

# Panchtattva

# Mudras

## 1. Vaayu Mudra

How & When: One can perform this Mudra in any pose sitting, standing, lying down or walking. To do, fold



the index finger at the base of the thumb and press the back of second phalange with the thumb. Keep the other three fingers as straight as possible. One can perform it any time of the day irrespective of empty or full stomach.

Caution: The only caution is this Mudra works in peaks and valleys. So, care should be taken to release the Mudra at once after being helped though it.

### Benefits:

- a) Releases extra wind form the stomach and the body thereby taking care of pains and aches as a first aid.
- b) Helps in rheumatic pains. Gout, paralysis, Parkinson's disease, chest pains etc or any pain the reason for which is excess wind in the system or in other words is due to imbalance of air element.

## 2. Agni Mudra

How & When: One should practice this Mudra empty stomach by folding the ring finger at the base of thumb



and pressing it with the thumb at the second phalange. Keep the rest of

the three fingers straight and perform it in sitting position only. Keep it for at least 15 minutes at a stretch and 2-3 times daily to observe the results. One must discontinue performing this mudra in case of acidity, heart burn, indigestion.

Caution: One must not perform it full stomach, only perform it empty stomach.

Benefits:

- a) Helps dissolving extra fat of the body by balancing the metabolic rate, prevents and controls obesity.
- b) Burns the excess phlegm.
- c) Compensates for sluggish digestion.
- d) Helps to increase body strength.
- e) Reduces tension
- f) Very effective in reducing increased cholesterol levels
- g) Provides heat and energy to the body, so excellent to do in winters.
- h) Decreases earth element in the body.

### 3. Prithivi Mudra



How & When: Touch the tip of the thumb and the tip of the ring finger together, keeping the rest of the three fingers straight. Make sure you do not force the fingers to be straight, only try to keep them so.

This Mudra is preferably done in the morning, but could be done any time of the day otherwise and for any duration. This Mudra is required to be done when one feels lack of energy, enthusiasm and motivation in life. All seems dull and lifeless. One may perform this Mudra with both the hands by sitting in Sukhasan or Padmasan, and keeping the back of the palms on the knee, keeping the elbows straight.

Benefits:

- a) Helps boost the blood circulation in the body.
- b) Increases tolerance and patience.
- c) Helps in meditation.
- d) Since this Mudra is an association of the earth element with the powerful Sun, it brings solidity to the body.
- e) It also helps the person to gain weight in case of weak and lean bodies.

- f) Helps to restore the balance of the body, when required i.e. restore body equilibrium.
- g) It wards off the weakness, fatigue, dullness and invokes prana in the body.
- h) It also brings and adds to the aura or the halo and also brightness to it.
- i) It also activates the thinking power and helps to broaden the orthodox/ conservative thinking pattern.
- j) It compensates the lack of “Rajasic Gunas”.

#### 4. Varun Mudra

How & When: One may perform this Mudra any time of the day by joining the little finger tip with the tip of



the thumb, keeping the rest of the three fingers straight. One may perform this Mudra in sitting, lying down or standing pose. Though, the best pose is still the sitting cross legged pose.

Caution: Make sure you do not press the tip of the little finger near the nail as it causes dehydration rather than moisturizing the system.

#### Benefits:

- a) As the name suggests, this Mudra is an association of water element with the fire, Varun is the name of Water God “The Indra”, so it balances the water element in the body.
- b) Since it moisturizes the body, it is also a thirst quenching Mudra which activates the salivary glands ooze out saliva.
- c) It is a Mudra for relieving dehydration and stomach infection.
- d) It activates the kidney malfunctioning and promotes urination.
- e) It activates the fluid circulation in the body.
- f) It is excellent for skin disorders, wrinkles, skin infections, skin dryness etc.
- g) It purifies the blood and takes care of many blood disorders.
- h) It brings lots of lustier and glows to the body and especially face.
- i) It compensates for the shortage of water in body.
- j) Helps release constipation.

#### 5. Aakash Mudra / Vyom Mudra



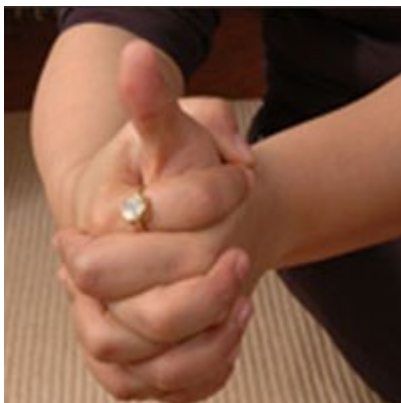
**How & When:** Join the tip of the middle finger with the tip of the thumb, keeping the rest of the three fingers straight. One may perform this Mudra anytime of the day for any duration. The best time for practicing this Mudra is either morning time by sitting in Sukhasan or Padmasan. One must try to keep this Mudra intact for 45 minutes, though one may start with a shorter time period as per convenience and capacity.

#### Benefits:

- a) As the name suggests this Mudra is a combination of ether element with the sun and thus come the powers to any ailment pertaining to sound. It is excellent to increase the sensitivity to hear sounds. Thus for those hard of hearing it is a boon in combination with Shoonya Mudra.
- b) This Mudra activates the calcium and phosphorus absorption from the diet and also their formation, which makes it a very good Mudra which those having weakness of bone like osteoporosis.
- c) Due to its inherent quality to release tensions, keeping the mind calm and serene it is also used during meditation, to calm the mind.
- d) This Mudra is very successful in taking care of the “lockjaw” experienced at times during yawning or during mental tension or over exertion.
- e) Practicing this Mudra regularly calms and clarifies the thought process.

#### LING MUDRA/ ANGUSHTHA MUDRA

**How & When:** Perform this Mudra by interlocking the fingers of both the hands in such way so that the little



finger of the left hand is the down most and the right hand thumb stands straight up, envelope the right hand thumb with the left hand index finger and thumb to join the tips at the back of the right hand palm. Hold the palms together tightly. One should perform this Mudra by keeping the

back straight either in Padmasan or Sukhasan. One may also sit on the chair in case of difficulties. Hold the hands in front of the chest with hands exerting a little pressure against each other. One may perform this Mudra as a therapy daily for time duration one feels comfortable. One should not perform it full stomach.

**Caution:** One must discontinue the Mudra in case of dizziness, uneasiness or nausea. People with acidity must observe the reaction and if feels more heart burning, they should discontinue doing it. One must not practice this Mudra any longer after you get the result you are seeking.

**Benefits:**

- a) It is an excellent Mudra to break the phlegm and relieve a person of frequent coughs and colds.
- b) It also works great when the temperature suddenly falls down and one shivers of cold. Practicing this Mudra will generate heat in the body and will provide the necessary warmth.
- c) It also relieves the bronchial spasms and calms down the breath.
- d) It is also fruitful if practiced by person suffering from bronchitis, lung cancer or asthma.
- e) It activates the digestive fire by activating the AGNI which in turn boosts the metabolic rate of the body in case of sluggish digestion.
- f) It also helps in case of low blood pressure and mild paralytic attack, sinusitis etc.

#### GIRIVAR MUDRA



**How & When:** Perform this Mudra by raising the little finger up and straight while folding the rest of the three fingers and pressing them with the thumb. One may perform it any time of the day in any body position like sitting, standing, Lying down etc One may practice it for 5-10 minutes.

**Benefits:**

- a) It helps in relieving the urine retention.
- b) It allows the easy passing of the urine.
- c) It also helps on the purification of body of the toxic fluids.

## SURBHI MUDRA/ DHENU MUDRA

How & When: For performing this Mudra, Face both hands to each other and join the finger tips together,



leaving the thumbs free as few inches apart. Now join the index finger of the right hand with the middle finger of the left hand and similarly index finger of the left hand with the middle finger of the right hand. Now join the ring finger of the left hand to the little finger of the right hand and vice a versa. When one points the fingers down in such a Mudra it looks like the udders of a cow and so is the name. One can perform this Mudra anytime of the day avoiding just after the meals. One must perform this Mudra at least for 5 minutes to start benefiting out of it and slowly increase the duration form 5 minutes to 45 minutes. If this seems to be not possible then one may do it in 3 sittings of 15 minutes each. One must perform this Mudra and its variations in Sukhasana, Vajrasana or Utkatasana (sitting on the toe tips on a chair position)

### Benefits:

- a) Navel center becomes healthy. It activates and strengthens the Manipur Chakra or the Solar Plexus and thus strengthens the digestive system.
- b) Helps in yoga practice by releasing the impurities of the mind and rendering calmness.
- c) Pacifies urinary diseases and activates the excretory system by improving the circulation of fluids and their filtration process.
- d) Makes body healthy and strong by balancing the Panch Tattvas i.e. Fire, Air, Water, Earth and Ether.
- e) Cures abdomen-related diseases like Gas, Flatulence, and Acidity etc.
- f) Strikes balance in flows of gland system thereby creating Hormonal balance.

Precautions: There are many variations of this Mudra which is called the Wish Fulfilling Mudra. By the innate power of this Mudra one can strike a balance of any element which is out of balance. So, one must choose to practice the variations of this Mudra under the guidance of a known practitioner or Guru or Teacher. As performing the wrong variation can increase or decrease the element against the requirement of the body.

### Variations:

#### 1) Vaayu Surbhi Mudra

To form this Mudra one must first form the basic Surbhi Mudra and then join the tip of right hand thumb to the root of the right hand index finger and the tip of the left hand thumb to the root of the left hand index

finger.

This Mudra helps relieving the wind related ailments and also balances the Air element in the system.

#### 2) Shoonya Surbhi Mudra

To form this Mudra one must first form the basic Surbhi Mudra and then join the tip of right hand thumb to the root of the right hand middle finger and the tip of the left hand thumb to the root of the left hand middle finger.

This Mudra not only balances the ethereal element but also bestows the practitioner with the miraculous power to hear the unheard or to be able to hear the sounds not audible to the commons. It helps the sadhaka to hear the Anahata sounds. An atmosphere of tranquility is naturally created to the sadhaka to enjoy and reap the benefits of sadhna.

#### 3) Prithivi Surbhi Mudra

To form this Mudra one must first form the basic Surbhi Mudra and then join the tip of right hand thumb to the root of the right hand ring finger and the tip of the left hand thumb to the root of the left hand ring finger.

The Prithivi Mudra alleviates diseases related to abdomen even the chronic digestion related ailments and keeps the digestive system in order. This Mudra makes the body powerful and removes inertia thereby imparting energy and vitality.

#### 4) Jal Surbhi Mudra

To form this Mudra one must first form the basic Surbhi Mudra and then join the tip of right hand thumb to the root of the right hand little finger and the tip of the left hand thumb to the root of the left hand little finger.

This Mudra helps in making kidneys healthy and it rectifies urinary disorders by rectifying all diseases related to bile and assists in easy passing of urine. It is useful for persons with bilious temperament and also helps to relieve constipation and also increases appetite.

#### SHANKH MUDRA/CONCH/SHELL MUDRA



How & When: To perform this Mudra fist the thumb of the left hand by keeping it at the centre of the palm of the right hand with the fingers and then join the thumb of the right hand with the remaining fingers of the left hand at the tips. Thus it forms the shape of a conch or “shankha”.



This Mudra can be performed any time of the day except after the meals. One can perform this Mudra in Sukhasana or Vajrasana and should perform for at least 10 minutes at a stretch to gain the benefit out of it. Slowly increase the time limit to 45 minutes. One can also perform it in 3 sittings of 15 minutes each.

**Benefits:**

- a) Removes speech disorders like stammering and stuttering. Gives sweetness to voice and renders it an attractive quality.
- b) Disorders related to tonsil and throat gets removed. It also balances the thyroid gland thereby bringing hormonal balance.
- c) It keeps navel center in order, making person healthy and thus affect to keep the nervous system healthy and active.
- d) Alleviates abdomen disorders. Improves the digestive system.

**Precautions:**

If during the practice of this Mudra one starts getting weaker or fatter day by day then one must avoid its practice as this Mudra affect the thyroid glands and due to unreasonable practice of this Mudra may hypo or hyper activate the thyroid glands.

**MEAO MUDRA**

**How & When:** To perform this Mudra make a fist with both the hands, fingers really digging into the center of



the palm. Now open up the index, little finger and the thumb, keeping them reasonably straight. Rest the hands on the knee facing up by keeping the elbow straight. One must perform this Mudra in Sukhasana or Padmasana. One can also sit on the chair in case of uneasiness or discomfort. One should perform this Mudra daily at regular basis for at least 30 minutes. One may choose to complete this time period in 3 sittings of 10 minutes each. But preferably reach the phase where you may practice it uninterrupted for 30 minutes.

**Benefits:**

The basic benefit of this Mudra is to bring a balance of high and low blood pressure i.e. to maintain an optimum blood pressure.

## SHOONYA MUDRA



**How & When:** To perform this Mudra fold the middle finger at the sun mount below the thumb and then press the second phalange (joint) of this finger with the thumb. Keep the rest of the three fingers straight. Perform it with both the hands and rest them on the knee facing up for at least 15-20 minutes at a stretch. One must perform this Mudra daily for at least 45 minutes at regular intervals. One may sit in Sukhasan or Padmasan or also sitting with straight back on chair (seniors).

### Benefits:

- a) One of the most important benefits of this Mudra is in relieving ear ache. Almost any kind of earache can be easily relieved by performing this Mudra for 2-5 minutes.
- b) This Mudra helps in neutralizing the air pressure which builds up during the flight in ears. It also relieves the uneasiness, pain, dizziness related to travel in air. One can continue doing it as long as one feels uncomfortable or at least during take off and landing.
- c) This Mudra is considered almost a sure shot answer to the hard of hearing or deafness. One may achieve results in couple of months of regular practice and must discontinue performing it after achieving desired results.

## [Dr.Elchuri's recipes for LUNGS PROBLEM - ASTHMA](#)

August 9, 2011 by  
Filed under [Yoga Mudras](#)

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**Recipe no.1:Yoga and Praanaayaam:**Warm mustard oil and apply to chest, backbone, throat, face and gently massage. then perform some of the exercises/praanaayaams as mentioned below: ii) Stretch your hands forward, move them up while breathing in and move the arms to down position while breathing out.

iii) Rotate each hand clockwise and anti clockwise.iv) Bhujangasanamv) Ujjayee Praanaayaamvi) Vega Bhastrikavii) Suryabedhana Praanaayaamviii) Linga Mudraix) Spell out 'Yam' beejakshara in the morning and evening 7 or 11 times.

**Recipe no.2:**Karakkaya : 100 gmTaanikaaya : 100 gmUsirikaya : 100 gmPippali : 50 gmFry them separately and make powder. Mix all the above powders in order and sieve and store.Take 1/4 sp. powder with 1 sp honey in morning and evening half an hour before food.**Benefits:**Dust allergy, respiratory problems, asthma will be cleared within 30 days.

**Recipe no.3:Tulasi Tea:**Tulasi leaves : 10 NosBlack pepper : 10 Nos.Ginger : 2 gmPound all the contents together, mix in 2 cups water and boil on SIM till 1 cup water remains. Add candy sugar, filter and drink the tea in bearable hot condition two times a day and do not eat food till one hour or take bath within one hour.

**Benefits:**Allergy, snoring, heavy breathing, phlegm, sneezing etc. problems will be eliminated.

**Recipe no.4:Chest care for Asthma persons:**Accumulation of impure air in lungs and heart are harmful. due to continuous cough, the muscles of chest loosen and get hanging.

Banyan tree bark : 1 kgSoak the bark pieces in 4 kg water for 2 days. Stir now and then and close it with lid. Boil the contents till 1 kg water remains and filter the kashaayam. Add 1 kg sesame oil to the above Kashaayam and boil once again till oil remains. Filter the oil and store in a bottle.

Apply the oil to chest and back portions.**Benefits:**The chest muscles which have got loosened will become tight and chest becomes strong.

**Recipe no.5:Asthma in children:**i) 2 drops ginger juice with 4 drops honey (For children below 5 years)ii) Add mudda karpooram to coconut oil, boil it and gently stir. When the camphor melts in oil, filter and store. Apply the oil to chest. Breathing problems subside and deep sleep prevails. Phlegm also melts. (For children 5 to 8 years old)iii) For children of 8 to 16 years, apply the oil as above and ask them to perform Suryanamaskaras.

**Recipe no.6:**Wash raavi fruits (peepal tree fruits), dry them and pound them to powder. Sieve the powder and add equal quantity of candy sugar and store.

For 1 year children : 1 to 2 pinches with honeyFor 5 to 10 years old children : 1/4 spoon with honey.**Benefits:**

**Recipe no.7:Allam Pakam:**Allam rasam : 400 gmOld jaggery : 70 gmMethi powder : 5 gmDalchin powder : 5 gmSonthi powder : 5 gmPippali powder : 5 gmPepper powder : 5 gmElachi powder : 5 gmCloves powder : 5 gmNaga kesaralu powder : 5 gmAkupatri (biryani leaf) powder : 5 gmAdd 70 gm jaggery to ginger juice and boil it till tender paak is obtained.

Add all the powders and boil again. then store it in a bottle. Elders : 10 gm Children : about 1/4 sp to 1/2 spoon as per age. Take 1+1 time one hour before food for 40 to 60 days. **Benefits:**

**Recipe no.8:** Uttareni seeds : 25 gm (powder) Pepper powder ; 50 gm (Fry and make powder) Nalla tumma banka : 25 gm Soak the nalla tumma banka in water and add the above two powders. Grind to paste. Make small balls of pea nut size and dry them in shade. Take 1 pill 3 times a day with warm water half an hour before food. For children 1/2 pill can be given with honey.

**Benefits:** Dammu, cough, Asthma, heaving, all respiratory problems are eliminated.

**Recipe no.9:** Take one bucket hot water and one bucket cold water. Drink one glass warm water and place your feet in hot water bucket for 15 min. Wrap one cold cloth (after twisting out excess water) on head and cover entire body with a blanket. after 15 min place the legs in cold water for 2 min. only and remove.

**Benefits:** Heavy breathing or palpitations are relieved.

**Recipe no.10:** Wash 100 gm tella maddi chettu beradu (bark of Arjuna tree) Dry and make powder. fast on full moon day from morning. only warm water to be taken. Prepare paayasam with naatu cow's milk, rice and candy sugar and keep it in moon light. at 4.00 a.M. early in the morning add 1 tsp maddi chekka powder and eat paayasam sufficiently. do not sleep till 12 o'clock (A.N.) the following day. Observe this for 3 full moon days, old asthma (however old it is) will be eliminated.

**Recipe no.11:** Place chekkarakeli pieces in a vessel and pour cow's urine till they submerge. Crush the chekkarakeli pieces and take early in the morning. do this for 20 to 40 days. Asthma problem will be removed completely.

**Recipe no.12: Asthma in children:** Apply warm sesame oil to chest, back and throat. Apply steam with boiled water in which turmeric and salt are added. Dip a cotton cloth in the water, squeeze and foment on back. Melt 2 camphor pieces in 3 spoons coconut oil or sesame oil and apply the oil to chest and throat.

Pour 2 drops sesame oil in the nostrils. also place feet in hot water for 10 min after drinking water, wrapping a wet cloth round the head. then place feet in cold water for 2 min.

Asthma in children is eliminated.

**Recipe no.13:** Pippali powder : 50 gm (Fry and make powder) Saindhavalavanam : 50 gm Old jaggery : 150 gm Mix all the three, pound and store powder. Take 10 gm two times a day. Chew it and take inside. **Benefits:** Phlegm melts and Asthmatic symptoms are relieved.

**Recipe no.14:** Cow's milk : 400 gm Sesame Oil : 100 gm Atimadhuram powder : 10 gm Mix all the above and boil on SIM flame till oil remains. Place in dropper bottle and put 4 drops in both nostrils in warm condition two times a day.

**Benefits:** Asthma and Tb problems will be relieved within 40 days.

**Recipe no.15:**Betel leaves : 2 Nos. (Remove central stem )Clean them with cloth. Put 3 pinches turmeric on the leaves, wrap like a killi ( paan) keep it on one sides of cheek and suck the juice gradually later bite slowly and eat the paan.

**Precautions:**Spit out the first and second juice emitted by paan and from third time onwards it can be swallowed. Avoid cold items, ice creams etc.

**Benefits:**Difficulty in breathing, fever, phlegm gets eliminated.

**Recipe no.16:**Sweet butter milk : 1 glasscandy sugar/Saindhalavanam: 5 gmLemon juice : 1 spVibhuti : 2 pinches.(Vibhuti: Burn cow dung cakes, make powder, add cow's milk, dry the powder and the powder so obtained is Vibhuti)Pachcha karpuram/Bheemaseni karpuram: 1 pinchJeera : 1/4 spoon (Fry and make powder)Dalchin powder : 2 pinches (Fry and make powder)Elaichi : 1 pinch (Fry and make powder)Badam seed powder : 1 no (Soak badam for 12 hours in warm water and peel the top skin, dry it and make powder).

Jaaji kaya powder :1 pinchSieve all the above powders and add to the above. to be taken in morning and evening before food. Candy sugar or saindhalavanam can be used.

**Benefits:**Asthma and other respiratory problems are eliminated.**Recipe no.17:Food**

**Precautions:-** Avoid sugar. Honey or candy sugar can be used.- Avoid milk, curds, butter milk- Avoid taking rice in the night- Avoid taking chocolates, ice creams and cool drinks.- can take mik with turmeric.- can take butter milk after adding turmeric, jeera, dhania, methi and seasoning.- can take menthi majjiga (methi butter milk)- Prepare upma out of wheat suji and can be taken with honey or curries.- can take cow's milk, cow's ghee, cow's buttermilk.

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## **[Enlightenment with Paramahansa Nithyananda: 9.18.10 LEP 17 Shambhavi Mudra](#)**

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We've been working on awakening the kundalini energy, the password to the mandala of energy innate to each of us. Swamiji has been having us consume more liquids and less solids during these last couple of days. He's also suggested we drink buttermilk, I'm guessing to cool down the body from all the heat generated during the process. SO the we continue... balancing the vyana. we are practicing the "kumbhaka" (holding breath) pranayama, along with the shambhavi mudra to awaken the vyana energy. VERY intense, so much so that you want to just give up and run away... but I'm ready for more!

We did 3 processes today on Kundalini and let me just say it was intense! even the 10-day program participants were levitating by the end of the night. there was such a feeling of intense ecstasy. It's very difficult to explain in words. It's an experience! but the room was filled with it and the participants look radiant. they have such a glow of health from the inside out. I'm not that keen on the intellectual explanation. but I can say the work is to balance the vyana, prana, and samana (and next the udana) increasing the life energy absorption and circulation and what I'm describing is the physical bi-product. The experience of the intense joy and deep silence as "bolting" it into our system is what it is all about.

Tags:

## **[Tickets to the 2011 London Restaurant Festival go on sale](#)**

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Tickets to this year's London Restaurant Festival are now on sale.

The fortnightly festival, which will run from 3 to 17 October, will see a host of events take place across the capital including the restaurant on the London Eye, which this year will be manned by celebrated chefs including Jason Atherton, Simon Rogan, Hélène Darroze and Ashley Palmer-Watts.

Now in its third year, the London Restaurant Festival has been created by the London Evening Standard's food critic Fay Maschler and Simon Davis, who together run restaurant

consultancy Private View, (pictured) and this year has the support of VisitBritain and tourism minister John Penrose.

It is a city-wide celebration of dining out and is designed to raise the profile of establishments involved and drive footfall, with around 800 restaurants participating.

A series of new events will be introduced this year including walking gourmet odysseys in Soho, Mayfair, Covent Garden and Clerkenwell where diners will walk between different restaurants from course to course; and a tapas passport allowing punters to enjoy a different dish and glass of wine at different tapas restaurants.

Other events will include gourmet odysseys on London buses; a food quiz held at the Criterion on Piccadilly as well as participating pubs; and the Great Food Debate. the festival will culminate in an awards ceremony to be held at the old Spitalfields Market.

Ticket prices start at £110 and are available from the London Restaurant Festival's website.

Tags:

## **[Mudra – Yoga in your Hands](#)**

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### **MUDRA – a GESTURE OF LIFE WITHIN, YOGA IN YOUR HANDS, AND MEDITATION**

We perform mudras in every action, everyday. Each action is a symbol of our underlying mental, spiritual, and physical condition and results because of the various energy patterns forming within our self. These patterns determine our mannerism, expressions, and characters. But a conscious performance of mudras allows us to be more aware of our inner energy and to control it to make the most of every moment. the effect is total, subtle but potent, then, we learn to integrate our scattered thoughts and actions, so that life becomes a smooth flow of energy and understanding.

Mudra is a symbolic or ritual gesture in Hinduism and Buddhism. While some mudras involve the entire body, most are performed with the hands and fingers. a mudra is a spiritual gesture and an energetic seal of authenticity employed in the iconography and spiritual practice of Indian religions and traditions of Dharma and Taoism.

In yoga, mudras are used in conjunction with pranayama (yogic breathing exercises), generally while seated in Vajrasana pose, to stimulate different parts of the body involved with breathing and to affect the flow of prana in the body.

A brain research paper published in the National Academy of Sciences in November 2009, demonstrated that hand gestures stimulate the same regions of the brain as language. Each mudra has a specific effect on the practitioner.

Mudras are used in Indian Classical dance and there are 200 in bharatanatyam and over 250 in mohiniattam. There are 108 mudras used in regular tantric yoga.

Here is some list of basic mudras, basic compact and advance mudras:

### **Chin mudras**

Thumb and forefinger of both hands join as a zero. the rest of the fingers are extended, with the middle finger touching the non-folded part of the forefinger. the hands are placed palms-down on the thighs while sitting in Vajrasana. This mudra activates the diaphragm, making for deep “stomach-breathing”, as the diaphragm pushes out the internal organs when it descends towards the pelvis on inhalation.

### **Chinmaya Mudra**

Thumb and forefinger are the same as Chin Mudra. the rest of the fingers are folded into a fist. the non-folded part of the forefinger and the middle finger should still be touching. Like in Chin Mudra, the hands are placed palms-down on the thighs while sitting in Vajrasana. This mudra activates the ribs, making them expand sideways on inhalation.

### **Adi Mudra**

Thumb is folded into the palm, touching the base of the small finger. the rest of the fingers are folded over the thumb, to create a fist. Like in Chin Mudra, the hands are placed palms-down on the thighs while sitting in Vajrasana. This mudra activates the pectoral muscles, making the chest expand forward on inhalation.

### **Basic compact mudra: Brahma Mudra**

Palms are in Adi Mudra, but the inside of the palms face upwards and are located at the level of the navel, with the left and right knuckles and first finger joints touching. This is done while sitting in Vajrasana. Breathing becomes full: in inhalation, the diaphragm descends, the ribs then expand, and then the pectoral muscles move forward. Exhalation works in the same order, which creates a “wave” or ripple effect.

### **Advanced compact mudra: Prana Mudra**

A complicated Mudra combining hand gestures, synchronized movement from gesture to gesture within the breath cycle, and meditation. the mudra is practiced sitting in Siddhasana. Even a single breath cycle of this Mudra can significantly stimulate the body.

The Abhaya mudra (“mudra of no-fear”) represents protection, peace, benevolence, and dispelling of fear. in the Theravada, it is usually made with the right hand raised to shoulder height, the arm bent and the palm facing outward with the fingers upright and joined and the left hand hanging down while standing.



In other countries like Thailand and Laos, this mudra is associated with the walking Buddha, often shown having both hands making a double Abhaya mudra that is uniform. The mudra was probably used before the onset of Buddhism as a symbol of good intentions proposing friendship when approaching strangers. In Gandhara art, it is seen when showing the action of preaching.

This mudra was also used in China during the Wei and Sui eras of the 4th and 7th centuries. The gesture was used by the Buddha when attacked by an elephant, subduing it as shown in several frescoes and scripts. In Mahayana, the northern schools' deities often paired it with another mudra using the other hand.

In Japan, when the Abhaya mudra is used with the middle finger slightly projected forward, it is a symbol of the Shingon sect.

### **Bhumisparsha Mudra**

This gesture calls upon the earth to witness Shakyamuni Buddha's enlightenment at Bodhi Gaya. A seated figure's right hand reaches toward the ground, palm inward.

### **Dharmacakra Mudra**

The Dharmacakra mudra represents a central moment in the life of Buddha when he preached his first sermon after his Enlightenment, in Deer Park in Sarnath. In general, only Gautama Buddha is shown making this mudra, save Maitreya as the dispenser of the Law. This mudra position represents the turning of the wheel of the Dharma. Dharmacakra mudra is formed when two hands close together in front of the chest in Vitarka, having the right palm forward and the left palm upward, sometimes facing the chest. There are several variants such as in the frescoes of Ajanta, India where the two hands are separated, and the fingers do not touch. In the Indo-Greek style of Gandhara the clenched fist of the right hand seemingly overlies the fingers joined to the thumb on the left hand. In pictorials of Horyu-ji in Japan the right hand is superimposed on the left. Certain figures of Amitabha, Japan are seen using this mudra before the 9th century.

### **Dhyana Mudra**

The Dhyana mudra ("meditation mudra") is the gesture of meditation, of the concentration of the good Law and the saṅgha. The two hands are placed on the lap, right hand on left with fingers fully stretched and the palms facing upwards, forming a triangle, symbolic of the spiritual fire or the Triratna, the three jewels. This mudra is used in representations of the Sakyamuni Buddha and Amitabha Buddha. Sometimes the Dhyana mudra is used in certain representations of Bhaiṣajyaguru as the Medicine Buddha, with a medicine bowl placed on the hands. It originated in India most likely in the Gandhara and in China during the Wei period. This mudra was used long before the Buddha as yogis have used it during their concentration, healing, and meditation exercises. It is heavily used in Southeast Asia in Theravada Buddhism; however, the thumbs are placed against the palms. (Dhyana mudra is also known as Samadhi mudra or Yoga mudra; Japanese: Jo-in, Jokai Jo-in; Chinese: Ding Yin.)

### **Varada Mudra**

The Varada mudra (“favourable mudra”) signifies offering, welcome, charity, giving, compassion and sincerity. It is nearly always used with the left hand for those whom devote oneself to human salvation. It can be made with the arm crooked the palm offered slightly turned up or in the case of the arm facing down the palm presented with the fingers upright or slightly bent. the Varada mudra is rarely seen without using another mudra used by the right hand, typically with the Abhaya mudra. It is often confused with the Vitarka mudra, which it closely resembles. in China and Japan during the Wei and Asuka periods respectively the fingers are stiff and then gradually begin to loosen as it developed through time, eventually leading to the Tang Dynasty where the fingers are naturally curved. in India, the mudra is used in images of Avalokitesvara from the Gupta Period of the 4th and 5th centuries. the Varada mudra is extensively used in the statues of Southeast Asia. (Japanese: Yogan-in, Segan-in, Seyo-in; Chinese: Shiyuan Yin.)

### **Vajra Mudra**

The Vajra mudra (“thunder mudra”) is the gesture of knowledge. It is made making a fist with the right hand, index extending upward, and the left hand also making a fist and enclosing the index. a good example of the application of the Vajra mudra is the seventh technique (out of nine) of the Nine Syllable Seals, using the mudra with mantras in a ritual application.

### **Vitarka Mudra**

The Vitarka mudra (“mudra of discussion”) is the gesture of discussion and transmission of Buddhist teaching. It is done by joining the tips of the thumb and the index together, and keeping the other fingers straight very much like Abhaya and Varada mudras but with the thumbs touching the index fingers.

### **Jnana Mudra**

The Jñana mudra (“mudra of knowledge”) is done by touching the tips of the thumb and the index together, forming a circle and the hand is held with the palm inward toward the heart.

### **Karana Mudra**

Joseon Dynasty figure on the left makes the Karana mudra.

The Karana mudra is the mudra which expels demons and removes obstacles such as sickness or negative thoughts. It is made by raising the index and the little finger, and folding the other fingers. It is nearly the same as the gesture known as corna in many western countries; the difference is that in the Karana mudra the thumb does not hold down the middle and ring finger.

[en.wikipedia.org/wiki/Mudras](http://en.wikipedia.org/wiki/Mudras)

[healing.about.com/od/east/ig/Mudra-Gallery/](http://healing.about.com/od/east/ig/Mudra-Gallery/)

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## [Haha... What an act!](#)

August 9, 2011 by

Filed under [Yoga Mudras](#)

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GYAN MUDRA



VAYU MUDRA



AKASH MUDRA



SHUNYA MUDRA



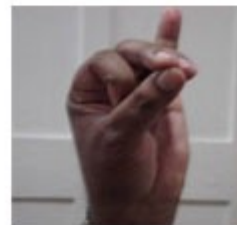
PRITHVI MUDRA



AGNI MUDRA



VARUN MUDRA



APAN VAYU MUDRA



APAN MUDRA



PRAN MUDRA

With

various avenues opening up for stand-up comedy, aspiring artistes have better exposure nowadays. even the audience for stand-up comedy shows in the City has only increased over the years. Metrolife spoke to a few people who are in this field to find out more. Anjaan a J, who is a radio jockey by profession, forayed into this field in 2004. since then he has seen a lot of change in this sphere be it in the popularity or even the number of people coming forward to take it up as a career. “The acceptance for stand-up comedy in Bangalore is better than ever. a lot of people are opening up to the idea that somebody else can make them laugh. even corporates are breaking away from the usual options of music bands and such, and getting a lot of stand-up comedians to perform at their corporate parties.” says Prithvi V, who does part-time stand-up comedy and is part of a group called ‘The Funny Man,’ “The popularity of stand-up comedy has grown manifold over the years. it is gratifying to know that Bangaloreans are more than willing to witness a stand-up act. every time there is a show, usually it is houseful indicating that there are a lot of takers for this art.” What are the reasons for this? Ashvin Mathew, a full time stand-up comedian and a creative consultant for Mudra, says, “Earlier, we didn’t have too many people around. Nowadays, a lot of sponsors are coming forward. they are even bringing down artistes from abroad.” He adds, “There are a lot of platforms at present that provide opportunities to stand-up comedians. even art theatres are offering theatre space which was a non-existent concept earlier.” but what are the options one has if he/she wants to take it up as a full time career? says Anjaan, “Like any other profession in the entertainment field, you cannot plunge into it if you do not have a strong foothold. So it

is always wise to keep this as a supplementary job. You can be a professional compere or scriptwriter and dabble in this arena too.”However, as easy and relaxed as it looks, it takes a lot of hard work to get your act right. says Prithvi, “it is a more evolved art than any other. it takes many years of practice to master this art. You need to hone your skills every time.” even Ashvin adds, “it differs from one person to another. What you need to have is your own distinct style. You need to know how to keep your audience captivated and also keep your energy high.” Another aspect what many have a misconception about is that if you are funny, you can make it as a stand-up comedian. but Ashvin says there’s more to it than just the ability to crack jokes. “There are many other aspects that are important too like your body language, storyline and most importantly, your ability to think on your feet. You may have a script you can follow but if at some point of time, you realise that the joke hasn’t gone too well with the audience, you need to think spontaneously and adapt yourself to the situation without losing the audience’s attention.”

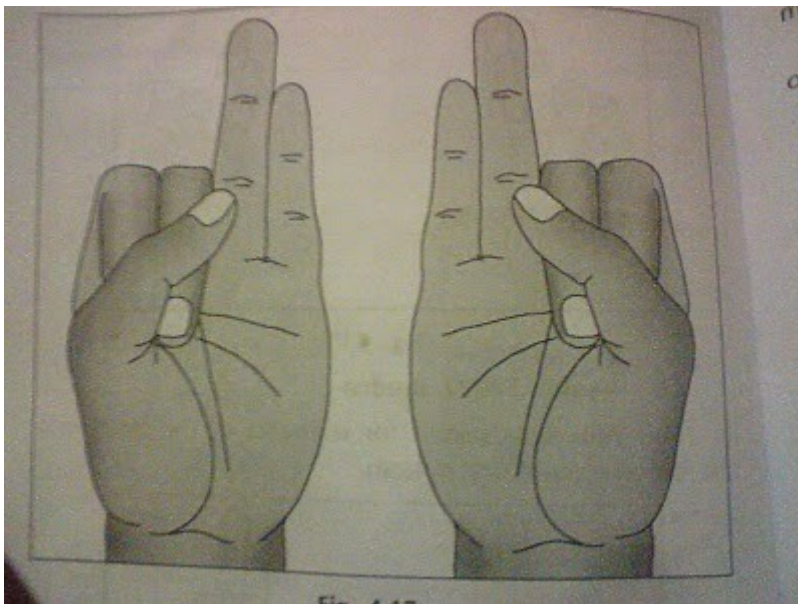
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## [YOGA MUDRAS « « Yoga Teacher Training Blog](#)

August 8, 2011 by

Filed under [Yoga Mudras](#)

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**Dr. Rita Khanna**

### **INTRODUCTION**

The special gesture of the fingers and hands, in relation to the body, is called a Mudra. These Mudras generate, redirect, and recharge the hidden energies of Panch Mahapranas; i.e., the immediate force which governs the physical body. the attitudes and postures, adopted during Mudra practices, establish a direct link between Annamaya Kosha (the physical body), Pranamaya Kosha (the pranic body), and Manomaya Kosha (the mental body).

After establishing the Pranic balance within the Koshas, the practitioner gradually enables the redirection of subtle energy to the upper chakras, inducing higher states of consciousness. There are 25 mudras in Hatha Yoga, which can be categorized into five groups. they are Mana (Head Mudras), Kaya (Postures Mudras), Bandha (lock Mudras), Adhara (Perineal Mudras), and Hasta (Hand Mudras).

To make it simple, these can be categorized into two groups:

1. Mudras involving the whole body in a combination of Asana, Pranayama, Bandha, and visualization techniques. These types of Mudras lead to awaking of Pranas, Chakras, and Kundalini.

2. Simple hand Mudras for balancing the five elements.

## **FIVE GROUPS OF YOGA MUDRA**

### **1. Mana / Head Mudras**

Mana Mudras involve the engagement of subtle skeletal muscles, mostly in the areas of the pelvis, and centralize the Prana in the body. These are useful in stimulating the Kundalini powers. they are called Shambhavi, Nasikagra Drishti, Khechari, Kaki, Bhujangini, Bhoochari, Akashi, Shanmukhi, and Unmani Mudras. Mana Mudras need concentration and focus on internal consciousness whilst elevating the cognizance. the positions of the eyes, ears, nose, tongue, and lips play a key role in these Mudras.

### **2. Kaya / Postures Mudras**

These practices utilize physical postures, combined with breathing and concentration. they are called Prana, Vipreetakarni, Yoga, Pashinee, Manduki, and Tadagi Mudras. Kaya Mudras reinvigorates the Prana in the body and directs the Prana into specific Chakras, which are energy channels.

### **3. Bandha / Lock Mudras**

These practices combine Mudra and Bandha, which give rise to special kinds of nerve impulses, which are sent to the brain centers and translated as new sensation; e.g. vibration, throbbing, creeping sensation, feeling of ecstasy, bliss, extreme joy, etc. they are called Maha Mudra, Maha Bheda Mudra, and Maha Vedha Mudra.

### **4. Adhara /Perineal Mudras**

These techniques redirect Prana, from the lower centers, to the brain. These Mudras control the sexual capacity. they are called Ashwini Mudra, and Vajroli/Sahajoli Mudra.

### **5. Hasta / Hand Mudras**

Hand Mudras are all meditative Mudras. they redirect the Prana, being emitted by the hands, back into the body. they are called Jnana /Gyan, Chin, Yoni, Bhairava, and Hridaya Mudras.

## **NOTE**

The above Mudras should be learned under the instructions of Yoga Mudra experts in order to get wonderful results.

## **MUDRA AND HEALTH**

### **THE PHYSICAL BODY**

The physical body is composed of five elements, which are fused with each other in different proportions, to form each human body. These five elements are fire, air, space (ether), earth, and water. The thumb represents fire, the index finger represents air, the middle finger represents space, the ring finger represents earth, and the little finger represents water. When these five elements are present in fixed proportion, the body remains healthy; but if there is the slightest imbalance in these elements, it can upset our immune system and cause various ailments. The ancient Yogis explained how, with bringing together the fingers in various permutations and combinations, the elements could be manipulated in the physical body. This balancing of the tension and redirection of the internal energy affects the changes in veins, tendons, glands, and sensory organs to bring the body back to a healthy state.

### **MUDRA SCIENCE**

- Mudra science is an independent Yoga that brings quick and effective changes.
- Mudras are easy to practice and can be practiced by sitting, standing, or lying on a bed – whenever and wherever you have time; but these are most effective when we perform in Vajrasana, Padmasana, or Sukhasana, and on an empty stomach.
- While performing Mudras, try to keep the rest of the fingers straight. It is always a better option to do these Mudras with both hands, palms facing the sky – although it is not a rule.
- The left hand Mudras are beneficial for the right side of the body and vice versa.
- Mudras can be practiced for a minimum of 30 seconds and up to 45 minutes daily. The practice can be spread out over three times a day for convenience or depending on your capacity.
- Mudras can be practiced both by the healthy and the non-healthy. In the former case, they are preventive measures, which preserve your health.
- Continuous practice of the Mudra will create minute changes in your body. There is perhaps nothing better in the world than the practice of Mudras for success and well-being.
- So try it, it really helps.

Following are a few very powerful Mudras for the wonderful health benefits...

#### **1. Mudra of Knowledge (Gyan Mudra)**

Sit in any comfortable meditation posture. Touch the tip of the thumb, to the tip of the index finger, with the other three fingers stretched out. Place the hands on the knees. Keep the spine straight and the eyes closed. As it is a Mudra of knowledge, it enhances the knowledge. The tip

of the thumb has centers of pituitary and endocrine glands. when we press these centers, by the index finger, the two glands work actively.

### **Benefits**

Increases memory power and sharpens the brain, enhances concentration, and prevents insomnia. if we practice it regularly, it will cure all psychological disorders, such as mental, hysteria, anger, and depression. For insomnia problems, after this Mudra, perform Pran Mudra.

## **2. Mudra of Life (Prana Mudra)**

Bend the ring finger and the little finger, and touch the tip of the thumb, with their tips keeping the remaining two fingers stretched. as it is the Mudra of life, it improves the vitality of the body, as Prana Mudra activates the Root Chakra. In Root Chakra, the elemental force of human entity resides. the fingers positioned in the Mudra, provokes the nourishing energy in the pelvic floor. if we practice it regularly, we will become active and strong.

### **Benefits**

It improves immunity, improves the vitality of the body, improves eyesight, helps in the proper functioning of the lungs, energizes the heart, and removes vitamin deficiency and fatigue.

## **3. Mudra of Earth ( Prithvi Mudra)**

Touch the tip of the thumb and the tip of the ring finger together, keeping the other three fingers straight. Since this Mudra is an association of the earth element with the powerful Sun, it brings solidity to the body.

### **Benefits**

Regular practice of this Mudra assists in weight gain, if the body is underweight, helps restore the balance and equilibrium of the body, wards off weakness, fatigue, dullness, and increases Prana in the body. the position of the fingers intensifies the sense of smell and is also effective for nail, skin, hair, and bones. it brightens the aura, activates the thinking power, and helps to broaden the orthodox / conservative thinking pattern; it compensates for lack of Rajasic Guna (passion).

## **4. Mudra of Water (Varun Mudra)**

Join the little fingertip with the tip of the thumb, keeping the rest of the fingers stretched out. as the name suggests, this Mudra is associated with the water element (Varun is a name for the water God), so it balances the water element in the body. it retains clarity in the blood and prevents all diseases which come, due to lack of water.

### **Precaution**

Do not press the tip of the little finger near the nail, as it causes dehydration, rather than hydrating the system. those having respiratory problems, should not do this Mudra.

## **Benefits**

Excellent for skin disorders, such as wrinkles, skin infections, and dryness, it purifies the blood and heals many blood disorders; brings luster and glow to the body; especially, the face; compensates for the shortage of water in the body, and cures constipation. Since it moisturizes the body, it is also a thirst-quenching Mudra, which activates the salivary glands to secrete saliva, relieves dehydration, and stomach infection, relieves kidney malfunctioning and promotes urination, activates the circulation of fluids in the body, prevents the pains of gastroenteritis, and muscle shrinkage.

## **5. Mudra of Air (Vayu Mudra)**

Keep the index finger on the base of the thumb, and press the back of the second phalange with the thumb, by keeping the other three fingers straight. it prevents all the diseases that occur, due to the imbalance of the air. the practice of this Mudra, for 45 minutes, reduces the severity of the disease in 12 to 24 hours. For better results, practice it for two months.

## **Benefits**

This Mudra helps with rheumatic pains, arthritis, gout, paralysis, Parkinson's disease, chest pain, back pain, neck pain, any pain associated with excess wind in the body. it releases aches and pains and acts as first aid.

## **6. Mudra of Emptiness (Shunya Mudra)**

Bend the middle finger and place it at the ball of the thumb – then press it with the thumb. the rest of the fingers are left extended. For optimum results, this Mudra is performed for 45 minutes at a stretch. it reduces the dullness in our body. Shunya Mudra is a connotation of Sky, which is colligated with the highest forces.

## **Precaution**

Do not do this Mudra while having food or walking.

## **Benefits**

It relieves an earache within 4 or 5 minutes, useful for the deaf and mentally challenged, reduces the dullness in our body, beneficial for heart patients, strengthens the gums, improves the voice of those who are dumb since birth, and is good with thyroid problems. it brings relaxation to sudden senselessness of body, due to sudden shock.

## **7. Mudra of Sun (Surya / Agni Mudra)**

Bend the ring finger and press it with the thumb. it sharpens the center in the thyroid gland. Practice it daily, twice, for 5 to 15 minutes.

## **Precaution**

Weak persons should not apply this Mudra, since it produces heat in the body; one should not do this in very hot weather.



## **Benefits**

It balances the body, reduces cholesterol in the body, helps in reducing weight, reduces anxiety, and corrects indigestion problems. good for diabetes and liver problems.

## **8. Mudra of Digestion (Apan Mudra)**

The tips of middle finger and ring finger touch the tip of the thumb, while the other two fingers are stretched out. Apan Mudra is called energy Mudra. This Mudra stimulates the wood element, which is associated with the energy of the liver and gallbladder. it gives patience, serenity, confidence, inner balance, and harmony. it plays an important role in our health, as it regulates the excretory system.

## **Benefits**

Purifies the whole body, removes toxemia from the body, cures vomiting, and regularizes the urine flow and perspiration. it regulates diabetes, cures constipation, and piles. For healthy teeth, use this Mudra, along with Akash Mudra. For eyes, ears, and mouth related problems - use this Mudra with Pran Mudra. Cures menstruation related problems, burning sensation of the hand, heart, leg, and urine.

## **9. Mudra of Osteoporosis (Aakash Mudra)**

Join the tip of the middle finger with the tip of the thumb, keeping the rest of the three fingers straight. This Mudra is a combination of the ether element, with the sun, and pertains to any ailment involving sound.

## **Benefits**

This Mudra is excellent for increasing the sensitivity to hear sounds, activates the calcium and phosphorus absorption from the diet, and also their formation, which makes it a very good Mudra for those having weakness of bones, such as osteoporosis. due to its inherent quality to release tension, it keeps the mind calm and serene and can be used during meditation, successful in releasing lockjaw experienced through yawning, mental tension, or over-exertion. Regular practice calms and clarifies the thought process.

## **10. Mudra of Heat (Ling Mudra)**

Interlock the fingers of both hands and keep the thumb of the left hand vertically straight; encircle it with the thumb and the index finger of the right hand. Linga Mudra is the booster of the body's immune system and helps to relieve other problems related to human anatomy.

## **Precaution**

Practice it any time you want; but don't practice it a lot, as it produces heat in the body. it can cause sweating, even in winter, if you practice it longer. In addition to practice of this Mudra, follow a balanced and healthy diet. Drink lots of water, juices, and eat more fruit.

## **Benefits**

It stops the production of phlegm and gives power to the lungs, cures severe cold and bronchial infection, invigorates the body, and is good in low BP. If Ling Mudra is practiced daily, along with proper performance of Kapalbhathi Pranayam, then various complicated diseases of the chest can be healed. Regular practicing of this Mudra is effective for those who are overweight.

### **11. Mudra of Heart (Apan Vayu Mudra)**

The tips of the middle finger and the ring finger touch the tip of the thumb, while the index finger touches the base of thumb and the little finger is stretched out. Apan Vayu Mudra is a combination of two Mudras – Apan Mudra and Vayu Mudra. This Mudra benefits the heart. It works like an injection for the reduction of a heart attack. It is as powerful as a sorbitate tablet. Within the first two seconds, this Mudra proves to be an instant reliever. This Mudra is also called, Hridayamudra or Mrit Sanjeevani Mudra. Practice it as many times as you can. Heart patients and BP patients can practice it for 15 minutes daily, twice, for better results.

#### **Benefits**

It strengthens the heart and regularizes palpitation, regulates the excretory system, cures gastric trouble, is helpful to cure acidity and headache – also regulates bowel movements; it is effective on a toothache, balances body temperature, and disposes toxic things from the body.

#### **SOME MORE HEALTHY TIPS FOR THE HEART**

- While taking a walk, apply Apan Vayu Mudra. This will not only help your heart, it will prepare you for the day by charging up your circulation and your metabolism.
- Do Yoga and Dhyana for at least 30 minutes, three or more times per week. It helps strengthen the heart.
- Nadi Sodhana Pranayam is the best exercise for heart patients and can be done virtually anywhere, anyplace. For this, inhale through the left nostril, exhale through the right, then again inhale through the right, and exhale through the left.
- Increase fiber and reduce fat intake in your diet, as this helps lower blood cholesterol. Fiber is found only in plants – fruits, vegetables, and grains.
- In case you are a heart patient and want to climb stairs, then 5-7 minutes before that, do Apan Vayu Mudra. It'll give you relaxation.
- Learn to stay calm, so that you don't lose your temper and increase your blood pressure. Deep breathing is a good way to control anger and to relax.
- Make yourself happy and feel free, keep smiling always. Even five minutes of laughter keeps our stress at the lowest possible level.

If you feel inspired by this article, feel free to publish it in your Newsletter or on your Website. Our humble request is to please include the Resource as follows:

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### **Dr. Rita Khanna**

Dr. Rita Khanna is a well-known name in the field of Yoga and Naturopathy. She was initiated into this discipline over 25 years ago by world famous Swami Adyatmananda of Sivananda Ashram in Rishikesh(India).

She believes firmly that Yoga is a scientific process, which helps us to lead a healthy and disease-free life. She is also actively involved in practicing alternative medicines like Naturopathy. Over the years, she has been successfully practicing these therapies and providing succour to several chronic and terminally ill patients through Yoga, Diet and Naturopathy. She is also imparting Yoga Teachers Training.

At present, Dr. Rita Khanna is running a Yoga Studio in Secunderabad (Hyderabad, India).

Tags: 25 mudras in Hatha Yoga, chakras, Kundalini, mudras in Hatha Yoga, Panch Mahapranas, Pranas, pranic balance, yoga mudras

This entry was posted on Friday, November 20th, 2009 at 7:17 pm and is filed under Yoga Therapy, yogic philosophy. You can follow any responses to this entry through the RSS 2.0 feed. You can leave a response, or trackback from your own site.

#### **Incoming search terms:**

- shambhavi maha mudra steps
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[\*\*Vision Magazine August 2011 Feature The Return of Bhakti Fest by Daphne Carpenter\*\*](#)

August 8, 2011 by  
Filed under [Yoga Mudras](#)

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## **BACK TO HOME PAGE**

### The Return of Bhakti Fest

It's been called the Spiritual Woodstock of the Decade, and it's back! on September 8, 2011, thousands will converge under the sun in Joshua Tree for the explosion of four days of uninterrupted kirtan and yoga. the mission of Bhakti Fest is simple: "to express our love and devotion as one community through an enchanting array of activities." so it's time to pack up the car and head out to the desert for some natural healing.

now in its third year, Bhakti Fest is gaining significant momentum. With featured kirtan artists like Jai Uttal, Krishna Das, Donna de Lory, Wah!, MC Yogi, Larisa Stow and Shakti Tribe, the Mayapuris, and more (the list is endless!), you're bound to fall in love with something new! the steady flow of live devotional music streams day and night, and the stage is literally never empty.

here are some of the highlights of this summer's Bhakti Fest: Jai Uttal, beloved kirtan artist who spent time in India recently, will be back on the main stage, and we're looking forward to hearing songs from his newest album, "Bhakti Bazaar." I've checked it out. it has all the aspects characteristic of Jai Uttal—thoughtfulness, carefully orchestrated sequencing and musical composition, and a deep sense that Jai is an open vessel for high vibrational sound to flow through. But with this album, we go even further on a mystical journey. We travel through unknown lands with adventurous abandon and encounter elements of reggae, rock ballads, and classical music. "We took some beats and grooves and simply wandered. No rules, no formulas except following our feelings," says Jai. the sensual electric guitar solo in "Rama Bolo" reacquaints us with our youthful inner rebel. "Making an album is a journey across mountains and valleys of moods and emotions," he writes in his blog.

and what about Jai's reflections on Bhakti Yoga? "Bhakti Yoga brings us into the world of mystery, a realm where the dissecting, discerning qualities of the intellect are powerless next to the vast ocean of feelings...we weep, laugh, cry, sing and dance with our Beloved." for this

month's theme of Vision Magazine, theme Tactical Skirmishes, I racked my brain beyond the point of comprehension trying to figure out how to tie this article into it. But it finally came to me! while looking at the line-up of yoga instructors at Bhakti Fest this year, I was happy to see somebody on there whose thoughts and words sparked profound thoughts in me recently—Sara Ivanhoe, who recently wrote about how to “help ease your transition into a [yoga] class when you are late, and maximize the time when you are there.” if you're a yoga asana practitioner (who practices in a studio with others) you might have experienced “the interruption”—someone walking in, not-so-quietly during opening meditation, or packing up and leaving right during savasana while you're trying to zone in or zone out (I know, I'm guilty of doing it, too, hence my interpretation of a “Modem Tactical Skirmish”). Can't that be distracting? In a recent article for LA Yoga Magazine, Ivanhoe wrote, “No matter how quiet you think you may be, everyone can hear you, and they won't be able to focus until you are settled,” she says.

even though we strive to be able to meditate through distractions, sometimes we can't help but get annoyed by that wanderer in the yoga shala, right? “If you accidentally enter during the meditation, please do not wander around looking for a spot and then unroll your mat, put down your bag, and organize your space. Walk in the door and immediately sit down and become as still and quiet as possible,” she says. “Once there is an appropriate moment when everyone is getting up, then find an appropriate practice space.” beautifully said, I totally agree. these words turned me on to Sara Ivanhoe, who has been teaching yoga at Yoga Works in Santa Monica since 1995. She'll be bringing a wealth of knowledge to the festival, I'm sure. once again, Bhakti Fest welcomes MC Yogi to the stage and to the yoga space. the NY Times called his performance at the Wanderlust Festival in Lake Tahoe, “over-the-top.” Who is MC Yogi? if you don't know, you might have heard some of his songs on a playlist in a yoga class, recanting epic tales from the Ramayana and the Upanishads, or about the life of young Gandhi, or about how “Ganesh is Fresh,” for example, in a manner that speaks to the city yogi and has a way of elevating the vibe at a festival. Hip-hop culture was part of MC Yogi's life from an early age. He says it provided a soundtrack and a creative outlet for him. “It's in my DNA,” he laughs. As a teenager, he spent time at a reform school for at-risk youth. “I was sort of a juvenile delinquent,” he says. “It's through the grace of yoga that I'm still here.”

after encountering yoga at age 18, he temporarily pushed hip-hop to the side to pursue the teachings. “Sometimes in life we need to just destroy everything and start fresh, and yoga reminds us of that all the time. When we go into savasana, we let it all go, then we come back renewed, re-energized,” he told Antonio Sausys, the host of YogiViews television. although MC Yogi's practice led him to kirtan and chanting, it didn't shake his love for hip-hop. “[Hip-hop is] a great method to transmit the teachings—a great tool to tell the stories, because one of the powerful things about hip-hop is you can communicate so much information, in such a short period of time,” he says.

the artist, who beatboxes over mantra and takes urban yoga to the next level, makes the comparison between the rhythmic way words and emotion are delivered in rapping, to the storytelling style of ancient Indian scriptures. “When they chant they get into a trance, there's a rhythm, just like in hip-hop.” In developing his style, MC Yogi noticed how “the two worlds easily collided and integrated.” He says, “Yoga is the joining of opposites. We can take two things that don't necessarily make sense together, and we can harmonize and marry them. There's a beautiful synergy there.”

At Bhakti Fest there are two music stages, a healing sanctuary, multiple rooms and outdoor spaces for yoga asana, a place to get wet, DJ's set-up, little pathways where you might stumble upon a spontaneous kirtan session, happy-faced Hari Krishnas dancing ecstatically under the sun and stars (as well as everyone else!), city folk raising their vibrations, beautiful children running around with messy hair. At this festival you can't help but feel liberated and festive, even if you've never experienced kirtan. Fans of Krishna Das will be happy to know that he'll be performing on stage and doing a workshop on the Heart of Devotion. You'll have the opportunity to ask questions and engage in dialogue. the session will include chanting with musical accompaniment, storytelling, readings from spiritual traditions, teachings, and discussions about life and the spiritual path. on the subject of Bhakti, Govindas and Radha, the founders of the Bhakti Yoga Shala in Santa Monica—an eco-conscious donation-based yoga studio—will be there. last year they brought their newborn baby to the desert and lead asana and performed—Radha was busy. I caught their class in the outdoor yoga area. Radha's angelic voice was the perfect accompaniment to the flow session. it seemed to echo off into the warm air and both encompass and embrace the space. "When I'm chanting it's all an offering of devotion to the divine, the divine within myself, the divine within everything, connecting to the Oneness," she says. Govindas led us through an attentive and kind-hearted sequence of "Bhakti Flow." the two have interesting stories about how they found yoga; Radha, who is from from Australia, visited her first Hindu temples on vacation in Bali as a child with her parents. "One year when we were there, I fell in love with a poster of Saraswati. My parents bought it for me and when we returned home I immediately put the poster on my wall. Years later I learned that Saraswati is the goddess of knowledge, music, dance, and the arts. As I look back, it feels as though her presence was blessing my path, and surely continues to." Govindas says he found yoga "much later...I was into sports and skateboarding." after graduating from the University of Maryland, he moved to LA and an illness led him to seek out yoga. "I was 27 years old and was really struggling with my health," he says. "The kirtan and bhakti helped to awaken my faith and gave me a yogic perspective to connect with God. the chanting gives us the opportunity to call out to Spirit, to connect with the Source on a deeper level than just the physical."

the chemistry between this dynamic pair is an inspiration of love. "When Govindas and I came together, it all felt so natural—the mantras, the blending of our music, [our] voices and hearts," says Radha. "The practice of kirtan is a huge part of our relationship and one of the many beautiful ways that we connect with each other." Also on hand at the Bhakti Fest this summer, to tend to your aches and pains, as a "selfless self-service," will be some seva practitioners, not asking for monetary compensation (as well as professionals providing service as hired work). Ryan Seaman will be providing "transformational bodywork" that's infused with elements of astrology. "Whatever you're ready to let go of, be it physical, metaphysical, emotional or past life—I humbly offer my services," he says. Another seva practitioner is Tiffany Hume, who specializes in craniosacral and deep tissue therapy. She'll be there to realign and balance your body, and to "facilitate the healing of old injuries and blockages in the tissues and spine." if you're unfamiliar with the concept of seva, here are some words in a language that might make sense to you: volunteer work, or, for free. But more profoundly, seva is "compassionate action." according to Ram Dass' Seva Foundation, "To be fully human, we must translate our compassion and concern into useful service." you could say that seva is a part of Bhakti yoga, meaning "devotion." (By the way, a substantial portion of the profits from Bhakti Fest will go to charities like the Seva Foundation, and many others.) have you ever heard a performance of Tibetan bowls? It's a kind of sound healing where one can let go of any concept or expectation of "music" and just ride the waves of vibration. Tibetan bowl musician Damien Rose returns to Bhakti Fest for his third annual

performance. He says he first discovered the Tibetan bowls when he picked up a hitchhiker in Northern California after graduating from law school, on his way to become a lawyer. Upon dropping the hitchhiker off, he was invited in. it was there where he first encountered “a vast array of ancient bowls set up in the living room.” after hearing and feeling the sounds of the live bowls, Rose’s life took a new direction. Since then, he says, he’s devoted his life to “working with sound vibration as a revealing and healing source of spiritual experience.”

Here’s a sneak peek at some of the workshops at Bhakti Fest this year: HoopGirl Christabel Zamor brings her childhood love of hoopdance to Joshua Tree. her Sensual Saturation workshop will amplify one’s “sensual awareness!” This flow art is a moving meditation that builds core strength, tones the body, calms the mind, increases circulation, and boosts the libido, says Christabel. Bring a hoop if you have one, or they’ll be provided. Joey Lugassy will discuss the simple message of “stillness,” and talk about how to release attachments to the symbols, only to revisit them “with a lighter touch” as “doorways to relevant self-discovery.” and for sound healing, Marla Leigh presents a hands-on workshop on the Ecstasy of Rhythm and Drumming, using international traditional rhythms and a Sufi-inspired trance-dance drumming ritual. Bring a drum if you have one. Filippo Franchini will talk about musical alchemy and how “creation is vibration.” He’ll elaborate on how sound waves affect the brain, emotions and the body’s cellular chemistry. and for the artist looking for “keys” to the soul,” Paul Heussenstamm will be leading a mandala workshop. and finally (although not limited to) one of my favorite speakers and writers, Dr. Lorin Roche, whom I mistakenly referred to as “she” in my last article (big public apology, Dr. Roche!) will be discussing the Radiance Sutras—the “Vijnana Bhairava Tantra,” a classic text describing 112 yogas for “touching the sacred right here, right now, in the midst of daily life.” the practices include mudra, pranayama, mantra, and dhyana (meditation). the sun always shines at Bhakti Fest, and you and the star-splattered sky at night seem to blend together as one (at least that’s how I felt last year). There’s something for everyone there. and if you’re one of those people who feels intimidated by being around so many happy people everywhere, jubilantly embracing whatever life throws at them, well, don’t be. on the contrary, the infectious good vibes will reach your heart.

and Bhakti Fest isn’t a religious festival (although one is free to practice their religion there openly). It’s the coming together of humanity, a space where one can raise their vibration and the things around them by thinking happy thoughts, caring for the body, and, as kirtan artists would say, “by chanting the [perceived] names of the Divine,” rhythmically. Volunteer opportunities are available. See you there!

The upcoming Bhakti Fest will be held September 8-11 at the Joshua Tree Retreat Center. for more information, please visit [bhaktifest.com](http://bhaktifest.com). Daphne Carpenter can be reached at [daphnestree@hotmail.com](mailto:daphnestree@hotmail.com) and at [paintzflwrs.blogspot.com/](http://paintzflwrs.blogspot.com/).

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#### **Incoming search terms:**

- bhakti tones

Tags:

## ['Yoga Mudras for Sinusitis', shonehuck's blog message on Netlog](#)

August 8, 2011 by

Filed under [Yoga Mudras](#)

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Friday, 4 February 2011 at 03:03

Immune system plays an important role in the prevention of colds and nasal allergies. Yog Mudra and breathing exercises can improve breathing, reduce tension and stress, and support the immune system. Acharya Keshav Dev, a world renowned yog mudra expert says, "If ling mudra is practised daily, for some time, along with a proper practise of Pranayama etc, then various incurable disease of the Chest can be healed". the Acharya has worked for last 50 years on interpreting the medical benefits of these mudras and how these can cure some the ailments in just fraction of seconds. Pranayama Deep breathing techniques like Bhastrika helps in inhaling more oxygen into the lungs, which helps in alleviating colds, congestion, and sinus. This pranayama naturally massages the airway and strengthens the neck tissues. And clear the spasm caused by the excess neck tissues. Process : \* go in an open air. \* Start to inhale and exhale through nose rapidly for half to one minute, relax for few seconds and repeat. \* In this pranayama kriya there is no restrain of breath. This pranayama kriya can be repeated for around 7-8 times but should be done before meal. Rapid Sun Breathing. Process : \* go in an open air. \* Close the left nostril and start deep inhaling and exhaling through right nose rapidly for half to one minute, relax for few seconds and repeat. \* In this yoga kriya there is no restrain of breath. This yoga kriya can be repeated for around 5-6 times but should be done before meal. This process will increase the heat energy in the body and burn the mucus of the region and help in clearing the nasal cavity region. Healing through Mudra Ling



Mudra : Join both palms and lock the facing fingers together, keeping right thumb straight and upright. the upright thumb must be encircled by the other thumb and index finger. Through this yoga mudra, the fire element of the body increases, and simultaneously heat in the body also increases which results in increase in energy. the practise of this Ling Mudra, will help in curing bad cold and also help in curing chest complications which emerges due the Cough Tridosh. Pran Mudra : Join the tips of little finger and Ring Finger with tip of the thump. Practise of this yog mudra will help in improving the immune system and recharge the vital energy of the body. Neti Kriya : In simple Neti kriya can be defined as the process of Nasal Cleansing. Neti is the best process to overcome the snoring. as it clears the airways and helps in curing nasal infections such as allergies, sinusitis and other upper respiratory complaints like sore throats and coughs, inflammation of tonsils and adenoids. it is advised to learn this process under competent supervision. You can get benefit a lot if you do a yogic nasal wash, called neti, once or twice a week. Meditation : Even the latest scientific experiments shows that Vibrations created from chanting Om can help clear your sinuses and ward off infections. Vibration created through Chanting and humming sounds encourage the air movement and opens tiny ducts that connect your nose to your sinuses and allows your sinuses to drain properly. so daily "Om" chanting may prevent such an infection. Process \* Sit in a comfortable Padamasana or sukhasana cross-legged seated position. Keeping both hands on top of the knees in Pran Mudra. \* Close the eyes softly and take a slow and deep breath and hold the breath in. \* Keep the spine straight and the shoulders relaxed. Close your ears with both palms. Close your mouth and raise and stretch you head especially chin upwards. \* begin slowly exhaling, making humming sound of a bee, while reciting "OM" mentally. Try to feel the vibration in the nasal region. \* Repeat the exercise 10 times. If you wish to know more about yoga mudras you can fix a personal appointment with Acharya Keshav Dev or Acharya Vikramaditya at [mudrasforhealing.com](http://mudrasforhealing.com). Also you can buy books online on the relative subject.

#### **Incoming search terms:**

- mudra for treating sinusitis

Tags:

### **[Does anybody out there know about Mudras for curing ailments?](#)**

August 8, 2011 by

Filed under [Yoga Mudras](#)

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If anybody knows, I would like to request them to show it how it is done. I want to cure a few sick people who cannot go to places for the same. I will be too pleased to learn and help reduce these peoples pain.

[eclecticenergies.com/mudras/i...](http://eclecticenergies.com/mudras/i...)  
[kundaliniyoga.org/mudras.html](http://kundaliniyoga.org/mudras.html)  
[healing.about.com/od/east/ig/Mudr...](http://healing.about.com/od/east/ig/Mudr...)

Tags:

## [Morning Mantra - Shri Vishnu](#)

August 8, 2011 by  
 Filed under [Yoga Mudras](#)

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pratah smarami bhavabhitimahartishantyai narayanam garudavahanamabjanabham  
grahabhibhutavaravaranamuktihetum chakrayudham tarunavarijapatranetram pratarnamami  
manasa vachasa cha murdhna padaravindayugalam paramasya pumsah narayanasya  
narakarnavataranasya parayanapravanavipraparayanasya pratarbhajami  
bhajatamabhaya~nkaram tam prakhsarva janmakrita papabhayapahatyai yo  
grahavaktrapatita~nghrigajendraghora shokapranashanakaro dhritashankhachakrah Track:  
Morning Mantra Shri Vishnu Artist: Soma Singh Album: Suryodaya – Morning Mantras  
emusic.com amazon.com amazon.co.uk itunes.apple.com according to the Indian system of  
calculating time, the day is divided into eight prahars of three hours each. The second half of  
the second prahar ie from 4.30 AM to 6.00 AM is called the ‘brahma mahurat.’ This is the  
best time for a person to engage in meditation and prayer. Those who wake up at this time are  
able to soak up nature’s energy in order to invigorate their minds and rejuvenate their bodies.  
The great sage, Manu, the law giver said, “Brahma mahurate chaanu chintayate.” This means  
that, “Man should awaken during the brahma mahurat and reflect on his dharma and its  
meanings as are relevant to him.” he will then understand and grasp the real meaning of the  
scriptures, like the Vedas and the Upanishads. Early dawn is thus the most suitable time for  
spiritual and intellectual growth. At this time, man through prayer and contemplation, is able  
to experience the vastness of ...

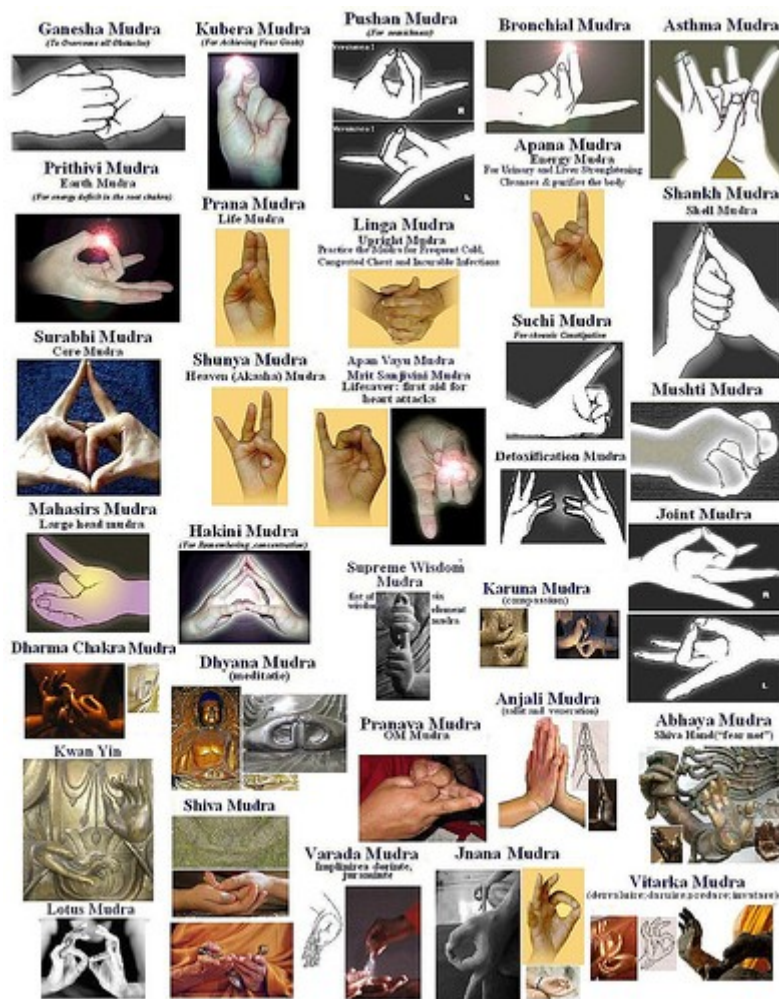
Tags:

[Shambavi Mudra – ancient technology to access the third eye «](#)

August 8, 2011 by

Filed under [Yoga Mudras](#)

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Where is the location and what is the physical counterpart of the elusive Ajna and Sahasrara Chakras ( the two main head's energetic centres )? And how do we access and stimulate them? Two extremely powerful yet simple Yoga techniques that help you locate the two upper chakras are Shambavi and Kechari Mudra. both are described in two ancient treatises of Hatha Yoga, the Geranda Samhita and Hatha Yoga Pradipika. the fact is that the language of the Seers was purposely esoteric.

Bhudda's eyes in Shambavi Mudra. Swayambhunat stupa temple, Katmandu Nepal

With this and the next article I will try to map both Shambavi and Kechari Mudras from yogic into modern , tangible and scientific language. Let's start with the Ajna Chakra – third eye – and Shambavi Mudra.

The physical counterpart of Ajna Chakra is the Pineal Gland, a tiny protuberance the size of a pea and the shape of a pinecone that seats deeply inside the skull, behind and slightly above the line of your eyes. this gland and its functions are still being studied by modern science as Neurophysiology has only been recently developed, thanks to the technological advancement made in MRI scan of the brain. Nonetheless it is known that the Pineal Gland is affected by light ( hence its name) and it regulates the circadian rhythm of the body ( the internal body clock). Ajna Chakra is considered the chakra of the mind. Working on Ajna chakra results in

increased power of intuition , refines awareness, it provides clarity of thought, insights and wisdom. the third eye centre allows one to connect with the “higher Self” for guidance and inspiration. It improves vision and allows for non-verbal communication. one becomes able to build up focus and one pointedness of mind.

Medial sagittal section of the Brain that shows the position of both the Pineal and the Pituitary Glands

One of the main Yogic techniques to stimulate the Pineal Gland is Shambavi Mudra with Om chanting. Shambavi Mudra consists in the fixing of the gaze inwards and slightly upwards , towards the middle of the skull, the seat of the pineal Gland . Adding the Om chant to the internal gaze makes the technique much more effective as we are turning inward two of our five senses ( the Jnanandryias), the hearing and the seeing. Moreover when making an inner sound you are engaging your tongue and vocal cords to work inward. the tongue ( and vocal cordes) in yoga is one of the organs of action (Karmandryias). Therefore in Shambavi Mudra the stimulation on the Pineal Gland is threefold. It comes from the optical nerves, the auditory Nerves and the nerves that control the tongue and the vocal cords! That’s a rather sophisticated way to get inside our body!

Now drop the theory and dwell deeply into the practical side of it. just give it a try. Turn your telephone-senses ( vision and hearing ) inward; utter the internal sound. Where do you feel it? you are pointing at the Pineal Gland so in time , with repetition , you should be able to locate it! The ancient Seers ( the Yogis) have passed down their knowledge of internal geography , they have given us tools. We are the explorers . Make the most of this knowledge, use that compass to navigate the vast expanse of your own Being.

#### **Incoming search terms:**

- mudra
- chakra mudras
- mudra heart
- mudras for meditation
- chakra mudra
- meditation mudra
- yoga mudras et chakras
- What is a mudra in meditation
- mudras and their chakras
- mudra chants

[Mudras & Hand Symbolism: Mudras of the Egyptian Tradition](#)



The ancient Egyptians possessed a fount of occult and mystic wisdom. In those days the Egyptian mystical brotherhoods or Mystery Schools at Luxor, Thebes, Memphis, and Heliopolis, collectively represented one of the several portals leading to the Universal Great White Brotherhood whose existence was established by cosmic beings for the purpose of advancing the evolution of man through the application of spiritual disciplines and the apprehension of Cosmic laws. These teachings were given in secluded places, in subterranean temples, and at night under the canopy of the heavens. Many eminent Greek sages studied at these Egyptian schools of metaphysics, among whom were Plato, Thales, Pythagoras, and Democritus. In these Mystery Schools, the goddess Isis was especially venerated. She personified Nature and according to one Greek interpretation she signified occult knowledge. Isis also represented the Mystery Schools and those undergoing training therein later emerged out of her womb and became known as the twice-born, for they were newly born of the Holy Spirit.

Contrary to what is popularly believed, the great Pyramid of Cheops was not built as a tomb, but as a House of Initiation, a place where the teachings of the gods were given by the Master of the Secret Places to those who successfully passed the severe tests of earth, water, air, and fire. Spiritual disciplines were taught that ultimately transformed each spiritual aspirant at the point of their graduation into an embodiment of a god, or in our modern metaphysical vernacular, a perfect human being, or a Christ,—an anointed one. In these sacred temples of learning and wisdom were to be found countless statues, most of which were considered and worshipped as gods by the ignorant masses, and as idols by the equally ignorant religious fanatics of succeeding generations. Those involved with the initiatory temples, however, regarded these statues as teaching devices and used them to portray certain aspects of the microcosm and the laws or principles of Nature.

Many metaphysical disciplines were given to the tyro to practice in these Mystery Schools; among the spiritual exercises given were the mudra disciplines. Some of the statues and pictograms of the Egyptian gods are portrayed with certain mudras. The neophyte was taught to assume these mudras while conducting meditation, breathing, and visualization exercises.

Below we present just a few of these Egyptian mudras that you may incorporate in your daily spiritual routine. You may choose to do only one at a time in a single session. This is permissible; however, these Egyptian mudras, would confer the greatest effect when all are done together successively in a single work-out.

1) the Sun-Bearer Mudra. Place both hands outstretched above the head holding an imaginary sun. Palms upward. Visualize the microcosmic sun as a divine fiery radiance—it is in fact the presence of your Higher self. Imagine the rays of the Higher self pouring into your upturned hands. Maintain this visualization and hand position for five to ten minutes. Chant the mantra, HU over and over. This Egyptian mudra helps one to absorb higher energies. The hands being positioned beyond the lower layers of the aura and above the head makes it easier for one to

contact the magnetic-field of the superconscious self and thereby empowering the lower aspects of the microcosm. Unless otherwise indicated, let the breathing rhythm be natural in this and the following exercises.

2) the Cross-Chest Mudra. This is an Egyptian gesture of royalty. the left hand is placed on the right side of the chest, and the right hand on the left side-as may be seen in the statuette of Osiris. As you will recall, this is the Sign of Resignation. If you are standing or sitting upright with the spinal column erect instead of in the lotus position, keep your feet together. This will close the circuit at the lower region and allow energies to circulate. Take a deep breath while in this position and hold it for as long as comfortable. Then release the breath slowly. Repeat three times. After three cycles of deep breathing maintain the mudra for five to ten minutes more while breathing normally and chanting the mantra, AIM several times. This mudra draws the energies of the aura into the physical body, especially in the chest region. it helps to strengthen and awaken psychic centers there such as the anahata chakra, or heart center. the thymus gland being empowered via the heart chakra, the immunity level of the physical body would naturally be fortified. This is one of the mudras taught by the Rosicrucian Order, a mystical fraternity perpetuating the ancient occult wisdom. According to the Order's oral tradition it was founded in ancient Egypt by Thutmose III—one of the enlightened pharaohs that ruled the land of the Nile. This mudra integrates the positive/solar and negative/lunar forces in the body. Divine power in the physical system results with the use of this hand pose.

3) the Praise Mudra. the members of the Egyptian Mystery Schools were well versed in the meaning and art of praising their gods. the temple hierophants knew that the secret effects of praises were upon the person giving the praise rather than the god receiving it. about two thousand years ago we were told to love our enemies by an Initiate of the Egyptian Mystery School. Why? because love ennobles us. it does not matter if another deserves our love or not. the act of loving unfolds our divine nature and causes a greater force of our Higher self to indwell in the physical form. the same principle applies to praising God, or any higher being more advanced than humanity. Divine beings or the Source of all do not care if we praise or adore them in any way. They are egoless and therefore unconcerned if we respect them or not. in religious and spiritual teachings channeled down from the intelligences of Light, we are taught to give praise and thanks to higher powers. This is not for their sake but for ours. the celestial beings are concerned over our spiritual development. the act of praising with a sincere and selfless heart causes us to be energized with a renewed power and a zest for life and is a healthy and a most essential spiritual discipline. Although praises may be given in any bodily position, the Egyptian Masters have found that a particular pose with a certain mudra offers a maximum effect. This is done by squatting with the right knee touching the ground while the left knee is raised. the left hand closed in a fist, is placed on the chest the right arm is extended upwards to the side of the head and the hand also is in a fist pointing upwards. a variation of this is to use the right index finger to point upwards. Anubis, the god of the dead, has modeled this pose nicely for us. Maintain this position for 5-10 minutes while giving silent thanks to God for the life within you. During which time breathe normally while chanting the mantra, EMA-HA. in a little while you will feel regenerated. you will feel joy pervading your being.

4) the Solar Plexus Energizer Mudra. All felines are symbols of solar energies. so it is apt that Sekhmet, a feline goddess as depicted here, assumes a secret pose that strengthens the sun center of her physical being, or in other words, her solar plexus. the solar plexus has nerves connecting to almost every organ in the body. by channeling energies or concentrating it in the solar plexus, we cause our organs to function optimally. But one must be careful, as over-

polarization might cause problems. Assume this mudra while standing or sitting. Breathe normally. Close the left hand into a fist and place it over the solar plexus as shown by Sekhmet. the right hand, should also be in a fist but placed to the side of the body. After 5-10 minutes of maintaining this position reverse the hand positions. the right hand in a fist over the solar plexus, while the left hand to the side of the body. Do this for another 5-10 minutes while mentally asking your Higher self to energize your solar plexus and also chanting slowly the mantra, RA-MA about 9 times.

5) the Magnetizer Mudra. This mudra has a twofold purpose. it is used to absorb pranic energies from the environment or from some specific source; it likewise is employed for the purpose of magnetizing one's aura so as to strengthen it against invading metaphysical forces. This mudra confers various benefits, it may improve one's health, augment one's store of psychic energy, acquire charisma, etc. To execute this mudra one may sit or stand, or assume the asana as portrayed by the goddess Nephthys: place the left foot underneath the buttocks and sit on it. the right foot is placed on the ground with the knee pointed upwards. now put your two hands in front of you, palms outwards. If you are doing this mudra to absorb energies then visualize and feel the energy from infinite space streaming into the palms of your hands as sparks of golden and silvery lights. or if you wish to attract energy from a specific source—from the sun, for instance, then visualize and feel the yod or rain drops of power entering your palms from the sun. Do this for 5-10 minutes. Visualize the cosmic forces entering your being as you inhale.

To magnetize your aura with this mudra, simply imagine and visualize a flow of golden energy flowing from your palms and filling your aura—a circumscribed space surrounding you. See your aura being permeated with this effulgent energy. This should be done for 5-10 minutes. Visualize psychic energy flowing from you as you exhale.

Whether you are absorbing energies or magnetizing your aura, chant the following mantra several times while visualizing: EMA-BA. This mantra will anchor the power to wherever you are directing the energies. Chanting may be done verbally or mentally whichever is comfortable and appropriate.

The mudra is also used to confer or empower others with energy. After generating the necessary energy, focus your palms to the back of the recipient about an inch away from the physical form. Then, visualize energy flowing from the palms of your hands and into the body of the subject. you may visualize the energy as a brilliant white, silver or golden light. while thus channeling energy from your palms, move them upwards and downwards along the right and left sides of the spine where the ganglia of the nervous system are located. This operation will have a healing and strengthening effect on the subject and if done in conjunction with specific powers possessed by the operator—these could also be transferred or channeled.

6) the Pyramid Mudra. This mudra strengthens the negative polarity of the physical body and generates a strong magnetic force for attracting cosmic energies of the positive polarity, thus balancing the Yang and Yin of the microcosm. This mudra is to be done prior to the magnetizer mudra above. the animated image shown is an excellent portrayal of this hand-mudra, though it is unnecessary to move your head as shown by the toon-image.

To do this mudra, simply place the palms of your hands together and above the head. Place your two feet together while in the standing position. now hold this position for 5-10 minutes while chanting and vibrating the word Ma. After several minutes of chanting, inhale deeply and then exhale and hold your lungs empty for as long as comfortable. When you need to



breathe, do so, and then as you exhale, repeat the above. Do this special breathing for several cycles, after which you may continue with the other mudras.

The above represent just a few of the Egyptian mudras that have come down to us, the explanations of which are simply guidelines. Feel free to improvise and experiment.

[Note: This paper contains images which may be seen as originally published at our website]

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**Incoming search terms:**

- yoga mudras
- mudras yoga
- The Buddha statues shown in the Ayutthaya video clip sit with their right hands pointing downward
- yoga mudras for colon
- hand yoga mudra
- The Egyptian pranayama
- statues on yoga mudras
- nine ninja mudras with explanations
- www.egyptianmudras.com
- yoga mudras and their meanings