

RISHIKESH YOGA CENTER

Mudras Yoga with the Hands

Yoga Teacher Training & Retreats in Rishikesh

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A NOTE FROM THE CENTER

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This edition of Mudras Yoga with the Hands is shared free through the Rishikesh Yoga Center Reading Library. Based beside the Ganga in Rishikesh — the birthplace of yoga — we are a Yoga Alliance Registered School (RYS 200 & 300) teaching traditional yoga, meditation and philosophy in the Himalayan tradition.

Texts like this sit at the heart of our teacher-training syllabus. Reading on your own is a real and worthy practice — svadhyaya, self-study, is itself one of the niyamas. To study it with a teacher who lives this tradition, you are warmly welcome to train with us in Rishikesh.

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May your practice be steady. Om Shanti.

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Content

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To the many passionate members who have directly or indirectly contributed to this publication, a big thank you.

Yogi Vishnu Panigrahi who is elevated spiritually, comes from a long lineage of Yoga and spiritual masters, with his immediate master being Master Swami Rama, who was a disciple of Bengali Baba, who was in turn a disciple of Mahavatar Babaji. In the midst of this turbulent times, Yogi Vishnu Panigrahi has written this justification on the Mudras for the benefit of all people irrespective of religion, culture or beliefs. He is passionate about the health of mankind and has devoted considerable time in formulating this exceptional treatise for global health. This intelligibly written publication with clear and practical guidance will greatly assist anyone who wants to live a healthy, spiritual, emotional, mental and a balanced lifestyle. This ancient wisdom, age-old philosophy, practice and inspiration from nature will supplement our lifestyle for modern life going forward. The world that we currently live in is in turmoil with a serious health crisis that has been increased significantly since the emergence of the COVID-19 pandemic.

In this present-day world, and its unprecedented pressure to be successful, it is more important than ever to understand what brings a sense of wellbeing, happiness and mind/ body awareness so that we can attune ourselves to live more purposefully. In order to do this, we need to take inspiration from different cultures and share age-old philosophies in order to manage our overall health.

In this beautifully penned narrative, Yogi Vishnu Panigrahi brings this powerful pre-historic healing potential and therapy, with clear and practical guidance, as to how to liberate energy locked in our chakras and other energy channels, often, only by merely manipulating our fingers to redirect the energy flow. Each mudra has a specific effect on parts of the brain, mind, prana and body.

I am sure that this is a long awaited and much desired book that I highly recommend for every household and am convinced that it will lead the way well into the 21st century. I am also positive that, the manner in which this book is written, will motivate you to practice the mudras for your health benefits.

Let us pave the way of a better living by spreading the awareness, wisdom, inspiration and sustainable choices contained in this exceptional publication.

Editorial

Guru Vishnu

Guru Vishnu Panigrahi has been steeped in spiritual endeavors since early childhood and has had the privilege of learning from many great masters in his life, such as Swami Hari, Shri Mauni Babaji, and Swami Shankarananda ji.

At the young age of 15, Vishnu became a member of Muni Samaj, initiated from Narayan Muni in Sarbahal, a school of meditation. At age 18, Vishnu met Vedanta Keshari Swami Niranjanji, popularly known as the “Lion of Vedanta”. Vishnu studied under him over a period of two years. Eventually he joined a Gurukulam (a spiritual school) to be under the close guidance of Swami Veda Bharati. Vishnu taught at the Swami Rama Institute of Meditation and Inter-faith Studies for 9 years and obtained his Masters Degree in Sanskrit and in Yoga. He studied the Vedic Scriptures, Vedanta, Yoga and Tantra Science.

For many years Yogi Vishnu has been traveling and teaching spirituality in India as well as travelling to many countries in Europe, Asia, Africa, and South America, by request of his seekers who wish to receive his wisdom.

Vishnu has two missions in life, one is for self-spiritual growth that is called enlightenment or Samadhi and the other is for world peace. He has many humanitarian projects on the go in order to serve mankind. He has a great mission to establish a traditional Gurukulam where all the ancient sciences will be taught as he believes that the ancient science of yoga has the ability to bring peace in the world.

Yogi Vishnu lives at Samadhi Yoga Ashram situated in Laxmanjhula, Rishikesh, on the banks of Ganga. He is deeply dedicated to guiding students at his two yoga schools, World Peace Yoga School and Samadhi Yoga Ashram, to experience a unique and spiritually nourishing life journey of their own. With his warm, loving and generous spirit Vishnu welcomes people from all over the world to come to learn and practice with him.





Understanding Human Personality

**guhyaṃ brahma tad idaṃ vo bravīmi
na mānuṣācchreṣṭhataraṃ hi kiṃcit**

According to the above quote from the Indian epic Mahabharata, it says that human beings are endowed with divine and mysterious powers and there is nothing nobler than humanity.

Everything that exists in the Cosmos, does exist within the human body. Each of the sublime powers that exists in the world, is also present within the human body. By regular practice and constant perseverance of Yoga and Meditation under the guidance of a genuine and experienced Spiritual Master one can access and harness those sublime abilities and may transform oneself from a mere human into a Divine being. Together with the understanding of the science of this incomprehensible powers that is present inside the human body many wonders could be achieved.

Ancient Yogis and Rishis after lot of in-depth study of the self, have come up with the detailed explanations of the sciences known as Sukshma Sharir Vigyan (Subtle body science); Par Kaya Pravesh Vidhya (Science of Entering another body); Brahma Vidya; Shabda Vigyan (Science of Sounds); Prana Vidya; Dhyana Sadhana (Meditation), Mudra Vigyan, various Tantric practices, and various other sciences for experiencing the Divine. Each and every aforementioned esoteric sciences are in themselves complete and have the ability to amaze every inquisitive human. Any quantity of compliments for these sciences isn't sufficient. It would take multiple volumes to explain in detail even some of the aspects of any one of the above mentioned subject.

In early times these esoteric sciences were imparted only to the selected few. And as the time passed it became quite rare, and with the emergence of the modern civilization, the science of yore appeared to have been lost. But somehow some part of this esoteric knowledge which are generally used in art forms, Vedic rituals, Meditation, and Tantric practices, remained with the Mystics and their followers. Among those the glorious science of regulating the subtle energy channels of the human body with the help of different positions of the fingers is called Hasta-Mudra Vigyan (Science of Hand gestures). This present endeavour is to discuss only on the topic of Hasta-Mudra Vigyan.

Understanding the Mudras

The Sanskrit word Mudra means 'Seal,' 'Mark,' 'Symbol' and 'Gesture.' As per Kularnava Tantra, Mudra means that which bring forth joy or delight. Mudra may be roughly translated as 'Mood' in English. In the Indian tradition, moods are reflected through various positions of the body, the position of the eyes, position of hands and fingers, and the breath pattern.

Mudras are generally categorised in to five groups.

1. Hasta mudras
2. Mana Mudras
3. Kaya Mudras
4. Bandha Mudras
5. Adhara Mudras

1. Hasta mudras (Hand mudras)

All the mudras formed by bringing together thumb and fingers of the hands in various gestures are called Hasta mudras. In hasta mudra we regulate the flow of prana in the body using fingers. Examples of hasta mudras are Abhaya mudra, jnana mudra, chin mudra, prana mudra, etc.

Hasta mudras are classified in to two categories.

a. Yoga-tattva mudra vigyan (Science of the union of the Universal elements)

These Hasta-mudras are one of the several Yogic and Tantric practices to bring about transformation in oneself. These symbolic hand gestures along with postures of body and spine depicts certain states of Consciousness. When these gestures are regularly practised, it leads the practitioner to the states of consciousness that they symbolize. For example with the prolonged practise of Abhaya mudra (gesture of Fearlessness), the practitioner eventually will be free of fear and be in peace. So mudras act on certain nadis and exercise a corresponding influence on them. We can easily influence our body and mind with various hand gestures. Hand gestures are prominently used in Kundalini yoga to intensify the effect.

b. Nritya mudras (Dance mudras)

In the Indian dance culture mudras were performed extensively. The whole drama is enacted without any words. Mudras are non-verbal mode of communication and self-expression. With the different positions of body, hands, and fingers, the dancer would evoke in mind the ideas symbolizing specific mythological occurrences. Through various mudras they expressed the inner resolve, suggesting that the non-verbal communications are more powerful than spoken words.

2. Mana mudras (Head mudras)

Gestures are formed by utilizing eyes, ears, nose, tongue, and lips. These are called head mudras as they are part of the head. Mudras in this category are Shambhavi mudra, Nasikagra mudra, Shanmukhi mudra, Khechari mudra, and others. These mudras are mainly for pratyahara, internalization of senses.

3. Kaya mudras (Bodily or postural mudras)

Kaya mudras are physical postures in combination with breath awareness and visualization. Mudras in this category are Vipareetakarani mudra, Pashinee mudra, Tadagi mudra, and others.

4. Bandha mudras (Internal-lock mudras)

Bandha mudras are the Internal-locks applied during asana practises along with Kumbhaka (breath retention). Bandha mudras are applied to push the kundalini energy up the spine. Mudras in this category are Maha mudra, Maha-bedha mudra, and Maha-vedha mudra.

5. Adhara mudras (Perineal mudras)

In Adhara mudras by the contraction of musculature of anus, genitals, and perineum, the sexual energy at the lower center of Consciousness is sublimated and moved upwards. Mudras in this category are Ashwini mudra, and Vajroli/Sahajoli Mudras.

The purpose of this book is to present only the Hasta-mudras related to Yoga tattva Mudra Vigyan.

Purpose of Mudras

Nature has made our body self-sufficient with the capability to heal itself. But the human being constantly faces innumerable pressures from family members, seniors at work, and from the societies they live in, which affects their normal thinking process and produces too much stress. This disturbs the normal function of their mind which then leads to anger and frustration. Their relationship with the other people breaks down and this leads to depression. We may get emotional because of loneliness, break-ups in relationship, moving to another house or city, not fulfilling the expectations of elders, and for a multitude of other reasons.

Today the desire for good health has become very important for society. Even though the different branches of science has reached great heights, people generally all over the world are very weak. Physically and mentally they remain exhausted perpetually and are depleted of energy. The stability that we aspire to bring in our lives is quite demanding.

Our development very much depends purely upon our ability to eat the correct foods that avoids the killing of animals. Our thoughts are based only on success in whichever way possible, even if it means at the expense of others. We are incapable to synchronise our lives in order to live harmoniously with fellow human beings. We are afraid of, suspicious and envious of each others success. We remain frustrated and anxious all the time resulting in our body and mind being toxic.

In this age of competitiveness we have also neglected the environment. We have polluted the air, soil, and water to such a level that restoring the environment will require a large scale effort from all communities. Human negligence has had an immense detrimental effect on our environment. In the name of development we destroyed forests, animals, and the micro-organisms there in. It is these very animals, forests and micro-organisms that has sustained the whole world until man intervened. As deforestation intensifies to satisfy mans needs, climate change is gathering momentum at an alarming rate. During the last century, there has been a rapid shift of animals to higher elevations due to climate warming. Further, factories are also negatively impacting the environment through air pollution emissions and toxic waste being discharged into rivers. Exhaust emissions from motor vehicles causes air pollution which further contributes to global warming. As human beings, we need science to improve our environment and it plays a major factor in the study of environment. As science tries to mitigate the challenge of climate change and all its complexities, addressing climate change is extremely complicated as it is interwoven into the way we live our lives, produce energy and advance prosperity. The degradation of environment is progressing with a quicker pace than the pace of advancement in science.

The solution to all these problems have been well articulated in the ancient wisdom of omniscient Rishis, Yogis, and Mystics. (Yogic Wisdom of the Ancient Rishis?) For example to keep the entire atmosphere pure and clean, the Rishis had instructed us to do Agnihotra Yagna. Agnihotra Yagna is a fire sacrifice and is considered to be the best process to maintain the environment. It was the civilization of this land to live harmoniously not only with the humans, but also with the rest of the creation. It was our culture not to go against the nature. All of our actions were to enhance our living and at the same time protect the nature. Whenever some mischievous people acted against the laws of nature, the great leaders under the guidance of Saints and Mystics, intervened and restored the balance in nature and society, bringing equilibrium and harmony in the Universe. There also comes a time when righteous people under the influence of ego and anger indulge in destructive activities, and this gives rise to the manifestation of Saints and Mystics take a lead in solving the problem. There is an instance in Mahabharata when Arjun and Ashwatthama fired an immensely destructive transcendental celestial weapon which had the capability to obliterate humanity and even destroy the entire universe. It is said that after this weapon was fired the whole creation was ablaze in horrendous fires, glaciers started to melt, violent thunder accompanied by gale force winds struck terror into all life forms. It was at this time the Mystics like Narada and Vyasa intervened to stop the weapons from discharging its treacherous destructive capabilities.

In order to prevent us from self-destruction the ancient Rishis came up with various path for self-purification. They are Mantra yoga, Hatha yoga, Kundalini yoga, Prana vidya, Mudra Vigyan, and many other paths.

Understanding the effects of Mudras on the human body.

Due to our careless attitude and irresponsible and harmful lifestyle, Prana, the vital force of our body, percolates from certain parts of the body. To arrest this percolation certain mudras are practised. After a prolonged practise of these mudras, Pranas are redirected within the body thereby locking the prana within the body. Each mudra has different effect on prana, mind, and body. Mudras are described as psychic or emotional gestures that influences the vital force of the body. It removes pain and sorrow, * brings happiness and plays an important role in the success of your life.

As per the Vedic texts, the whole creation is made up of five basic elements called Pancha-Maha-bhuta. These five elements are Earth, Water, Fire, Air, and Space. These five elements constitute the human body. When these elements are in harmony, they are said to be in equilibrium. As long as these five elements are in balance and at appropriate level, we will remain healthy. Even a slightest imbalance in these elements lead to various physical and psychological ailments. These imbalances of the elements can be restored by the practise of Mudra Vigyan.

Mudras can redirect the subtle energies and have ability to rekindle the inactive nerve cells and glands. Not only one can get rid of the impurities in the body, but can also attain mental stability and wisdom by these mudras. By regular practise of these mudras one can awaken the divinity within oneself. There are many great men and women who in the past have achieved brilliance and Godliness by performing these mudras. Even today it is possible to go through the delight of this therapeutic and restorative science, and nurture the subtle and mysterious powers that are lying dormant within us by simply embracing these Mudras in our everyday life.

Hand and the Five Basic elements (Pancha-Maha-Bhuta)

Everything in the world that is perceptible and imperceptible is made up of five basic elements known as Pancha-Maha-bhuta. These five elements are Earth, Water, Fire, Air, and Space. These five elements constitute the human body. As long as these five elements are harmoniously balanced we will remain healthy. Any imbalance in these elements lead to various physical and mental illness. These imbalances of the elements can be restored with the mudras related to those elements.

According to Yogic and Tantric texts there are thousands of subtle energy channels known as Nadis running through our body. Some of these Nadis end up in hands and fingers. While some mudras involve the entire body, most mudras are performed with the hands and fingers. By bringing the fingers and thumb together, mudras are formed. In this way, energy that would normally be radiated out is directed back into the body for different purposes like healing the body or calming the mind. It is for this reason that hand mudras are extremely effective.

According to Mudra science the five fingers of the hand represents the five basic elements.



- **Thumb** represents Fire element
- **Index finger** represents Air element
- **Middle finger** represents Space element
- **Ring finger** represents Earth element
- **Small finger** represents Water element

When we touch the tip of the thumb to the tip of a finger, the element representing that particular finger starts increases and becomes stable, similarly, when we bring the tip of the thumb to touch the base of any finger, the element representing the finger starts to multiply. When we bring the tip of any finger to touch the base of the thumb, the element representing the finger starts to diminish.

There are innumerable hand mudras for various physical and psychological ailments. The purpose of each mudra is to transform the decomposed five elements, reorient the path of the energy to make it move in the intended path, thus healing the physical and emotional pain. The strength of the human brain can be enhanced and energized by performing mudras. It restores the brain and synchronizes the left and the right hemispheres of the brain. Mudras accords a person to a shift in thinking thus giving us a new perception of life and enhances the awareness of our body

Mudras and Chakras

As per Kundalini yoga, amongst all the chakras there are seven major chakras arranged vertically along the spine. These chakras are the different dimensions of consciousness and are vibrating at different frequencies. The first five chakras are associated with a distinct universal element, and they stimulate the corresponding nerve plexuses of the physical body giving and desired results. The Muladhara chakra is situated at the perineum and is associated with Earth element, the Swadhisthana chakra situated at genitals and is associated with Water element, the Manipura chakra situated at the navel and is associated with Fire element, the Anahata chakra located at the heart and is associated with Air element, and the Vishuddha chakra located at the throat is associated with Space element. The Ajna chakra is located between the eyes and is associated with the mind. The Sahasrara chakra located at the top of the head is the abode of Shiva.

As the five fingers are also associated with the five basic elements, each chakras can be enhanced and purified by the corresponding hand mudras. Mudras are the beautiful tool to bring the five basic elements in to harmony thereby strengthening the pranic system and our zeal for attaining higher levels of consciousness.

Guidelines to practise Mudras

Mudras can be practised in any posture. When necessary they can also be practised while seated on a chair, lying down on the ground or on the bed, standing, walking, or even while watching television and listening to music. They are also effective in any physical posture. Body posture should be symmetrical and centred, so as to keep the body stable and as relaxed as possible. In a seated position, the spine and head should be erect and in a straight line. Tension in the muscles should be minimal only adequate enough to hold the posture. Mind should be calm and focused. One must be aware of the breath and ensure that the breath is deep, smooth, and serene, to get the best results of the Mudras.

Hand-mudras are practised by gently touching the thumb and the different fingers in a certain positions. The pressure on the fingers should be light and the hands relaxed. Initially one may struggle to keep the fingers and hands together. Hands may get tired and the fingers may quite frequently come out of the posture without us being aware of it. Any pranic imbalances in certain regions of the body will be reflected at the corresponding part of the hand. These imbalances make the hands and fingers difficult to stay in the posture. By the regular practise of hatha yoga, and pranayama, the prana starts to flow smoothly in the body, making the hands and fingers flexible enough to effortlessly bring it together into forming a mudra. Hence it would be wise to introduce hand mudras after attaining some proficiency in asana, pranayama, and bandha practices. But if we are determined to overcome all the resistances of body and mind, and regularly follow the mudra yoga, then any region of the body and mind can be healed by the effect of related hand-mudra postures. Mudras are most effective when practised during meditation or while being mindful and in an aesthetic mood.

Don't be over enthusiastic to practise all the Mudras. First and foremost understand the purpose of each mudras. Choose just few, two to three that are of great consequence for your current physical and emotional needs. Start with few minutes of practice for 2 to 3 times in a day for few days. Then gradually increase it to around 45 minutes in one sitting for each mudra. There is not much information on the amount of duration for holding each mudra. An ardent and experienced practitioner of Mudra science Acharya Keshav Dev says that one should practice a mudra for 45 minutes per day to see its effect. Most of the mudras change the level of elements in the body within 45 minutes, while others may transform much quicker. When one is practising mudras for freeing oneself of chronic ailments, or for purifying the pranic body by removing the pranic blockages and deepening the awareness, then a much longer period of practice is recommended.

Jnana Mudra and Chin mudra

Jnana mudra, the Seal of Wisdom, and Chin mudra, the Seal of Consciousness, is formed by bringing the tip of the thumb to gently touch the tip of the Index finger forming a perfect circle, forming a seal, a lock. The other three fingers are held together while fully extended, and relaxed. The word Chin is derived from the Sanskrit term 'Chit' which means Consciousness. In Buddhists literature chin mudra is called Vitarka mudra, the Seal of Discussion.

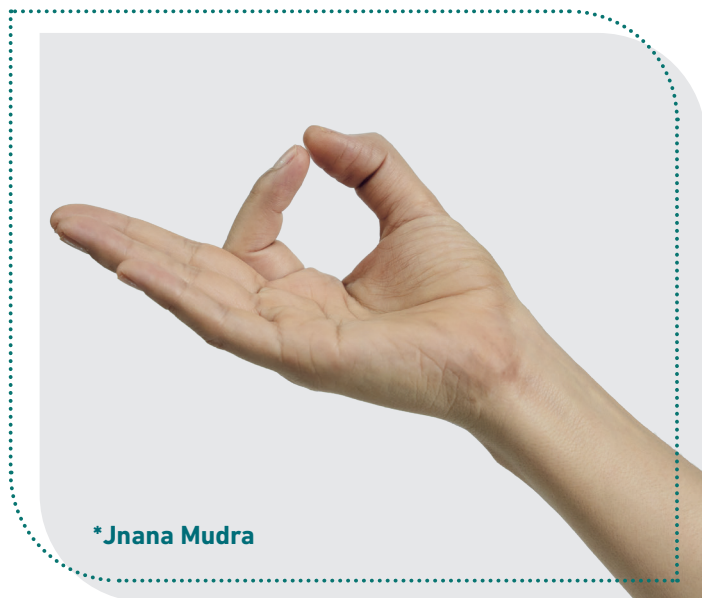
In Jnana mudra the hand is placed on the thigh or knee with the palm facing up, while in Chin mudra the palm is facing down on the thigh.

Benefits

When the index finger touches the tip of the thumb, a circuit is formed, which prohibits prana that is generally radiated out of the body from the index finger, back into the body and into the nervous system improving the functioning of Pituitary and Pineal glands.

The middle, ring, and little fingers represents the three gunas; Sattva (luminosity), Rajas (activity), and Tamas (inertia). The index finger represents Jivatman (individual Consciousness) and the thumb represents Paramatman (Supreme Consciousness). The union of thumb and index finger symbolises the union of Jivatman with the Paramatman. This union is considered to be ultimate goal of the yoga practise. The other three fingers that are extended and held together symbolises Pratyahara, the control of senses, internalizing the senses. Yogis become one with the supreme by transcending these three gunas.

When the Vayu tattva (Air element) representing Index finger is out of balance, it symbolises the disturbed and wandering mind. When the index finger comes in touch with Thumb



which symbolises Fire element, the Light of Awareness, then the Vayu tattva (Air element) becomes stabilized. It calms the mind, sharpens the memory, and awakens the spiritual desire. When Jnana mudra is retained for a longer period, it relaxes mind and removes the negative emotions like anger and anxiety. It removes stress, relaxes the muscles, and cures insomnia. To effectively treat insomnia, Jnana mudra should be followed by Prana mudra.

When your mind is agitated, anxious, distracted, out of focus, and always wandering, then Chin mudra will relax your mind and make you feel firmly rooted. Chin mudra aids in Diaphragmatic breathing and helps the prana move to the lower lobes of the lungs.

When you are feeling heavy, sluggish, and lacking in energy, then the Jnana mudra opens up your chest and may make you feel light and energetic.



Dhyana Mudra

Technique

For Dhyana mudra, one sits cross legged or in any comfortable position, place the left hand in to the lap with palm upwards, and place the right hand over the left hand resting the back of the right hand on the palm of the left hand. Both the hands should be in Jnana mudra, tip of the thumb touching the tip of the index finger.

Benefits

By the prolonged practise of Dhyana mudra one reaches a high state of concentration. One is free from sleeplessness, loss of memory, lethargy, depression, and other ailments. One becomes fully alert, aware and attains absolute meditation as it is a meditation mudra. It also normalizes high blood pressure. On a spiritual level, it awakens the wisdom within us and puts us in touch with our own divinity.



Bhairava Mudra

Technique

For Bhairava mudra, the seal of the terrible or ferocious Shiva, place the left hand in to the lap with palm upwards, and the right hand on top of the left hand with palm facing up. The thumbs are gently touching each other at the tip.

Benefits

This mudra balances the doshas, harmonizes Prana and Vata, and establishes peace and serenity in the mind. It balances both the hemispheres of the brain. Aids in digestion and assimilation of nutrients. It brings harmony between Ida and Pingla nadis, enhancing the meditation experience.



Vayu Mudra

Technique

In Vayu mudra bring the tip of the Index finger to touch the base of the thumb, and gently press the finger by placing the thumb over the first knuckle of the index finger, while the other three fingers are held together, extended, and relaxed.

It acts on all the disorders caused by aggravated Vayu (Air) element. As Vata dosha is composed of air and space, any aggravation in the air element also aggravates associated the Vata dosha. When Vata accumulates in any part the body it causes severe pain.

Benefits

It cures the disease caused of Vata aggravation such as rheumatism, arthritis, and gout. It gives relief for one suffering from palsy and paralysis. It reduces body tremor caused by Parkinson. Gives relief from cervical spondylitis and sciatic pain. It soothes the stomach from gas disorders such as bloating, belching.

Vata aggravated mind is very distracted, out of focus, and unable to keep the body stable. This mudra helps to calm the nerves and the mind, and eventually helps in stabilizing the body.

The effect of vayu mudra is slow but definite. For vayu mudra to be more effective it should be followed by Varuna mudra and Prana mudra.



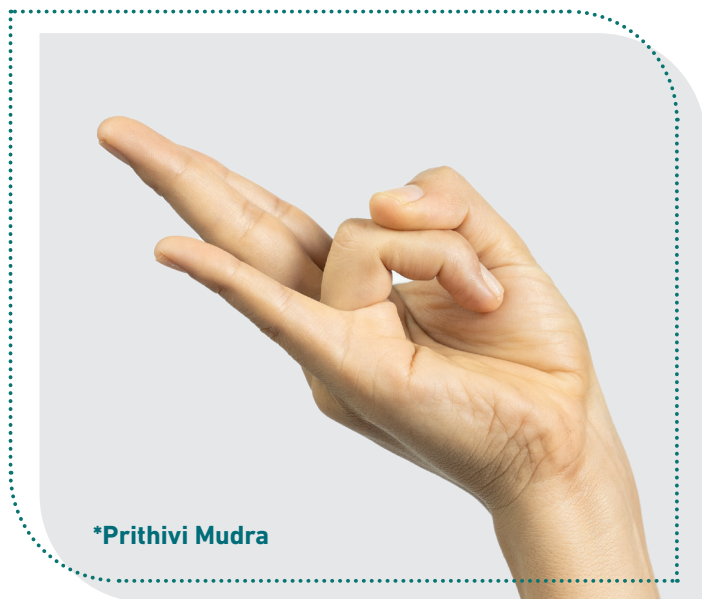
Akasha Mudra

Akasha mudra is formed by bringing the tip of the middle finger to touch the tip of the thumb, while rest of fingers are straight and relaxed.

Benefits

By purifying and balancing the space element, one experiences energetic body and enthusiastic mind. This mudra helps in proper functioning of the excretion process of discharging waste from the body, and helps in detoxification of the mind by bringing balance to the emotions and thoughts. It strengthens bone and teeth. Strengthens the nervous system and improves the ability of hearing. Relieves pain in heart and high blood pressure. It prevents Jet lag.

Akasha mudra stimulates Vishuddhi chakra (throat chakra) that governs communication and purification. It give rise to noble thoughts that inspires the aspirant to experience higher consciousness.



Prithivi Mudra

This mudra is performed by bringing the tip of the ring finger to touch the tip of the thumb while the other finger are held straight and relaxed.

Benefits

When the earth element in the body is deficient, prithivi mudra normalises it. As the Root chakra is associated with earth element, this chakra is stimulated by this mudra. Earth element is predominant in the Skeletal and muscular structure, skin, hair, nail, and others. Enhancing of the earth element causes to restore the overall health of the body. This mudra is said to develop various vitamins in the body, thereby increasing the lustre of the body and giving a glowing complexion to the skin. It prevents hair loss and treats premature greying of hair. After a prolonged practise the mind gets stabilized and one develops tolerance and patience. This mudra is very helpful for the aspirant who is in the path of awakening the Kundalini.

Earth element has the quality to reduce the fire element. So when the thumb touches the ring finger, it helps in treating inflammation, fever, and other heat related disorders. It pacifies the burning sensation in eyes, stomach, and urine.

This mudra brings the fire and earth elements in to balance. People with obesity need not practise prithivi mudra as they have enough earth element in their system.



Surya Mudra

This mudra is formed by bringing the tip of the ring finger to touch the base of the thumb and gently placing the thumb over it, while the remaining fingers are extended and relaxed. As this mudra increases fire element it is also called Agni mudra.

Benefits

This mudra decreases prithivi element, thereby increasing agni element. This mudra purifies Surya nadi (Pingla nadi), thereby normalising blood pressure, and helps the body and mind to overcome lethargy and dullness. Increases tolerance to cold. Treats indigestion, loss of appetite, and constipation. It activates the under-performing thyroid glands and normalises metabolism. It reduces cholesterol and body weight. Removes blockages from the liver and enhances the vision. The prolonged practise of Surya mudra will help in awakening Kundalini.

For better digestion one can sit in vajrasana with the application of Surya mudra. For the Surya mudra to be more effective it can be combined with Linga mudra.

Contraindications

People with Pitta constitution or low in Kapha (phlegm) should avoid it or practice in moderation. Underweight people should avoid it as this mudra is good in reducing weight.



Varuna Mudra

This mudra is formed by bringing the small finger to touch the tip of the thumb, while the rest of the fingers are held together, extended, and relaxed. Varuna is the name for God of water.

Benefits

Our body is mostly composed of water element and when it is reduced, the body becomes dry and loses flexibility. This mudra normalises water element and helps in treating dry eyes, dryness of mouth, and dry digestive tract. It also treats dry skin which is the cause of eczema and psoriasis. It stimulates smooth functionality of the joints and rehydrates muscles, skin, and internal organs. It treats anaemia and keeps the hormones in balance. It cures all the disease caused due to lack of water element. This mudra preserves the fluidity of the body and keeps it youthful.

Contraindications

Avoid if you are suffering from oedema. For menstrual problems avoid this mudra for at least a week before and during the period.



Jalodar Nashak Mudra

To form this mudra bring the tip of the small finger to touch the base of the thumb, and gently press down on the little finger, while the remaining three fingers are held together, extended, and relaxed. In Sanskrit 'Jal' means water, Udara means stomach, and Nashak means 'to remove'. In Sanskrit 'Jalodar' also means edema or dropsy, which is accumulation of excess water content in the body. So this mudra is called 'water removing seal'.

Benefits

When the tip of the small finger touches the base of the thumb, the water element in the body is reduced, affecting the water metabolism. This mudra cures elephantitis or any swelling in the limbs or any part of the body due to excess water retention. It cures excessive salivation, watery eyes, running nose, excessive urination, and loose motion. Gives relief in excessive menstruation.



Shoonya Mudra

This mudra is performed by bringing the middle finger to touch the base of the thumb and gently placing the thumb on the back of the middle finger, while the rest of the fingers are extended and relaxed.

Benefits

Middle finger represents Space (Akasha) element, and this mudra treats the disorders arising due to excess space element. Any ear ache due to an increase in space element is reduced within a few minutes. All ear problems caused due to increased space element, if not by birth, are cured.



Prana Mudra

This mudra is performed by bringing the tip of the ring and small finger to touch the tip of the thumb, while the other two fingers are held together, extended, and relaxed.

Benefits

Most of our body is made up of earth and water element and any disturbance in these elements causes one immense suffering. This mudra assists in overcoming deficiencies in the earth and water element in the body thus bringing these elements into equilibrium. Prana mudra purifies the Prana Vayu which is mostly located in head and chest area. This mudra reinvigorates the Prana and helps in removing any blockages in the nadis thereby encouraging prana to flow freely throughout the body. It improves the overall vitality and immunity of the body. It enhances digestion and elimination process, produces various vitamins, energizes the body, regulates the flow of blood, strengthens the will power, and harmonizes the emotion resulting in the stabilization of mind. This mudra is very also useful to enhance the vision.

After a heavy and tedious day's work, when one is physically and mentally drained of energy, this Prana mudra will revitalize and augment the energy levels.

Contraindication

Prana mudra increases Kapha (phlegm) and reduces pitta (bile). Obese people or people with excess Kapha should abstain from practicing this mudra.



Apana Mudra

This mudra is performed by bringing the tip of the middle and ring fingers to touch the tip of the thumb, while the other two fingers are extended and relaxed. This mudra is also called Mrigi mudra (Deer seal)

Benefits

This mudra brings earth, space, and fire elements in to equilibrium. Apana mudra purifies the Apana Vayu which is mostly located in lower abdomen and pelvic area and responsible for digestion, elimination, menstruation, and reproduction. Imbalanced Apana Vayu causes indigestion, constipation, irregular menstrual cycles, and premature ejaculation. Purified Apana Vayu improves the excretion process, and helps in proper discharge of waste matter like sweat, urine, and stool. With proper functioning of excretion process, the body is gradually purified enhancing a vigorous flow of Prana throughout the body.

This mudra strengthens the pelvic organs, lower back, and cures urinary problems. When this mudra is practised for about 10 minutes in the last month of pregnancy, it helps in relieving the labour pain during delivery.

Apana mudra purifies the body and so it very beneficial to be followed by Prana mudra which energizes the body.

Apana mudra pacifies acidity, relieves migraine and tooth ache.

This mudra is used for making offerings during Agnihotra Yagya for peace and welfare.

In the path of Kundalini yoga one of the major milestones is to unify the Pana and Apana Vayu. This happens at a very subtle level and one of the preparation for this is the regular practise of Prana and Apana mudra.

Contraindication

People suffering from loose motion, cholera, and colitis, should avoid this mudra. Apana mudra increase Vata (wind) and Kapha (phlegm) doshas, thereby decreasing Pitta. People with excess Vata and Kapha should practise this mudra moderately. As Apana Vayu is a downward flowing energy, pregnant women should avoid this mudra in the first eight months of their pregnancy.



Apana-vayu Mudra

This mudra is a combination of Vayu and Apana mudras. This mudra is performed by bringing the tip of the index finger to touch the base of the thumb, and the tip of the middle and ring fingers to touch the tip of the thumb, while the small finger is extended and relaxed. This mudra is also called Hridaya mudra or Mritasanjivani mudra.

Excess air element dries the water element causing the nerves, muscles, ligaments of the heart, and other parts of the body to dry up and shrink. Shrinkage of the ligaments of the heart impedes the free flow of blood in the heart, causing strain on heart. At the same time if Apana vayu gets impure, it produces gas and toxins in the intestines putting pressure on the heart. These strains could lead to a heart-attack.

Benefits

Apana-vayu mudra when applied immediately at the first sign of heart attack gives relief within few seconds. With the prolonged practise of this mudra along with asanas, pranayama, proper diet, and healthy lifestyle, many ailments of the heart can be cured., and beacuse of its life giving potency this mudra is called Mritasanjivani mudra (mudra which saves one from clutches of death). But one should not depend only on this mudra for the heart ailments and should take appropriate medications.

This mudra stimulates Anahata chakra, regulates blood pressure, releases stress, and stabilizes the emotions. If Mritasanjivani mudra is applied while chanting Maha-mrityunjaya mantra (Mritasanjivani mantra) the effect will be progressively supplemented.

Varicose veins mostly found in legs can be cured by Apana-Vayu mudra followed by Prana mudra. All the benefits that we get by practising Apana and Vayu mudra separately are also achieved by their combined mudra.

People with Kapha constitution should practise this in moderation.



Vishnu Mudra

This mudra is formed by bringing the tip of the index and middle finger to touch the base of the thumb, while the other three fingers are extended and relaxed. The ring and small fingers are held together.

The ring finger represents the earth element and is associated with Muladhara chakra, the small finger represents the water element and Swadhishtana chakra, the thumb represents the fire element and Manipura chakra. When the tip of the index and middle finger touch the base of the thumb, the corresponding air and space elements are reduced resulting in the predominance of earth, water, and fire elements. This stimulates the corresponding lower three chakras, and has a stabilizing effect on body and mind.

Benefits

When Vishnu mudra is applied during Nadi-shodhana pranayama it has miraculous effects. It balances the Ida and Pingla nadis. Right and left hemisphere of the brain comes into harmony. Releases the emotions, improves mental clarity and focus, reduces stress, calms the nerves, purifies the nadis, and enhances the prana flow. It strengthens the respiratory system and infuses the body with oxygen.

This mudra reduces the excess Vata (air + space) dosha and strengthens the heart, and prepares the mind for meditation.

Yoni Mudra

Yoni mudra is the 'Seal of the Womb' or 'Seal of Source.' For this mudra we join the palms together and interlock all the fingers and the thumbs. Now unlock the middle finger and let it touch each other from root to the tip, next unlock the ring finger and let it stay crossed, then unlock and extend the index fingers. Now use the index fingers to grab and hold apart the ring fingers of opposite hands and place the tip of the thumbs on the middle fingers. It replicates a womb. You may hold it near the heart or near the sacrum with the tip of the middle finger pointing down.

In Second variation, we first interlock the small, ring, and middle fingers with palm facing upwards, then let the tip of the thumb and index finger touch the tip of thumb and index finger of the other hand in such a way that the thumbs are pointing upwards and index fingers are pointing downwards forming a diamond shape.

In third variation, we turn the palms up, and join the hands at the outer edge. Then cross the right ring finger over the left, join the tips of the middle fingers, hold the ring fingers by index fingers of the opposite hands, and place the tip of the thumb at the root of the small finger.



***Yoni Mudra A**



***Yoni Mudra B**



Benefits

This mudra gives the practitioner an experience of solitude like a baby in the womb. The foetus in the womb is not aware of the outside world and is naturally detached and free from all the mental instabilities that comes with it. The practitioner stays in peace as the baby in the womb. This mudra completely internalizes the senses. This is called Pratyahara, and this prepares the aspirant to go into meditation.

The interlocking of the fingers in this mudra allows the energies to flow freely from one hand to another. Ida and Pingla energy are harmonized, and both the hemispheres of the brain comes into equilibrium, emotions calm down, and aspirant experiences peace.

It brings the distracted mind into the state of attentiveness, strengthens the nervous system, frees us from stress, and keeps us relaxed.

This mudra is very beneficial for women because it revitalizes the reproductive organs, relieves the pain in the lower abdomen during menstruation. It also regulates the scanty or excess

bleeding. It solves the menopause related problems when practised for 10 minutes every day.

This mudra stimulates the root and sacral chakra and helps in moving the kundalini up the spine. It increases our connection to the feminine energy and makes us affectionate and compassionate.



Linga Mudra

Linga mudra is formed by bringing the palms together, interlocking all the fingers, and keeping the right thumb upright. The upright thumb should be encircled with the thumb and the index finger of the other hand. Linga mudra is one of the Gayatri mudras used during recitation of Gayatri mantra.

Benefits

This mudra increases the fire element causing the body heat to rise. Mucus in the lungs are loosened. It protects from winter

chill, wet cough, common cold, and chest infection. It gradually removes excess Kapha (phlegm), melts the body fat, reduces lethargy, dullness, and makes one feel alert and energetic. It cures ailments caused due to excess Kapha (phlegm) like sinusitis, asthma, and bronchitis. It effectively treats pleurisy and frees congested nose expeditiously.

When the navel is displaced from its center, this mudra transposes the navel back to its original position. Linga mudra is more effective when performed with Surya mudra. As this mudra increases heat, one should regularly have alkaline foods.

Contraindications

As this mudra produces heat, people suffering from acidity, fever, stomach ulcer, hypertension, and migraine, should avoid this mudra. The mudra should be discontinued when the desired result has been achieved. The unnecessary use of Linga mudra will produce excess heat, create restlessness, uneasiness, and totally distract the mind. Even the unnecessary interlocking of the fingers will have an adverse effect on the mind.

Shankha Mudra

To perform this mudra bring the tip of the left thumb to touch the base of the right thumb, fold the fingers of the right thumb encircling the left thumb, keep the fingers of the left hand together and let their tips touch the tip of the right thumb. Bring the hands near heart center. In sanskrit Shankha means Conch shell, and as this mudra resembles the Conch it is called Shakra mudra (Conch shell seal)

The base of the right thumb is the point of thyroid gland in the palm.

Benefits

Shankha mudra stimulates throat chakra (Vishuddhi chakra). It purifies the energy in that area and cures speech disorders like stammering and stuttering, and also improves the quality



of the voice. It cures tonsillitis and other throat related infections. It strengthens the kidney and sexual glands (testes and ovaries). It balances the thyroid glands thereby bringing balance in hormone secretions. It acts on the allergies caused by dust, smoke, and especially skin rashes.

When we are overwhelmed by long standing anger, the fire element is said to be overactive. By wrapping the thumb with the other four fingers, the corresponding elements of air, space, earth, and water are balanced, reduces the excess fire element, cools anger, and one attains peace and stability. It cures disorders related to excess heat in the body like feverishness, stomach and ulcers. This mudra is said to help in increasing the height of children.

It keeps navel center in order thereby keeping the nadis (energy channels) and the nervous system healthy. When you chant OM mentally or vocally, while doing Shankha mudra, it enhances the effects.



* Sahaja Shankha Mudra

Sahaja Shankha Mudra

To form this mudra bring the palms together, interlock the fingers, and place your thumbs parallel to each other and by gently pressing on the outer index finger. This mudra is called Simplified Conch-shell seal (Sahaja Shankha Mudra). Hold this mudra around navel region.

Benefits

This mudra activates all the principal ten nadis. These ten nadis are Ida, Pingla, Sushumna, Gandhari, Hastijihva, Poosha, Yashaswini, Amboosha, Kuhoo, and Shankhini. The Shankhini nadi is said to activate the Muladhara chakra.

This mudra improve one's attention and alertness. Like Shankha mudra, this mudra too is helpful with problems related to speech and voice. It also develops confidence, and helps to express ones thoughts clearly.

Piles and other disorders related to anus is cured. Cures problem related to stomach and intestine. It also gives relief to people with slip discs.



Granthita Mudra

This mudra is formed by interlocking the fingers with the left index finger on top of the right, and tip of the thumb touching the tip of the index finger of the same hand. Bring the hands near the heart or the throat center. This mudra is called Knot seal (Grathita mudra). This mudra is one of the Gayatri mudras.

Benefits

It release the granthi (knots or bondages) caused due to emotional imbalances. The knots are formed because of long-lasting attachment, grief, inner wound, or animosity. This mudra purifies the heart chakra. By the prolonged practice of this mudra the granthis are gradually loosened and are fully released as one advances in meditation.



Vyana Mudra

This mudra is formed by bringing the tip of the index and middle fingers to touch the tip of the thumb. Vyana mudra is also called Kubera mudra.

Vyana pervades the whole body, but its main location is the heart. It governs the functions of heart, the circulatory system, and the neuro-muscular coordination for the body movement.

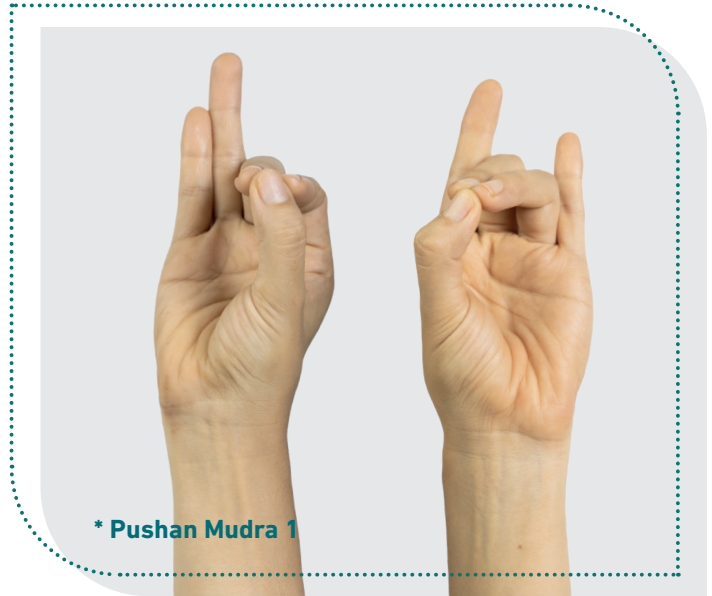
Benefits

When the Vyana vayu moves faster than usual it causes High-blood-pressure. This mudra normalises both high and low blood pressure. It strengthens all the nadis and improves the function of the heart. It removes laziness, dizziness, stabilizes and refreshes the mind.

It activates the Anahata chakra and lets you open your heart, enhances your perception, and be more loving, and caring towards others. It corrects the lack of initiation and enthusiasm.

It controls excessive sweating, thirst, and urination. It helps to control temperature and avert heat and sunstroke.

For the Vana mudra to be more effective it should be followed by Prana mudra.

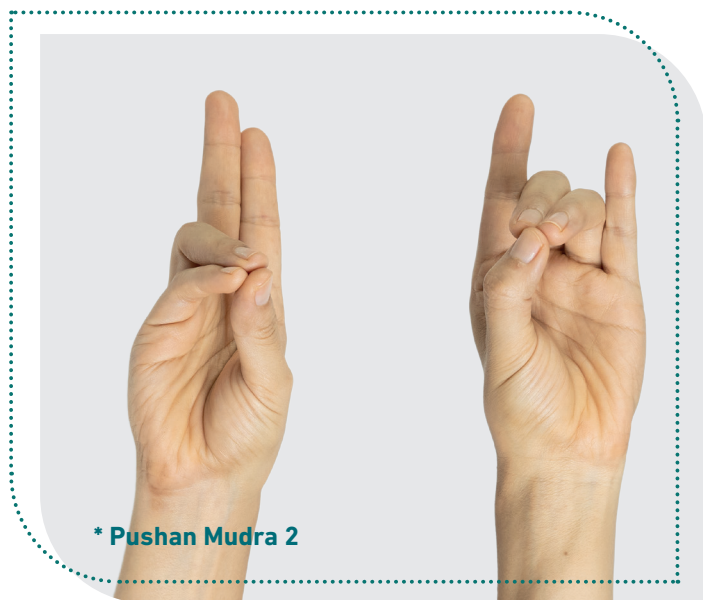


Pushan Mudra

This mudra is formed by applying Vyana mudra in right hand and Apana mudra in left hand. In another variation of this mudra, the Vyana mudra is replaced by Prana mudra.

Right hand: touch the tip of the index and middle finger with the tip of the thumb for Vyana mudra, or touch the tip of the ring finger and small finger for Prana mudra.

Left hand: touch the tip of the middle and ring fingers with the tip of the thumb for Apana mudra.



In Sanskrit Pushan means the one who nourishes. This mudra is dedicated to the God of Nourisher.

Benefits

This mudra stokes the essential fire of digestion and enhances the absorption, and assimilation of the nutrients, and it also improves the excretion process of the body. This mudra nourishes the entire body and mind.

The hand with Vyana or Prana mudra signifies accepting or receiving, while the hand with Apana mudra signifies letting go. It is the symbol of accepting whatever that comes in life and letting go of likes and dislikes. This brings equanimity in emotions, and stabilizes the mind.



Udana Mudra

This mudra is formed by bringing the tip of the index, middle, and ring fingers to touch the tip of the thumb, while the small finger is extended and relaxed.

In another variation bring the tip of the index finger to touch the tip of the thumb, place the tip of the middle finger on the nail of the index finger, let the ring finger be little curved, and the small finger be extended and relaxed.

Udana mudra enhances the function of Udana vayu. Udana vayu is located in chest region and circulates in the nose, throat, and navel region. It travels both in upward and downward direction. In Udana mudra, due to enhancement of air and space element the Vishuddhi chakra is stimulated.

Benefits

By activating the throat region it promotes spiritual growth. Thyroid and para-thyroid glands are activated, and as the kidneys are associated with para-thyroid glands, the enhancement

of para-thyroid glands solves kidney problems. Function of respiratory system is restored. This mudra makes the body light and develops the sense of joy. Speech problems are solved, voice becomes clear, and you can express yourself freely. This mudra is very helpful for creative minded people.



Mushti Mudra

To form this mudra curl the fingers in to the palm and place the thumb on the back of the ring finger.

Benefits

By curling the fingers, the elements representing the fingers like air, space, earth, and water are reduced, thereby increasing the effect of fire element of the thumb. This generates energy in the body melting excess Kapha (phlegm) in the body. This helps in overcoming depression, dullness of mind, inertia, and lethargy. This mudra strengthens the liver, and enhances digestive fire.

For Mushti mudra to be more effective, it should be followed by Prana mudra.



Adi Mudra

To form this mudra, the tip of the thumb is placed at the base of the small finger, and the rest of the fingers are gently curled around the thumb making a light fist. The hand is then placed on the thigh or knee with the palms facing down.

In Sanskrit 'Adi' means first, and this is called the 'First mudra' because this is the first seal the foetus is capable of making in the womb of the mother.

Benefits

We unconsciously form a fist when we are in angry and aggressive mood. When this mudra is formed consciously along

with breath awareness, it helps in calming the nervous system. When one is under anxiety, anger, aggression, or panic attack the muscles associated with breathing gets tense and constricts causing, difficulty in breathing. This mudra helps to relax those muscles, resulting in the ability to breathe deeply, ensuing in the lungs being used to its full capacity. It reduces the stress on the heart and enhances the flow of the oxygen in the body. It stimulates the brain and enhances prana flow in the head. One becomes very alert. It also brings balance within the body system. It may also be helpful in Shavasana practise.



Maha-shirsha Mudra

For this mudra bring the tip of the ring finger to touch the base of the thumb, and then touch the tip of the index and middle finger with the tip of the thumb, while the small finger is extended and relaxed.

In Sanskrit 'Maha' means great, 'shirsha' means head, and so this mudra is called Great-head mudra.

Benefits

This mudra is quite effective for all types of headaches, including migraine. Due to various stress factors, energy may not properly move to the head causing one to feel heavy headed. This mudra helping in releasing the stress and tensions in the eyes, neck, back, pelvis, and other areas of the body resulting in one feeling tranquil and energized. Provides relief to congestion in the frontal sinuses by eliminating mucus. Relaxes stressed eyes caused from continuously working on a computer or constantly viewing a cellphone screen. Maha-shirsha Mudra will calm the mind, and bring clarity in the thoughts.



Kaleshwara Mudra

Touch the tip of the middle finger and the thumb of one hand with the middle finger and thumb of the other hand respectively. Curl the index, ring, and small fingers of both hands towards the palm, and let the back of the respective fingers touch each other. Let the thumbs point towards the chest.

Benefits

This is one of the most important mudras to calm the mind. This mudra considerably slows down our thought process and make us aware of the consequences of our actions. This leads us to be very mindful of our activities in the present time. This mudra helps in purifying the mind by self-observation and gets rid of negative thoughts, unwanted habit patterns, and overcoming addictive behaviours. It also enhances concentration and memory. As this mudra makes us value the importance of time it is called “Lord of Time” mudra (Kaleshwara mudra).



Rudra Mudra

To form this mudra bring the tip of the index and ring fingers to touch the tip of the thumb, while the other two fingers are extended and relaxed.

Benefits

This mudra activates the Manipur chakra, and has powerful healing and energizing effect. This mudra balances the earth, air, and fire elements in the body. It improves eye sight. Enhances the appetite and digestion power. Excess kapha (phlegm), fat tissues, is reduced and is a good remedy for obese people and reduces cholesterol. This mudra improves circulation and respiration, low blood pressure is cured, and relieves dizziness. Calms the mind and awakens institution. By balancing Manipur chakra one gains self-control and develops creativity.



***Shakti Mudra**

Shakti Mudra

This mudra is dedicated to Shakti, the Goddess of Life energy. To form this mudra place your thumb into the palm, gently bend the index and middle fingers over the thumb, bring the tip of the ring and small fingers to touch the tip of the respective fingers of the other hand. Let the back of the folded index and middle fingers of one hand touch the back of the respective fingers of the other hand at the knuckles.

Benefits

It strengthens your immune system and keeps you healthy and fit. It deepens your breath into the lower chest area. It releases tension from the pelvis region, giving relief for menstrual cramps and spasm, intestinal spasm, and similar disorders related to pelvis. It is very beneficial for people suffering from back ache and slipped disk. With this mudra people suffering from insomnia will have a good sleep. Problems related to prostate glands are cured and urination problem is resolved. Relieves trembling of the body. It is considered to heal the emo-

tional trauma caused due to sexual abuse. This mudra activates Swadhishtan chakra and is considered to give access to the divine feminine energy that enables you to be patient, flexible, artistic, and creative.



Surabhi Mudra

To form this bring the tip of both the ring fingers to touch the tip of the small fingers of other hand, and similarly the tip of both the middle fingers to touch the tip of the index fingers, while the thumbs are extended and relaxed.

According to the Mudra science this mudra is considered to be the most unique and has a wonderful effect. Because of its immensely beneficial nature it is also called Kamadhenu mudra (wish-fulfilling mudra). This is one of the mudras practised by the tantrics.

Benefits

It activates Manipur chakra. All the three doshas, Vata, pitta, and kapha is brought under control. While in this mudra when the thumb touches the base of any one of the four fingers, the respective element increases rapidly. Adrenal, pineal, pituitary, and thyroid glands functions properly. By prolonged practise one get access to the inner creativity and can attain what they wish.



Namaskara Mudra

To form this mudra bring your hands together, with palms and fingers touching each other, in front of your heart, and the fingers pointing upwards.

This mudra is a sign of greeting in India.

Benefits

This mudra activates the heart chakra. It balances the left and right hemisphere of the brain, and helps in balancing our emotions. It is centering posture that relieves stress. By the regular practise of this mudra, the Ajna chakra is activated. Balances the functions of pituitary and thyroid glands. This mudra calms the mind and turning it inward.



Hakini Mudra

To form this mudra bring the tip of all five fingers to touch the respective finger tips of the other hand.

As this enhances the brain function it is also called 'Brain power mudra'.

Benefits

Hakini is the goddess situated in Ajna chakra. When the eyes are turned upwards holding this mudra, the Ajna chakra is said to be activated. This mudra activates memory assists in the pro-

cess of remembering things. It deepens the breath, enhances the flow of prana to the brain, and balances both the hemispheres of the brain. It enhances memory, concentration, and focus, while reducing anxiety and depression. Prolonged practise of this mudra enables you to manage your mind.



Muladhara Mudra

To form this mudra bring your hands together with palms facing up, interlock your small and ring fingers to the inside of the palm, middle fingers be remain extended and touching each other at the tips, then interlock the thumb and the index fingers, and let the tip of the index finger touch the tip of the thumb. Hold this mudra near the pelvic region with the tip of the middle finger pointing down.

Benefits

This mudra the Muladhara and all the organs associated with it.

This mudra facilitates the aspirant to tap in to the energetic storehouse in the Muladhara. One becomes aware of the vast pools of energy and utilize them for their survival. This mudra helps to let go of fear and anxiety, making one feel grounded and secure.

This mudra improves the excretion process, increases fertility, enhances the function of all the organs in the pelvic region, and the mind is fortified and centered.

To optimize the effects of this mudra, chant the bija mantra 'Lam' while holding this mudra.



Swadhishtana Chakra Mudra

To form this mudra bring your hands together with palms facing up, interlock your small and ring fingers to the inside of the palm, and let the index fingers touch each other at the tips, now cross the middle finger over the index finger and bend it so that the tip of the middle finger touches the tip of the thumb.

Benefits

This mudra activates Swadishthana chakra and helps in harnessing our sexuality and sensuality. It instils confidence and develops creativity. One becomes alert and synchronizing the emotions.

The element of this chakra is Water and it signifies fluidity. One experiences fluidity in one's nature and is able to adapt in all the situations.

To optimize the effects of this mudra, chant the bija mantra 'Vam' while holding this mudra.

Contraindications

Avoid during pregnancy.



***Manipura Mudra**

Manipura Mudra

To form this mudra bring your hands together with palms facing down. Cross your right index finger on top of the left index finger, then slide it under the left middle finger, and rest it on top of the left ring finger. Curl the left middle finger around the right index finger, and curl the right middle finger around the left index finger. Let the pad of the left index finger be on top of the right ring finger. Let the tip of the thumb, ring, and small fingers touch the respective fingers of the other hand.

Benefits

Activates the Manipura chakra. This chakra energizes you, and helps in self-transformation. Strengthens digestion and will power. Detoxifies the liver, pancreas, and intestines.

When the energy center is balanced, one recognizes self-worth rather than focusing on mundane things. This contributes to physical and emotional wellness. Promotes success and longevity.

To optimize the effects of this mudra, chant the bija mantra 'Ram' while holding this mudra.

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Anahata chakra Mudra

To form this mudra, place the pad of your right ring finger in the web of the index and middle finger of the left hand and place the pad of your left ring finger in the web of the index and middle finger of the right hand. Curl the middle fingers around the opposite ring fingers. Let the tip of the thumb, index, and small fingers touch the tip of the respective fingers of the opposite hand and extend them upwards. Hold this mudra in front of the chest.

Benefits

This mudra helps in activating the Anahata chakra. It enhances the function of the heart and lungs and the breath becomes smooth and deep.

The element of this chakra is air and it symbolizes expansion. One experiences boundless love and compassion. One can empathize and understand themselves and others. One maintains a loving relationship with every creature. By regular practise one can heal emotional scars of oneself and others.

To optimize the effects of this mudra, chant the bija mantra 'Yam' while holding this mudra.



Vishuddha mudra

To form this mudra loosely interlock your fingers into your palm. Let the tip of each thumb touch the tip of the respective index fingers forming interlocked circles.

Benefits

This mudra activates the Vishuddha chakra which is the center of communication. This corrects the function of thyroid and parathyroid glands. We can freely express our emotions without any fear and assists in effortlessly communicating with others with clear and positive thoughts. One becomes more sensitive to thoughts and feelings of others.

To optimize the effects of this mudra, chant the bija mantra 'Ham' while holding this mudra.



Ajna chakra mudra

To form this mudra make a loose fist of your left hand with the thumb on the outside. Extend your left index finger pointing it upwards. Bring the fingers of your right hand to curl around the extended left index finger and let the right thumb gently press on the outside edge of the nail of the left index finger. Hold this mudra near the face.

Benefits

This mudra activates Ajna chakra. Opens the door to the higher consciousness and facilitates spiritual vision, and free flow of intuition. It strengthens the intellect, rationalizes thoughts, and wisdom.

To optimize the effects of this mudra, chant the bija mantra 'OM' while holding this mudra.

Contraindications

If you experience excess heat in the head region while holding this mudra in front of your face, lowering the mudra position to the level of navel would help. Better to practise under the guidance of an experienced teacher.

Gayatri Mantra and Mudras

Mantras are the sacred sounds created by the vibrations in subtle energies to experience specific dimensions of consciousness. Gayatri is the mother of all the sacred sounds, and is the most potent to awaken the Kundalini and experience the highest dimension of consciousness. By regularly meditating on the sound of Gayatri with one pointed focus, the sadhaka achieves enormous power. When the Gayatri sadhana is done along with the Gayatri mudras the effects are enhanced manifold. Gayatri Mudras help to enhance the realization of oneness of oneself with the Supreme Consciousness.

According to Vedic texts the best time for meditation and meditation on Gayatri is Tri-sandhya, the three transition times, around sunrise, noon, and sunset. Any spiritual practise at Sandhyas is most effective as the awareness naturally flows through Sushumna nadi at these times. In the morning the Gayatri sadhana is done facing East, at noon facing North, and in evening facing West.

Gayatri along with mudras cures many diseases including Cancer. It is said that one who regularly does Gayatri sadhana at all the three sandhyas attains moksha after death.

There are 24 syllables in Gayatri and 24 corresponding mudras. These 24 mudras are performed before the beginning of Gayatri japa, and other 8 mudras after the completion of Gayatri japa.

The 24 mudras that precedes Gayatri japa is enumerated below:

Sumukham (Pleasant face)

Bring your palms in front of you facing downwards. Gently bring the pad of both the thumbs to touch the pads of all the four fingers of the respective hands, and touch both the hands at the fingertips.





***Sumukham (Pleasant face) Back View**



***Sumukham (Pleasant face) Top View**



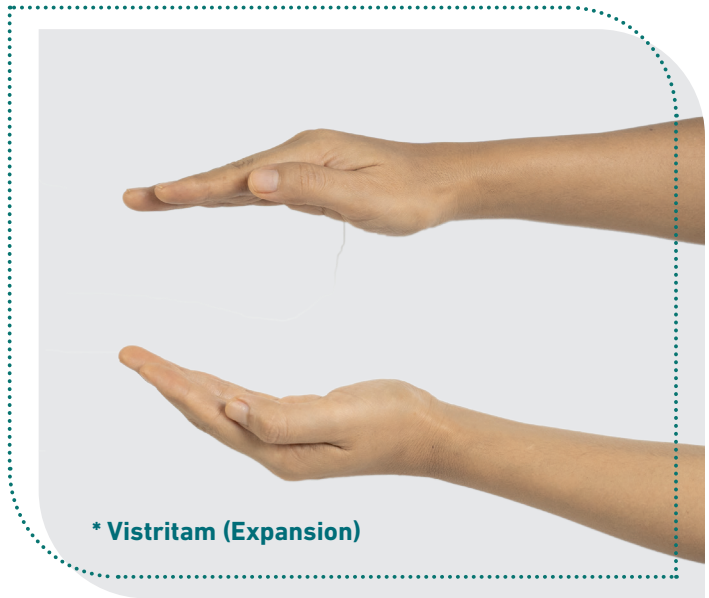
Samputam (Bud)

From the previous mudra, gently straighten the fingers, keeping the fingertips touching the respective fingertips of the other hand, and leaving space between the palms, let the base of the palms touch each other.



Vitatam (Bloom)

Separate the hands slightly, palms facing each other in front of the belly, and palms around 3 inches apart. Fingers still touching each other at the sides.



Vistritam (Expansion)

Let the palms be further apart from your previous mudra, and palms be a bit slanted, turned slightly up, and gently separate the fingers.



Dvimukham (Two faces)

Bring the hands close enough and let the fingertips of the small and ring finger touch the respective fingertips of the other hand.



Trimukham (Three faces)

Gently touch the tip of the middle finger to the respective fingertip of the other hand



Chaturmukham (**Four faces**)

Gently touch the tip of the index finger to the respective fingertips of the other hand.



Panchamukham (Five faces)

Now gently join the tips of the thumbs.



Shanmukham (Six faces)

Holding the previous mudra, gently separate the small finger-tips and extend it.





* Adhomukham (Downward face) Top View

Adhomukham (Downward face)

Close the fingers from the sides, keeping the tip of the thumbs touching each other, turn the palm and the tip of the fingers downward, and let the back of the fingers of one hand touch the back of the respective fingers of the other hand at middle or proximal phalanx.

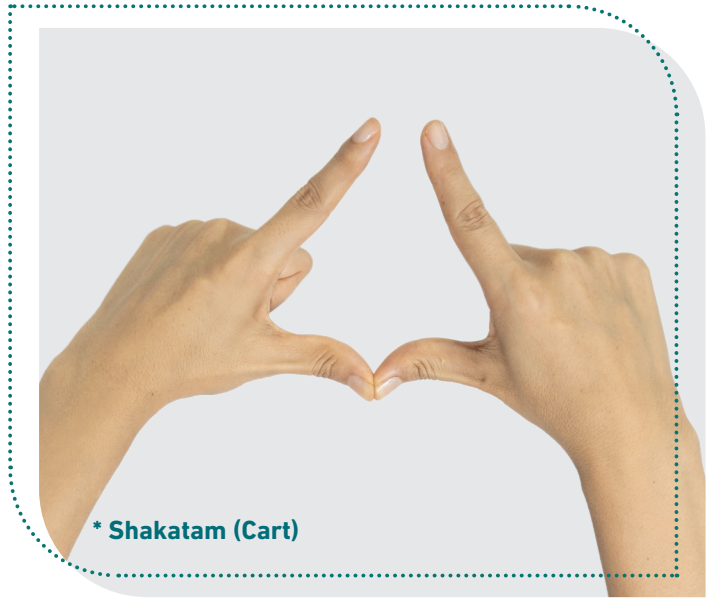


* Adhomukham (Downward face) Front View



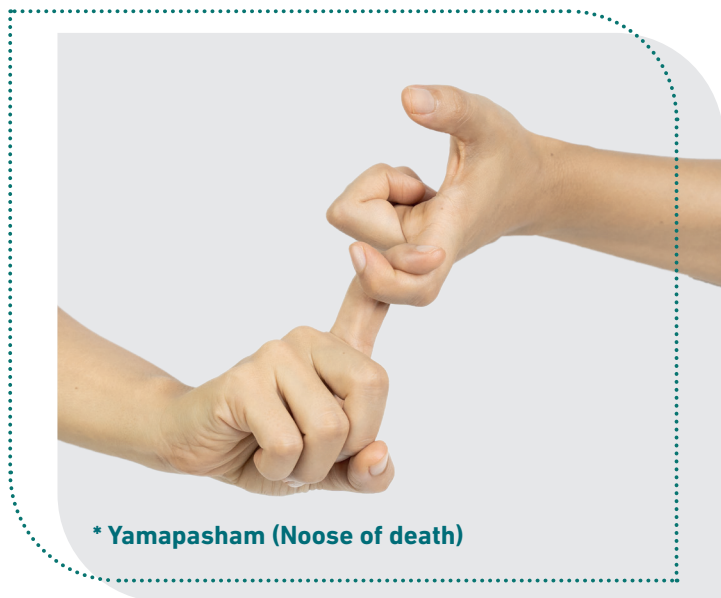
Vyapaka-anjalikam (All-pervading offerings)

From the previous mudra, gently roll the fingertips in towards the body, and upward and to the front, letting the palms face up, keeping the small fingers and outer hands touching.



Shakatam (Cart)

Roll the fingertips up, towards the body, downward, and letting the tips of the thumbs touching each other, curling in the middle, ring, and small fingers, further roll the index fingertips to the front.



Yamapasham (Noose of death)

Release the thumbs and place it on the back of the curled fingers, hook the index finger over the right index finger with the left palm facing the chest and right palm facing the front. Then do the reverse.



Granthitam (Knot of maya)

Clasp the hands with right index finger on top of the left, and let the tips of thumb and index fingers touch each other forming two interlocked rings. Then switch cross so that the left index finger is on top of the right.



Unmukhonmukham (Up and down face)

Gently bring the pad of both the thumbs to touch the pads of all the four fingers of the respective hands, and touch both the hands at the fingertips with right hand facing up and the left hand facing down. Then with the fingertips still touching switch so that the right hand is on the top of left.



Pralambam (**'Spread offering' or 'Garland'**)

Keeping the tip of the thumbs touching each other, open the hands with palms facing down, and fingers closed. Hands are in line with the elbows which are close to the side ribs.



Mushtikam (Fist offering)

Keeping the tip of the thumbs touching each other, curl the fingers into the respective palms forming a fist, then gently bring the fists together to touch at the back of middle phalanx, with the thumbs touching each other at the outer edge and resting on the respective index finger.



Matsayaha (Fish)

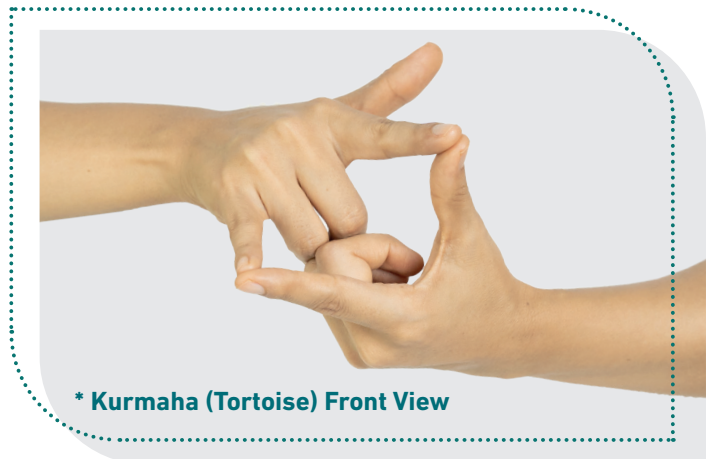
With the palms facing down and fingers closed, place the right palm on the back of the left palm, thumbs extended to either side. Keeping the hands touching each other move the thumbs in a circular motion expressing the movement of swimming. Then slide the left hand on top of the right hand and move the thumbs.



*** Kurmaha (Tortoise) Top View**

Kurmaha (Tortoise)

Turn the left hand upward, curl the middle, ring and small fingers in towards the palm, and let the thumb and index finger be gently extended. With the right hand downward, curl the middle and ring finger in towards palm, gently extend the thumb, index, and small finger. Gently place the right hand on the left hand and let right index pad touch the left thumb pad, right small pad touches the left index pad, right thumb is extended and doesn't touch the other hand.



*** Kurmaha (Tortoise) Front View**



*** Varahakam (Boar) Top View**

Varahakam (Boar)

Maintaining the touch of the right index pad with the pad of the left thumb, uncurl the fingers of both the hands, grab the remaining three fingers of the right hand with the four fingers of the left hand. Let the right thumb rest between the left thumb and the right index finger.



*** Varahakam (Boar) Front View**



Simhakrantam (Lion nature)

Raise your arms and let the hands be just beside shoulders, palms facing forward, and fingers gently extended.



Mahakrantam (Supreme or Great power)

From the previous mudra gently turn your palms to face your ears.



Mudgaram (‘Hammer-like weapon’ or ‘Club of Hanuman’)

From the previous mudra, make a fist with your right hand and gently place the left palm below your right elbow.



Pallavam (Leaf swaying in the wind)

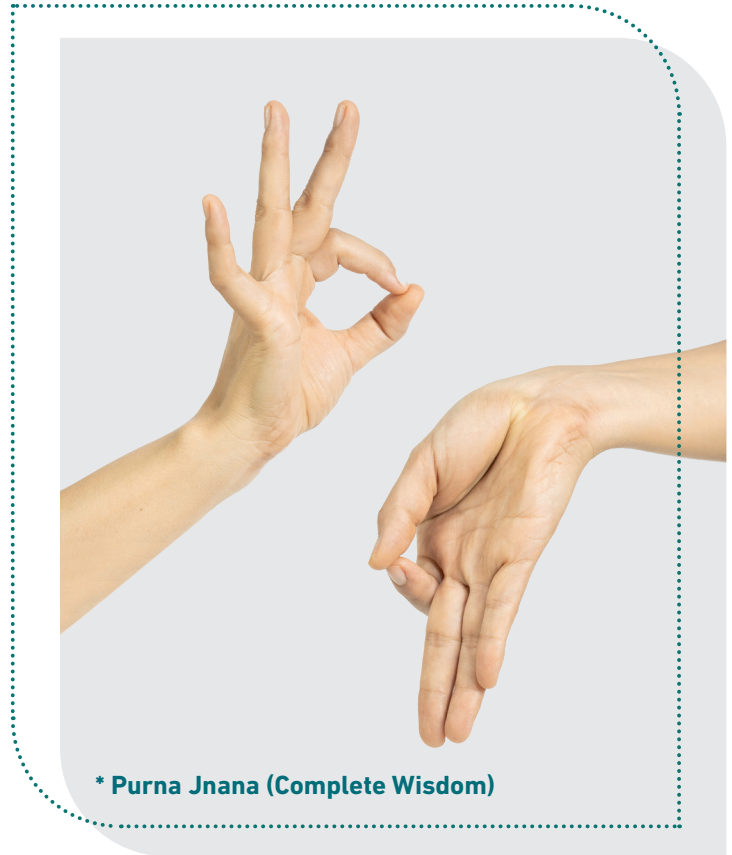
Rest your left hand on the knee, open your right hand facing forward, with all the fingers gently extended.

The eight mudras that are practised after Gayatri japa is enumerated below:



Surabhi (Cow)

Interlace the fingers with right index finger on top. Unlace the index fingers and let the tip of the left index finger touch the tip of the right middle finger, and tip of the right index finger touch the tip of the left middle finger. Unlace the small fingers, and let the tip of the left ring finger touch the tip of the right small finger, and the tip of the right ring finger touch the tip of the left small finger. Let the thumbs be gently extended.



Purna Jnana (Complete Wisdom)

Left hand is resting on knee or thigh in Jnana mudra, palm facing up. Right hand in front of your heart in jnana mudra, palm facing left side.



*** Vairagya ('Conscious detachment' or 'Dispassion')**

Vairagya (**'Conscious detachment' or 'Dispassion'**)

Touch the tips of thumb and index finger of each hand, while the rest of the fingers are closed, extended, and relaxed. Rest both the hands gently on the thighs, palms facing upward.



Yoni (Womb)

Interlace the fingers, spread the palm and unlace the thumb and index fingers. Unlace the middle fingers and let it touch each other from root to the tip. Take both the index fingers behind the middle fingers and grab the tip of the opposite ring fingers, and let the tip of the index finger touch the tip of the thumb. Hold the hands near the pelvic area with middle fingers pointing downward.



Shankha (Conch)

Curl the four fingers of the right hand around the thumb of the left hand. Place the left fingers on back of the curled fingers of the right hand. Let the pad of the right thumb touch the tips of the four fingers of the left.



Pankajam (Lotus)

Raise the hands in front of your heart, join the base of the palms. Spread the fingers pointing upwards creating a hollow space between the palms. Thumb and little finger may or may not touch the respective fingers of the other hand.



*** Lingam ('Phallus', 'Divine Masculine' or Cosmic Consciousness')**

Lingam (**'Phallus', 'Divine Masculine' or Cosmic Consciousness'**)

Interlace the fingers with the left index finger on top, and the right thumb in an upright position. Let the tips of left thumb and left index finger touch.



Nirvanam (Liberation)

Turn the left palm up and the right palm down. Move the right hand under the left hooking the right small, ring, middle, and index fingers over the respective fingers of the left. Move the hands so that the back of the hands come together. Now moving the elbows sideways, gently rotate the mudra downwards, then towards the body, and upwards. Unlace the index fingers, gently extend it upward, and let it touch each other at the tips. Let the thumbs rest side by side in the hollow space between the two index fingers. Gently bow the head so that the tip of the index fingers touch the third-eye center. Hold for a minute. Then raise the head, gently reverse rotate the hands till the right fingers stay hooked over the left fingers and wrists crossed. Gently unhook the fingers and form Jnana mudra by the both hands maintaining the crossed wrists. Conclude by bowing the head to the heels of the hand.



In Nirvana mudra you may chant

*'Lokaha Samastaha sukhino bhavantu,
Om shanti shanti shanti'
(May all beings everywhere be happy,
Om peace, peace, peace)*





Various Mudras related to Diseases

Abdominal pain	Apana
Acidity and heart burn	Apana, Apana-vayu, Prithivi, Surabhi
Acne	Prithivi, Varuna
Addiction	Kaleshwara, Rudra
Alertness	Jnana, Sahaja Shankha
Allergy	Linga, Shankha, Varuna
Alzheimer	Dhyana, Jnana, Prana, Surabhi
Anaemia	Prana, Prithivi, Varuna
Anger	Dhyana, Jnana, Shankha, Vishnu
Anxiety	Abhaya, Dhyana, Jnana, Prana, Mushti, Rudra, Shakti, Vyana
Angina Pectoris	Akasha, Apana-vayu, Prana
Appetite loss	Surya, Linga
Arthritis and stiff joints	Jnana, Apana, Prana, Vayu, Vishnu, Muladhara, Rudra, Surabhi
Asthma	Apana-vayu, Linga, Pushana, Surya
Blood disorder	Varuna, Prana, Apana
Blood Pressure (High)	Akasha, Prana, Apana-vayu, Vyana
Blood Pressure (Low)	Akasha, Prana, Apana, Linga, Rudra, Vyana
Bones/Broken bones healing	Akasha, Shankha
Brain	Kaleshwara, Mahashirsha, Purna Jnana
Burning sensation	Varuna, Apana
Cancer eradication	Gayatri Mudras
Centering/grounding	Chin, Muladhara, Prithivi
Chronic Fatigue/Weakness	Prithivi, Prana, Pushana, Surya, Vishnu, Mushti, Rudra
Common Cold	Linga, Prana, Purna Jnana, Surabhi, Surya
Concentration	Abhaya, Jnana, Ajna, Bhairava
Constipation	Apana, Rudra
Dehydration	Varuna
Depression	Jnana, Chin, Kaleshwara, Linga, Rudra, Surya
Diabetes	Prana, Apana



Digestion	Apana, Prana, Prithivi, Manipura, Shankha, Surabhi, Vayu,
Diarrhoea	Jalodar-Nashak, Vayu, Apana-vayu
Ear (ache and enhancement)	Shunya
Emotional Balance	Apana-vayu, Anahata, Prithivi, Mushti
Endocrine System	Jnana, Muladhara, Ajna, Vishuddha
Eyes	Prana, Vyana, Mahashirsha
Fainting	Varuna
Fear	Abhaya, Mushti
Fever	Varuna
Flexibility	Jnana, Varuna, Shakti, Swadhishtana
Headache, Migraine	Maha-shirsha, Ajna, Prana, Vayu
Heart/Cardiovascular health	Anahata, Apana-vayu, Vyana
Hiccough	Apana-vayu
Immunity	Prana, Shakti
Insomnia	Jnana, Shunya, Prana
Intuition	Swadhishtana, Ajna
Jaw stiffness	Akasha
Jet lag	Jnana, Akasha, Shunya, Muladhara, Varuna
Itching	Varuna



Liver problem	Surya, Shankha, Sahaja-shankha, Manipura
Meditation	Jnana, Chin, Bhairava
Memory	Jnana, Kaleshwara, Mahashirsha, Shankha, Surabhi
Menstrual Problems	Yoni, Shakti, Jalodar-nashak
Nausea	Apana-vayu
Neck pain	Vayu
Paralysis	Vayu, Prana
Piles	Sahaja-shankha
Pleurisy	Linga, Surya
Pneumonia	Linga, Surya
Respiratory health (Nose, sinus, lungs)	Anahata, Linga, Prana, Surabhi
Sciatica	Apana-vayu, Prana
Sexual Health	Muladhara, Swadhishtana, Shakti, Shankha, Varuna, Yoni
Skin	Apana, Prithivi, Varuna
Stress	Apana, Kaleshwara, Muladhara
Stuttering	Granthita, Shankha, Vishuddha
Swelling	Jalodar-Nashak
Thirst	Varuna, Prana
Thyroid Problem	Surya, Shankha, Sahaja-shankha, Udana, Surabhi, Vishuddha
Tonsilitis	Shankha
Toothache	Akasha, Apana
Weight loss	Linga, Rudra, Surya
Willpower	Linga, Manipura,

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In this beautifully penned narrative, Yogi Vishnu Panigrahi brings this powerful pre-historic healing potential and therapy, with clear and practical guidance, as to how to liberate energy locked in our chakras and other energy channels, often, only by merely manipulating our fingers to redirect the energy flow. Each mudra has a specific effect on parts of the brain, mind, prana and body.

I am sure that this is a long awaited and much desired book that I highly recommend for every household and am convinced that it will lead the way well into the 21st century. I am also positive that, the manner in which this book is written, will motivate you to practice the mudras for your health benefits.

Let us pave the way of a better living by spreading the awareness, wisdom, inspiration and sustainable choices contained in this exceptional publication.

Namaste



Yogi Vishnu Panigrahi who is elevated spiritually, comes from a long lineage of Yoga and spiritual masters, with his immediate master being Master Swami Rama, who was a disciple of Bengali Baba, who was in turn a disciple of Mahavatar Babaji. Yogi Vishnu Panigrahi has written this justification on the Mudras for the benefit of all people irrespective of religion, culture or beliefs. This intelligibly written publication with clear and practical guidance will greatly assist anyone who wants to live a healthy and balanced lifestyle.

In this present-day world, and its unprecedented pressure to be successful, it is more important than ever to understand what brings a sense of wellbeing, happiness and mind/ body awareness so that we can attune ourselves to live more purposefully.

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