

## Meditation for Self- Blessing

Yogi Bhajan, Women-In-Training, New Mexico, August 3, 2000



Sit in Easy Pose with a straight spine.

**MUDRA:** Arch the right arm over the head, palm facing down 6 inches above the crown of the head. Raise the left forearm parallel to the ground and bend the elbow so that the hand is touching your chest, palm facing down.

**EYES:** Eyes are closed.

**MUSIC:** Chant in a monotone *I BLESS MYSELF, I BLESS MYSELF, I BLESS MYSELF. I AM. I AM.*

**TIME:** Continue for 3 minutes.

**END:** To end, inhale deeply, hold the breath and repeat the mantra mentally. Exhale. Repeat the breath cycle 2 more times. Relax

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