

# Meditation on Woman as the Ashtabhuja

Originally taught by Yogi Bhanan on 7/16/92

*"Let there be eight powerful hands, four on each side, out from your shoulders. That is the image of the ashtabhuja, the omniscient and omni-powerful woman to whom God bows."*

Yogi Bhanan

*Ashtabhuja - Pritam Bhaghauti – Primal Feminine*

1. Sit in Easy Pose. Bring the thumbs to the mound of Mercury and keep the other fingers straight and together. Raise the hands up, palms facing forward, fingertips at the level of the ears. Focus the eyes at the Brow Point, thirty degrees up and in. Breathe consciously.

Begin the guided meditation:

*"Right from your shoulders, start coming out with eight solid human hands. Hypnotize yourself and become a creative deity.*

*Close your eyes, concentrate at the pituitary gland, fix the thirty degree optical nerve, fixed, stationary.*

*Now, let there be eight powerful hands, four on each side, four on each side, four on each side, out from your shoulders, that is the image of the ashtabhuja, the omniscient and omni-powerful woman to whom God bows.*

*Personify, personify, personify, personify, personify, personify, personify, personify, personify, personify, personify, personify, personify, personify, personify, solidify, solidify, solidify, solidify, crystallize, crystallize, crystallize, crystallize, crystallize, crystallize, crystallize, crystallize, crystallize, crystallize, crystallize, crystallize, crystallize, rock, rock, rock, rock, rock, rock, rock, diamond, diamond, diamond, diamond, diamond, rock, diamond, diamond, diamond, rock, light, light, light, light, light, light, light, bright, bright, bright, bright, dare, dare, dare, dare, dare, dare, dare!"*

Continue for 3 minutes.

To end: Inhale and hold the breath, tight, for 30 seconds, exhale and immediately begin exercise #2.

2. Maintain the mudra and sing **Noble Woman**.<sup>\*</sup> Chant with the tip of your tongue, solidly. Continue for 5 minutes

3. Maintain the posture and concentrate at the Navel Point. Pull the Root Lock and project your nobility, your virtue, your God; create the Trinity. Set yourself in a trance. Concentrate at the Navel Point, exactly eighty-four degrees down. Concentrate at the Third Chakra, squeeze it; and project out the trinity: noble, you, and God. Seal it. Breathe without letting the lock of the navel go; that's the point of the mother, lock it.

Breathe consciously, lock it, and then relax. Continue for 1 ½ minutes

4. To End: Shake the arms above the head for 30 seconds. Shake up your body so that the energy can go to all the healing areas you need.

When a woman wants to shake something she can shake the Earth with it. Come on! I don't want you to be spaced out.

## **\*A Noble Woman (Nobility)**

Noble is a virtue of the presence of God.

Greatest virtue that can be expressed.

Noble to everyone whoever they may be  
Before the One God, equality.

Chorus

Noble is a virtue that affects every soul,  
as innocence affects the heart.  
Woman has one virtue, to be noble 'til death.  
Living nobly is very blessed.  
Living your truth is happiness.

A noble woman gives birth to a noble life.  
Noble children and surroundings be.  
A noble woman looks and lives nobility  
Even if she lives in poverty.

And though a mirror's distorted when it is cracked,  
Noble habits build a noble life.  
Don't barter character values for benefits.  
Noble one of God does not forget.

Nobility is manufactured inside,  
Training of exerting self-esteem.  
To see herself confirms a virtuous face,  
Selfless living, grace, through time and space.

A [CD of this song](#) is available through Ancient Healing Ways.  
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