



LIVING IN PROSPERITY CONSCIOUSNESS: A JOURNEY FROM TIME-BOUND EGO MIND TO TIMELESS PRESENCE

The distinction between the concept of prosperity and prosperity consciousness lays the foundation for a transformative journey. While the former links happiness to external success, the latter seeks bliss, happiness, and fulfillment in the present moment. This article explores the shift from a goal-oriented, time-bound mindset to a state of prosperity consciousness, emphasizing the integration of yoga principles for success, happiness, and well-being.

Understanding the Pitfalls of Goal-Oriented Thinking

The Journey of Poverty Consciousness

Goal-oriented thinking often traps individuals in a cycle of future expectations, leading to inner conflict and struggles. Poverty consciousness arises from an inner sense of inadequacy, tied to the belief that happiness will only manifest upon achieving future goals. The journey begins with inner insecurity, hindering the ability to be content with the present moment.

Time-Bound Memory Events

The mind, engaged in goal-oriented thinking, reacts to the present through preprogrammed time-bound memory events. This reactive perceiver filters the current experience through past subjective memories, preventing a true connection with the person or object present now. This perpetual living in the past creates conflicts, stress, and a constant pursuit of a future that promises fulfillment.

Cultivating Timeless Presence through Yoga: Withdrawing from Reactive Thoughts

Yoga serves as a tool to withdraw from the goal-oriented reactive thoughts anchored in past memories. This withdrawal liberates the mind from the constraints of time-bound ego thinking, reducing conflict, stress, and insecurity. A clear and relaxed mind opens the doorway to creative and intuitive thoughts that guide individuals towards success, happiness, and wellness.

Unifying Experience in the Third Eye

As individuals consciously free trapped energy by withdrawing from unconscious memory blocks, they tap into the subconscious co-creative polarity and super conscious unifying experience in the third eye. This allows for optimal functioning of energy, creating a harmonious interplay between time-bound action and timeless being.



The Posture of Prosperity Consciousness

Prosperity consciousness is marked by a conscious crossover from the time-bound ego mind to the timeless presence. This shift involves moving from subjective interaction with present objects to an objective, co-creative interaction. The posture of prosperity consciousness begins with deliberate integrative action, withdrawing from habitual subjective reactions and entering a co-creative unifying experience with the present moment.

Active Meditative Interaction

Prosperity consciousness involves active meditative interaction with the outer world, transcending conflict and stress. This shift signifies a move from subjective, reactive responses to objective, conscious perceiving. Through co-creative polarity, individuals actively unite with the present moment, fostering an environment of unity in diversity.

Cultivating Choiceless Awareness

The practice of I AM Yoga® extends beyond the mat, cultivating objective, choiceless awareness with the inner object – the body. This inner practice translates into objective, choiceless interaction with external objects in everyday life. The meditative practice of I AM Yoga® becomes a transformative journey of conscious engagement with oneself and the world.

Living in prosperity consciousness requires a conscious shift from goal-oriented, time-bound thinking to a timeless presence. Integrating yoga principles becomes a pathway to success, happiness, and well-being by fostering a harmonious interplay between inner and outer worlds. The journey unfolds through withdrawing from reactive thoughts, cultivating choiceless awareness, and embracing active meditative interaction, ultimately leading to a life of prosperity consciousness, unity, and fulfillment.

Integrating Yoga into Daily Life for Prosperity and Success

Mind-Body Connection

Yoga emphasizes the intricate connection between the mind and body. Through mindful movement, breathwork, and meditation, practitioners develop a heightened awareness of their thoughts and emotions. This self-awareness becomes a cornerstone in the shift from goal-driven success to prosperity consciousness.

Stress Reduction and Clarity

The practice of yoga is renowned for its stress-relieving benefits. By alleviating stress, individuals can approach their goals with a clearer mindset. A calmer mental state enables conscious decision-making and fosters a positive outlook, essential components of prosperity consciousness.



Inner Transformation

Yoga encourages inner transformation by guiding individuals to look beyond societal definitions of success. The journey inward, often facilitated through meditation and self-reflection, allows practitioners to discover their authentic selves, detached from external validations.

Present-Moment Awareness

One of the fundamental teachings of yoga is the importance of being present. Prosperity consciousness thrives in the present moment, as individuals learn to appreciate and find joy in their current circumstances. This mindset shift is instrumental in breaking free from the cycle of postponing happiness until future achievements.

Daily Practice

Incorporating yoga into a daily routine establishes a consistent foundation for prosperity consciousness. Whether through a morning flow, a brief midday meditation, or an evening restorative practice, regular engagement with yoga fosters a sustained state of mindfulness.

Intention Setting

Yoga encourages practitioners to set intentions for their practice. Similarly, setting intentions for daily life aligns actions with conscious goals, fostering a sense of purpose and fulfillment. This intentionality becomes a powerful tool in cultivating prosperity consciousness.

Gratitude Practices

A core aspect of prosperity consciousness is gratitude. Yoga teaches individuals to cultivate gratitude for the body, the breath, and the present moment. Integrating gratitude practices into daily life further enhances the awareness of abundance, counteracting the scarcity mindset associated with poverty consciousness.

Embracing the Journey: Detoxifying the Mind

Yoga serves as a mental detox, helping individuals release limiting beliefs and negative thought patterns. This purification process is essential in shedding the layers of poverty consciousness and embracing a mindset of abundance.

Community and Support

Practicing yoga in a community setting provides a support system for individuals on their journey towards prosperity consciousness. Shared experiences and collective energy contribute to a positive environment that reinforces the values of harmony, balance, and interconnectedness.

In summary, the integration of yoga into one's life offers a comprehensive approach to cultivating creativity and success through prosperity consciousness. By nurturing the mind-body connection, reducing stress, fostering inner transformation, and promoting present-moment awareness, yoga becomes a guiding force in aligning external achievements with genuine fulfillment. Embracing this holistic practice empowers individuals to live prosperously, not just in the future, but in each moment of their journey.



Dive Deep into Yoga Mastery with Amrit Yoga Institute's 500-Hour Yoga Teacher Training.



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Set your intention now.

About intentions

An intention is a guiding force without attachment to an end result. Where as, a goal is about the destination, an intention is about the journey. Setting an intention is a way to stay focused in a direction you would like to go in. It doesn't mean you have to practice it perfectly. We can learn from it, and when we veer off the path, we can resume our course without judgment or conflict.

An effective Intention...

resonates with you.
is in the present.
is positive.
is concise
is about you.

Create your intention

1. What in my life is currently not working?

2. What habit or way of being do I engage in that contributes to this?

Example A: Stressful to work with colleague

Example B: Low energy

3. How would you like to be in this situation instead?

Example A: Speak up, tell the truth, be empowered

Example B: Reward self in other ways, taking a break - walk, massage or pedicure. Or choose foods with different effects.

4. Describe what you would be like if you were free of this habit or way of being? How would you feel inside? What would you say/do differently?

5. Look at the answers from your last two questions. Circle any words or phrases that resonate most with you. Use one of these to formulate an effective intention.

Example A: Centered. Grounded, Empowered, Truthful

Example B: Energized, Not guilty, Feel good about myself

Example A: I am empowered to speak from truth.

Example B: I reward myself in ways that feed my energy.