEALTH MEDITATION

*Perform this meditation 20 minutes per day for 48 days.*

1. Sit in an upright position on the floor with your legs crossed in front of you and your hands resting gently on your knees. If sitting on the floor, it is best to use a zafu cushion design for meditation. It will keep you body in proper position and take pressure off the sitting bones. If sitting on the floor is not an option, then sit in a chair with both feet firmly planted to the floor.
2. Allow the eyelids to gently close down over the physical eyes and begin to tune into the breath. Take three cleansing breaths, one for spirit, one for mind and one for body.
3. With the next several breaths imagine a white ball of energy rising on the in breath up through the spine to the point between your brows with the sound of “hum.” On the exhalation see the white ball of energy move down the spine to the pelvic area with the sound of “Sa.” Continue this pattern to help quiet busy mind.
4. Now shift your focus to the heart chakra – point around the heart center. Breathe out and extend your sharing to the world.
5. Breathe in filling the belly and receive blessings from the world. Allow this energy to begin at the 2<sup>nd</sup> chakra (navel) area.
6. Allow the breath to rise up the main channel (spine), until it reaches the crown of the head or highest potential self.
7. Exhale and release the breath through the heart center. See the energy move out into the world representing YOU sharing your abundance with others.

# MEDITATION FOR MAKING MONEY & MORE

1. Sit in any crossed legged posture. You can also do this meditation sitting in a chair, if you prefer.
2. Bring your hands together in prayer position. Now bring your hands towards your forehead and let the middle thumb joint press lightly into the center of your forehead right between the eyebrows (6<sup>th</sup> chakra point).
3. Turn your eyes upwards and gaze towards the 3<sup>rd</sup> eye (point between the eyebrows). Your eyes are closed, but you are looking up towards the center of your forehead (known as Shambhavi Mudra). This is an important point that helps you manifest what you visualize. If your eyes tire, release eye position and reapply when ready.
4. Now bring your attention to your breathing and allow it to slow naturally. Remain with your breath for at least the first 2 minutes before moving towards visualization of your desire.
5. As you feel your breath relax and slow down, your mind will also become calmer. At this point, begin to visualize the desire of choice coming true whether it is more money, better relationship, new job, new home, etc. The idea here is to visualize your life exactly how you want it to be.
6. Continue this meditation from 3 to 11 minutes.
7. Remember to show gratitude to God.
8. Continue to open yourself to pure abundance.

# BREATHING WEALTH MEDITATION

Om Shanti ~ Mary Jane



Click on image to view video on YouTube.

# ABOUT MARY JANE

Mary Jane Kasliner graduated from Skidmore College with a degree in Health Science and Union College with a degree in Applied Sciences. Several years afterwards she studied Western Feng Shui at the De Amicis School in Philadelphia and Classical feng shui at both the New York School of Feng Shui and Feng Shui Institute of London. In 2008 Mary Jane finished her 200 hour teacher training program in Hatha Yoga at the Center for Health and Healing and Personal Revolution Baron Baptiste program at Yoga Bliss. Several years later, she completed 100 hour certification in Meditation from Master Anmol Mehta, 100 hour certification in Chakra Therapy from Bodhi Yoga Center, and 30 hour advance training in Anusara Yoga from Yoga Anjali. She has also completed several yin yoga immersion trainings including a 100 hour certification.

In 2005 she opened her own feng shui and yoga consulting company. Her clients include some of Manhattan's elite. She later established the Teaching Tortoise School of Feng Shui that offers certifications in Classical feng shui and a feng shui beginner series.

Mary Jane is the author of 9 books (6 co-authored with feng shui consultants from around the world), a Feng Shui DIY Design CD, twelve Feng Shui Training modules, and a feng shui mini-series program. On her spare time she enjoys playing golf and travel.

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