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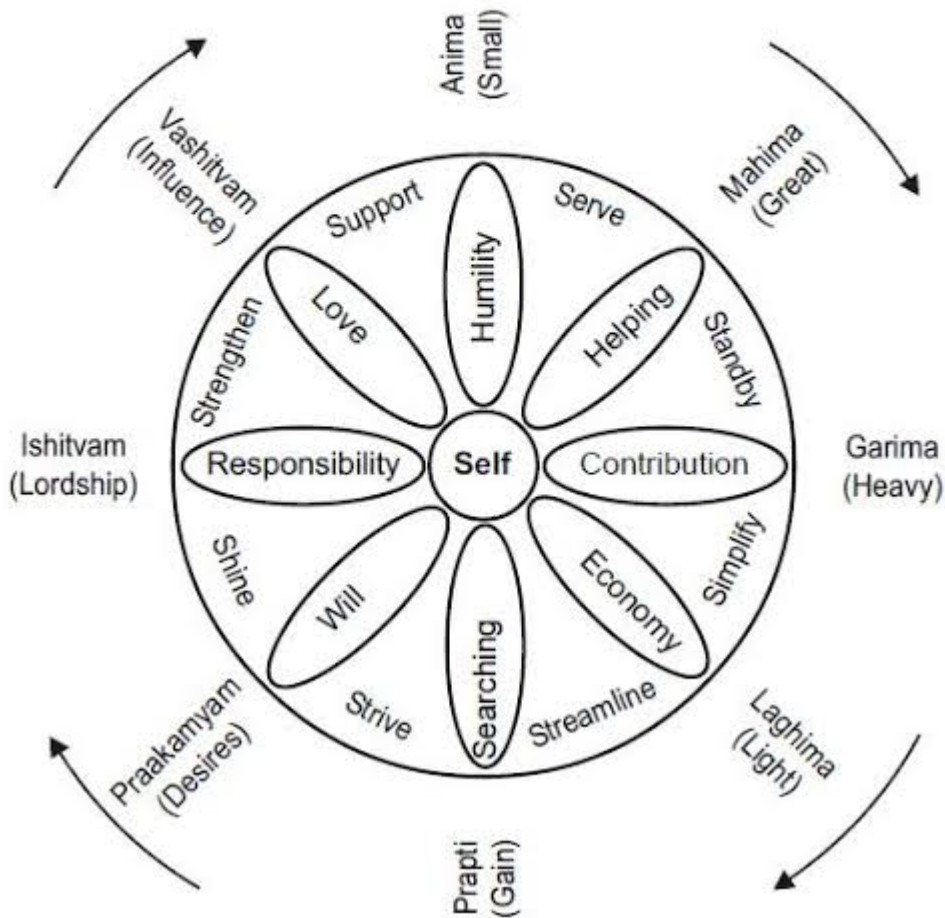
Ashta Siddhi

Ashta Siddhi is mentioned in Patanjali Yog sutra and can be obtained by very few through countless years of practice and devotion to all eight limbs of Ashtanga Yoga.

Siddhi can loosely be translated as accomplishment or a special power or unusual skill.

ASHTA SIDDHI EIGHT WAY POWERS

WORLD



The eight Siddhis are:

1. Anima: Reducing one's physical self to the size of an atom.
2. Mahima: Expanding one's physical self to infinite level
3. Garima: Making one's physical self so heavy as immovable by others
4. Laghima: Becoming almost weightless



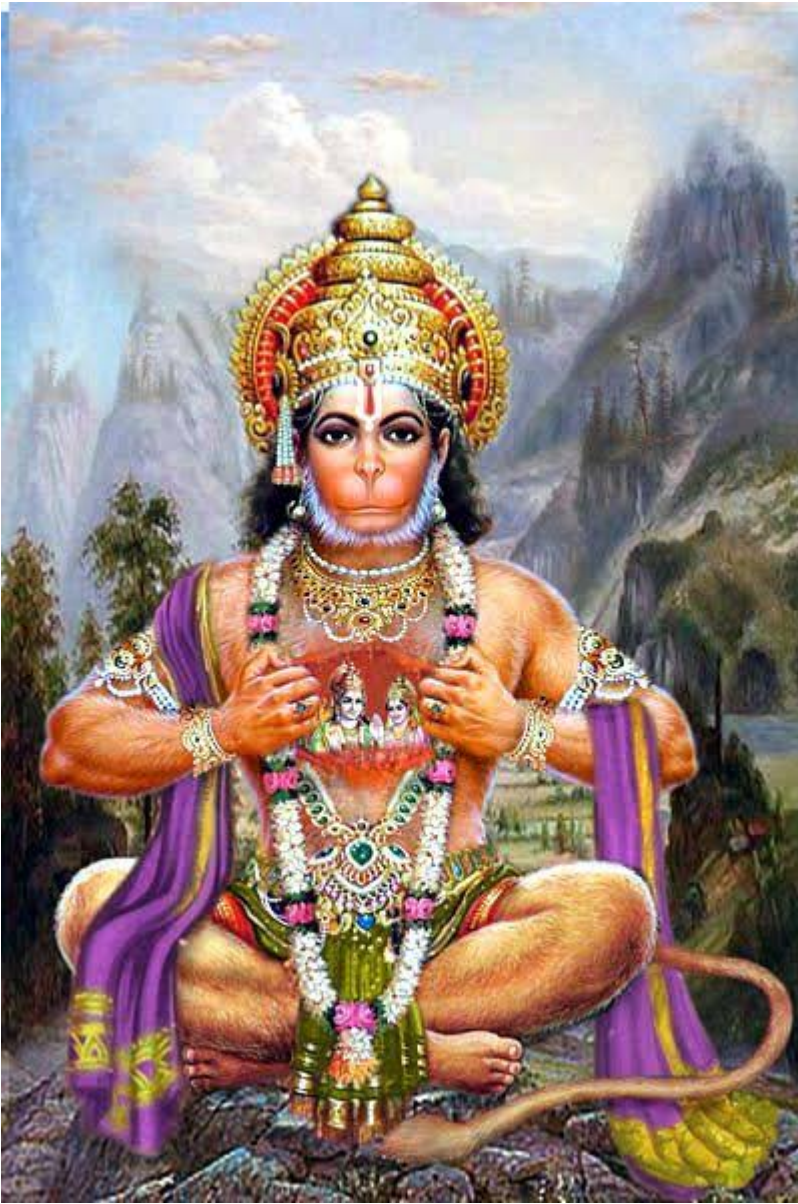
5. Prapti: Being able travel anywhere in the Universe

6. Prakamya: Can know & understand what is going on in one's mind. Can understand other person's min.

7. Ishitva: Possessing title of Bhagwan

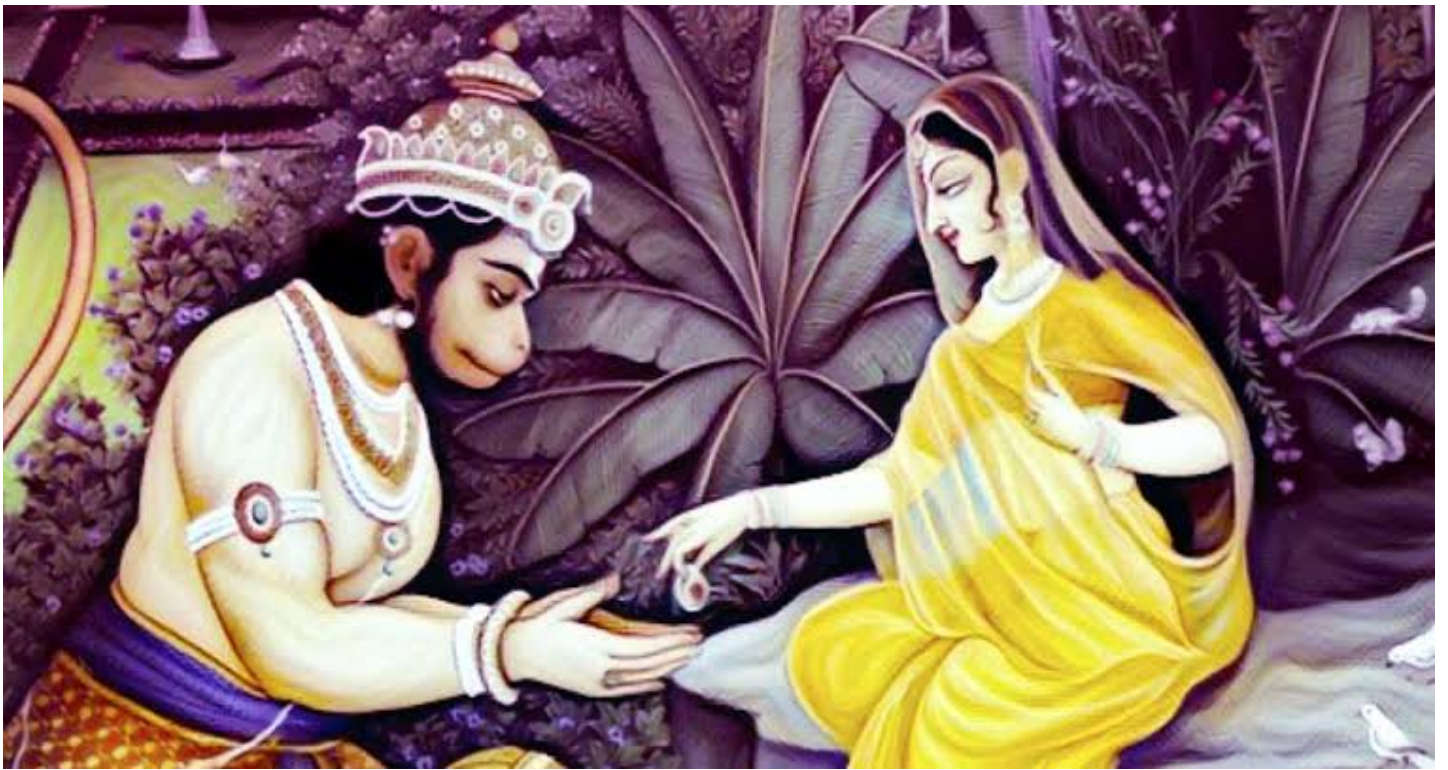
8. Vashitva: A seeker can subdue any person/thing

(Hanuman Jayanti is coming)



Hanumanji not only possessed all eight siddhis, but was also blessed by Sita mata as “Ashta Siddhi Nau Nidhi Ke Daata”.

When Hanumanji first reaches to Lanka on his mission to find Sita, he makes use of anima so as to be discrete in enemy territory.



He uses it again when he approaches Sita mata for the first time – reducing his size to that of a schoolboy, to avoid scaring her. He uses mahima to outwit & overpowers the demons.



He uses garima to show his power when Ravana, the demon king, temporarily captures him & brings him to the main court of palace. Not even the mighty Bhima could lift Hanuman's tail.

What are these eight Siddhis for normal humans like us?



1. Anima: Reduce the ego and be humble in front of elders, parents, teachers, and gurus.
2. Mahima: Think big, and aim for large goals.
3. Garima: Be immovable and unshakeable in values and principles.
4. Laghima: Don't take everything in life too seriously. Have some lightness & laughter in life.
5. Prapti: Focus mental energies on achieving the goal.
6. Prakamya: Always speak the truth, and don't be afraid to express aims and goals.

Ishitva and Vashitva: These two can be combined together to focus on the power of leadership, respect, and love – all of which go hand in hand. A true leader inspires others. And that inspiration causes people to follow and be loyal to that leader.



How to attain these Siddhis?

Janma (by birth): A newborn whose parents attain high spirituality, attain Siddhi just by residing in the womb. Moreover, the child can achieve Siddhi faster in comparison to others.

Aushadhi (Medicines): With some medicines & herbs help, you can get supernatural powers & abilities.

Mantra (incantation): Chanting hymns with proper pronunciation can help achieving special abilities. The mantras possess powers to enhance your physical & mental capabilities.

Tapah (Austerity): When one avoids conflicts and distractions of the mind, the body starts formulating self-discipline. It will help in controlling the five elements that help in achieving Siddhi.

Samadhi (one with consciousness): The ultimate way of achieving Siddhi is through Samadhi. The body becomes one with nature while having consciousness. The person is Siddh and has the power to leave their body whenever they want.