



ANCIENT WISDOM
SELF HEALING THROUGH MUDHRAS

HANDBOOK



A TRANSFORMATIVE GUIDE FOR
EVERYONE

Written by Vinothkumar Dharmalingam

DISCLAIMER

The material presented in this book is intended for informational and educational purposes only, and in no way is meant to be a substitute for individualized health care or treatment, or mental or behavioral health care therapy provided in-person by a qualified professional. Mudhra Therapy is an ancient form of energy healing and is not intended as a substitute for medical or mental or behavioral health care.

IS THIS FOR YOU?

Inspiration

One day when I was attending a Pilates class, the instructor suddenly felt unwell. She had continuous hiccups and ran to the restroom and came back. She was trying to teach but couldn't. I offered her help with a 2-minute Natural Healing and she quickly returned to normal and successfully completed the rest of the class.

At the end of the class, she told me, **"You saved my life."**

This led me to share my knowledge in a few classes and soon evolved into the creation of this book. My goal is to share this ancient knowledge with the common man and help the helpers or train the trainers. This book was created for all the caretakers, first responders, yogis, and massage therapists who are the real healing angels.

Proceed further if you want to experiment on your self-care journey.



NATURAL HEALER
VINO

My name is Vinothkumar Dharmalingam. I am a software engineer by profession but a Natural Healer by passion. Blessed to be part of a healing journey in multiple modalities and serve the community.

DEDICATIONS

I want to dedicate this book to my mom
Saroja, wife Sudha, daughter Varsha,
son Kanish, Dr Vasant Lad, all Natural
Healers and friends who were great
support in my healing journey.

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FOREWORD

Vinoth is a **gifted** healer. I have personally experienced many magical moments for my family including me, my daughter and my pet Marlie. He applies multiple modalities of natural healing and cares for everyone. I am grateful to recommend this book for anyone to see a transformation in your life.



Ashley Ghattas

Vinoth has come up with a simple and effective technique in Mudhra. He provides detailed information that's easy to understand no matter your background. Vinoth has always wanted to help yogis learn about energy science and ancient practices that can improve how we feel on a physical and emotional level. I strongly recommend this workbook for yoga students and instructors alike



Breeze Sansom



HOW TO USE THIS **HANDBOOK**

Start with a positive affirmation about the practice each time.

Follow the steps along with the pictures.

It will take time to practice if you are a beginner.
Keep practicing until you get better.

Tip: Look at the mirror to see how you are doing.
Performing Mudhra during the early morning is recommended.



QUESTIONS?

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INTRODUCTION

Mudhra are simple hand gestures which we do involuntarily as part of our life. There are countless numbers of Mudhra.

As per Vedic Science this Universe was created based on five elements in the following order:

Space -> Air -> Fire -> Water-> Earth

These great 5 elements exist in everything. Only the proportion of each element varies. One exception is the Space element. Space exists in all other elements.

Each element has its own quality and role in life.

There is a saying that one who can understand and control these five elements can become a great master or Yogi.

INTRODUCTION

Relationship between fingers and five elements

Finger	Element
Thumb	Fire
Index	Air
Middle	Space
Ring	Earth
Little	Water



CHAPTER TWO

TWO METHODS OF APPLICATION

Assume it's winter and it is snowing heavily while you are in your home. Here's what you can do to beat the cold:

- Option 1: Wear a jacket/thermal - Balance the cold
- Option 2: Turn on the heating system - Control the cold

Yes, the same technique are used in Mudhra. We can either balance or control the elements.

Balance - Tip of fingers touch each other

Control - One finger placed on top of the other

For example if you want to **balance** the Air element which corresponds to the index finger, bring the tip of your thumb and index finger together.

For example if you want to **control** the Air element which corresponds to index finger, place the tip of your thumb on top of your index finger.

CHAPTER THREE

THREE EFFECTIVE

MUDHRAS

As part of everyday life and learning from Ayurveda/Pranic healing, it's important to maintain both the energy body and the physical body. We know the importance of washing and regularly maintaining our car. We exercise, hydrate and eat nutritious food to take care of the physical body. Yet, there is a concept of energy body which also needs maintenance. You have likely observed how you will feel so happy when you are in a specific place but in other places you will feel the need to get out or leave sooner. Some people call this feeling vibes or vibrations and this energy is something that everyone can feel. As a yoga instructor, nurse, caretaker, massage therapist and first responder, you have probably felt some of the worst days in your life after your service, which cannot be measured. This is happening because your energy body is becoming weak and you are taking on the toxic or negative energy from others. If we regularly clean our energy body, we can better manage and improve our lives.

Based on my experience with students, I've seen great transformations with students who had complete faith. To be a successful person you need to have the following three things in place as part of your routine:

- 1) Have your energy body cleansed.
- 2) Open your heart chakra and be positive.
- 3) Balance your breathing pattern with strong affirmations/thoughts to be successful in what you do.

Mudhra works at the elemental level and helps in our physical body and also the mental/energy body.

For your research: Water element has memory. It is like a mirror; we will reap what we sow. Many sacred waters have pure energy generated out of prayers.



SHOOTING MUDHRA

As part of everyday life we take in many negative vibes and our energy body will accumulate dirty energy. When this dirty energy grows, our system becomes imbalanced and can develop a health disorder.

We must clean our energy body on a daily basis or whenever we feel discomfort without any reason.

Step 1



Step 2



Step 2 side view



Step 3 standing



Step 3 sitting



Once you come into the gesture as shown in the picture, either while sitting or standing, point the fingers to the Mother Earth or ground (NOT TO ANY PERSON). Imagine that any energy which is no longer required for the body is being released and consumed by Mother Earth up-to 10-feet deep.

This is true magic. Verbally or Mentally say - All of my Aura's or Chakra's dirty energy are being disintegrated and taken by Mother Earth. I am filled with positive vibes.

Perform this for three minutes.



LOTUS MUDHRA

As you have observed, you smile when you are happy and everything around you looks beautiful. This is also known as a downfall of bliss energy. This happens when our heart chakra is open.

Lotus Mudhra helps you to open the heart chakra and keep you in a blissful state.

Tip: Practice Lotus Mudhra with your loved ones or family and you will see the difference.

Step 1



Step 2



Step 3



Once you come into the gesture as shown in the picture (sitting is preferred), do not worry if your hands are in the position exactly as shown in the picture. Sometimes, because of trauma, anxiety or past events you've experienced, your heart chakra might be blocked. With time and practice, it will open.

This is true magic. Verbally or Mentally - Chant the Mantra -

RAMA RAMA RAM

RAMA RAMA RAM

SREE RAMA RAMA RAM

Perform this for three minutes.



WIN MUDHRA

When you wish your friends well by saying, "All the best" or "Best of luck," we show this Mudhra.

This is one of the most powerful Mudhra you can practice to become successful in your life.

At the Nadi/Meridian/Channel there are 3 main channels. Our right side body channel is masculine/hot energy, left side body channel is feminine/cool energy and then there is the central channel which is neutral.

During transition of our breath from left nostril to right nostril, this neutral state is the intermediate state which connects to the natural source energy/Universe energy. When we wish for good things at this moment, the Universe will guide us to make it happen.

Note: For students or anyone who is struggling with their work, this Mudhra will help them win in their work/projects/goals.

Step 1



Step 2



Step 3



Once you come into this gesture as shown in the picture. Do not worry if your hands are in the exact position as shown in the picture. Over time, you will get there.

This Mudhra helps in:

- a. balancing your masculine energy and feminine energy.
- b. straightening the spine and proper flow of energy.

This is true magic. Verbally or Mentally - Imagine your personal projects are successful. Over time, this thought process will sync with the Universal energy and things will materialize.

Perform this for three minutes.

Maintain a daily log for one month. You can start stepping up from one minute to five minutes. Write down the duration you practiced and reflect on how you felt during that day. Week after week, you will see a transformation.

All the best on your journey.

Love is God.



CONCLUSION
**CONGRATULATIONS
ON FINISHING
THE WORKBOOK**

I am very confident these three Mudhra will make a big difference in your life. Carry these gifts with you and heal the world.

Book for an in-person or remote consultation, if you would like to:

- learn more about your nature through Ayurvedic Face Reading/Palm Reading and tailor-made natural remedies.
- group classes to learn Mudhra
- receive Natural Healing for your pain due to physical or emotional causes using Pranic Healing, Grounding Therapy, Magnet Therapy, Marma Therapy, Sujok Therapy and Dowsing Therapy.

HEALING PICTURES



GROUNDING TEAM



WITH CLINT OBER



WITH OLIVIA



EXPERIMENTING GROUNDING



Love is God

**Do good karma, Universe will
make sure it will come back to you
in multi-fold**

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