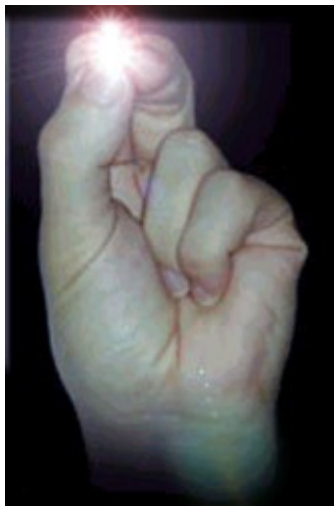


MUDRAS

1) **Kubera Mudra**

Dedicated to the wealth



Many people already know it as the "Three Finger Technique", use it when they are looking for something specific-a free parking space, a certain dress, the right book, the necessary information, etc. Others use it when they want to put more force behind their plans for the future. It always involves goals that people want to reach, or wishes that they would like to have fulfilled. With the three closed fingers, additional strength is given to the matter and or thought.

It is obvious that something happens when the fingers of Mars , Jupiter , and Saturn join forces. Putting this mudra to specific use in everyday life is quite fun. It also gives us inner repose, confidence, and serenity.

The practice is simple. In your mind, formulate your wish or goal very clearly into words. Ask your heart whether this is good for you and whether it enriches your surrounding world. Now place the three fingers together, phrase your wish in a positive way, as you say it out loud three times. Press your fingers together while you do this. The Kubera Mudra opens and decongests, cleanses the frontal sinuses, especially if you draw the air upward while inhaling.

Visualize your goal, your future, or your special wish, in all its colors. At the same time, develop the feeling as if it already were reality. The thought is the pro creative power , the same applies to our goals and wishes. It is also obvious that we must

make our own contribution to this process

How to perform the Kubera Mudra or wealth mudra: Kubera Mudra is performed by joining together tip of your thumb, index and middle finger. The other two fingers needs to be bend so that can rest in the middle of your hand. This should be performed by both the hands.

Benefits of Kubera Mudra or Wealth mudra : This mudra is practiced to increase the once confidence level and serenity. One should visualize his goals before doing this mudra. You can do this mudra for longer times .There is not time restrictions for Wealth mudra

How does this Wealth mudra work?

The Thumb Finger represents the fire element, Index Finger represents the Air and Middle finger represents Space. Mars stands for forcefulness, Jupiter for resplendence and Saturn for its fixation on the essential All three elements will join the forces to achieve your desires.

People who want to fulfill their wishes can perform this wealth mudra daily. This mudra helps in increasing the intent to fulfill your wishes or desires. .Do this mudra when your looking for anything specific.

The Mind should be clear and should not be distracted with unnecessary thoughts will doing the wealth mudra. You should visualize your desires and goals while doing the Kubera Mudra.

2) Uttarabodhi mudra

Uttarabodhi mudra is very useful to get enlightenment.



How to perform:

This mudra is easy to perform just interlock the hands keeping the index finger straight touching each other and pointing upwards and the thumbs extended touching each other and pointing down wards.

Impact of uttarabodhi mudra:

Regular practice of this mudra leads to realisation of self and remove fear. This mudra gives us the knowledge of self and realisation that we should fear nothing except God.

Benefits of Uttarabodhi mudra:

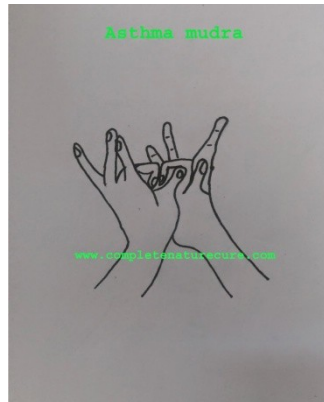
This mudra is the best mudra to soothe and calm excited nerves before beginning of a daunting task.

This mudra is very useful to improve self confidence and to overcome examination or stage fright, etc.

20 minutes of practice is enough to get result. You can perform this mudra any time or any position or whenever there is necessity

2) Asthma Mudra

Asthma mudra is a special mudra to relieve an asthmatic attack. Regular practice of this mudra helps to reduce the bad effects asthma.



Asthma mudra

How to perform Asthma mudra:

This mudra is very easy to perform just pressing together the finger nails of the middle fingers and keeping the other fingers gently extended.

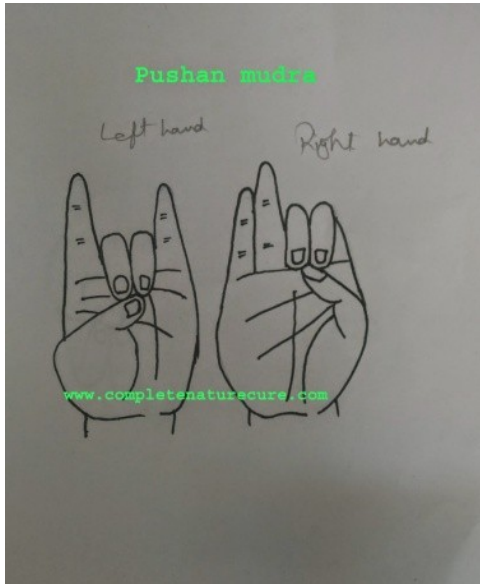
Impact of asthma mudra on health:

This mudra is very useful in the treatment and to prevent the attacks of asthma.

When you are feeling a breathlessness situation 15 minutes of practice will be great beneficial. Regular practice of ten minutes twice a day will be very

3) Pushaan mudra

Pushaan mudra is very useful to improve energy and nourishment. This mudra represents to sun the God of warmth.



Pushaan mudra

How to perform pushaan mudra:

This mudra is a combination mudra. You have to perform it by little care with the right hand perform vaayan mudra and with the left hand perform appan mudra.

Impact of puashaan mudra on health:

This mudra increases the major three elements of earth,air and space in the body.

Benefits and healing properties of Pushaan mudra:

Pushaan mudra is very effective in improving immunity and energy of the body.

Pushaan mudra is the best mudra to improve your strength, stamina and endurance.

Pushaan mudra is very useful to detoxify the body,It helps to

excretion of metabolic waste products through stools,urine and waste.

30 minutes of regular practice is enough to get good results,you can perform it any time or any position but it is better that you do it in the early hour of morning or in meditation to get optimum result

4) Surabhi mudra

Surabhi mudra is very useful to reduce all the bad effects three doshas.Due to its impact on all the three doshas its also called as tridosha naashak mudra. This mudra has a special property of balancing all the five elements in the body, this mudra has directly equal to saaman mudra.





Surabhi means cow, in Indian mythology there is cow kaamadhenu which fulfil all the wishes .This mudra gives that much help full to maintain good health and this mudra is called as Kaamadhenu mudra.

How to perform Surabhi mudra:

This mudra is not that much easy to perform like basic mudra.Look at the picture and read the description clearly.This mudra is formed by joining the tip of ring finger of each hand to the tip of little finger of the other and the tip of the index finger of each hand to the tip of middle of the other.This forms a figure that resembles the four udders of a cow.

30 minutes of regular practice is enough to get good results of this mudra.You can perform it any time or any position.It is preferable that early hour of morning or in meditation to get optimum result

Any one can perform this mudra to lead a disease free life.

5) **Vajra Mudra** – *Mudra of Enlightenment*

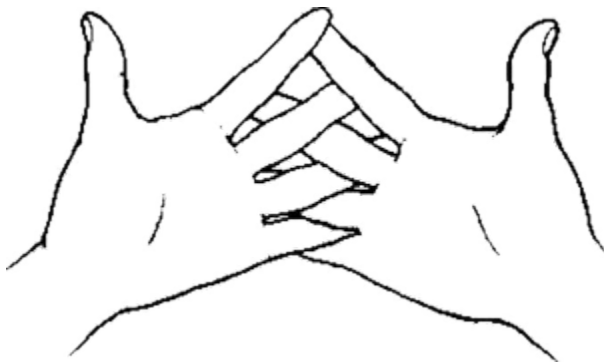


This mudra is made with the extended forefinger of one hand enclosed within the fist of the other, a Tantric gesture in Japan and Korea. The Japanese name is *Chi Ken-in*. This mudra is associated with Vairocana, one of five transcendent Buddhas, and stresses Knowledge in the spiritual world.

It the Mudra of Supreme Wisdom. The five fingers of the right hand represent the five elements protecting the sixth, man. One interpretation is the erect finger represents Knowledge cloaked in the illusion of the material world. Another version says the index finger is man, and the five enclosing fingers are the elements of earth, air, fire, water and ether encircling man.

Another interpretation says the erect forefinger represents Knowledge, hidden by the world of appearances (right fist). In Tibet, this mudra is perfect union between the deity and feminine power. It is unity in the manifold as embodied in Buddha.

6) **Vajrapradama Mudra**



This mudra represents unshakable self-confidence and inner strength.

It emanates a glowing river of golden energy; soft, kind, radiant, healing, everlasting. It is the gesture of confidence in the Self, the real Self that is one with Divine energy. This confidence is centered in the heart; the bridge between personal and spiritual faith. When faith is strong, the Heart communicates strength and confidence in the Heart Self.

Vajra means “thunderbolt” or “lightening bolt” and “diamond,” and suggests something luminous, powerful and indestructible. Vajra also means the true self, and Pradama means trust or confidence. In Buddhism the thunderbolt represents the ultimate weapon against doubt. Vajrapradama Mudra symbolizes unshakable confidence and it is personal power and faith in something greater. Let go of self-doubt, mistrust of others or hopelessness in the face of obstacles.

Practice Vajrapradama Mudra for opening the heart, the center of spiritual practice, and the center of compassion. There is a part of ourselves that is always whole and balanced, ready to meet life’s challenges. This center is the heart and Vajrapradama Mudra allows you to connect to it at any moment.

“I come with peace because I am peace”.

Interlace the fingers in front of the chest with the palms facing toward the heart and thumbs facing upward. Open the hands away from each other creating a gentle stretch to fingers. Rest the hands on the current of energy surrounding the heart. The hands form a web and symbolises the interconnectedness of all that exists. By forming the shape of a net or web in front of the heart we acknowledge interconnectedness with all that exists and awaken compassion.

7) Kundalini mudra (sexual power)



That we are balanced physical and mentally it is essential for our good health, but to have a life completely full it is essential that our sex life is also in harmony.

Close both fists, without tightening them. Now extends the left index and put it below in the right fist. Place the egg yolk of the right thumb on the tip of the left index. Keep this mudra as low as possible to the abdomen.

Practice as you need, until the desired effect during a long 15 minutes three times a day.

The Kundalini Mudra is clear: is the sexual force that must wake up and activated. The Union of masculine and feminine, of opposites. But above all, of the union of the individual soul with the cosmic. The four fingers of the right hand that surround the index finger symbolize the external and perceptible world, our mind and our soul, and the thumb left index symbolizes the divine.

A few words about sexuality that plays an important role as a spiritual practice in Tantra Yoga. It should not be forgotten that sexual organs exert a great influence on the mood of the people and that, therefore, it is vital that they are healthy. You must also know that sexual desire changes throughout life. Although desires, without if you are comfortable, everything goes well and is normal. But if these occur, you have to meet them with a partner or alone. This is very important, because the secretion has the function of cleaning. Bacteria, fungi, etc. which are installed in the vagina are destroyed and dragged out. Many people become sick because they do not meet the natural needs of the body, or because they are stressed by forcing the body to something than not feel need.

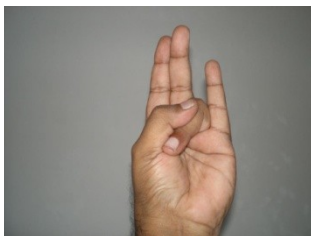
As prophylaxis against the inconvenience of women is useful to the foot of lion (*Alchemilla xanthochlora*) and against spasmodic discomfort of menstruation, argentina (*Potentilla anseriana* L.)

- **8) Surya Mudra**

Method

Reduces weight of your body.

Put the tip of ring finger at the base of thumb, with thumb gently pressing on it



8) Kamajayi Mudra

mudra for transforming excessive sexual energy into creative spiritual energy

Kamajayi Mudra – mudra for transforming excessive sexual energy into creative spiritual energy

