

Welcome!



Mudra Vigyanam

Health in your Hand

There is nothing to lose and much to gain.....



Fingers Tattvas



A mudrā (Sanskrit: मुद्रा, lit. "seal") is a symbolic or ritual gesture in Hinduism and Buddhism. While some mudrās involve the entire body, most are performed with the hands and fingers. Mudrā is a "spiritual gesture" and energetic "seal of authenticity" employed in the iconography and spiritual practice of Indian religions and Taoism.

Mudrās are arm, hand and body positions used in the traditions of Hinduism and Buddhism. The great Buddha knew the use of mudrās and is often depicted using these ritual gestures. Various Kung Fu forms contain positions identical to these mudrās.

108 mudras are used in regular Tantric rituals. Mudras are also used in Indian Classical Dance. There are over 200 mudras in bharatanatyam and over 250 in mohiniattam.

When to perform



Energy test.....

- Mudras can truly be practiced almost anywhere and at any time, but only when we can also withdraw within ourselves almost anywhere and at any time.

How Long is a Mudra Held?




- One mudra per day for 45 minutes; chronic complaints can be eliminated.
- If it isn't possible to do this, these 45 minutes can be divided into three time periods of 15 minutes each.
- To heal a *chronic* complaint, it is beneficial to use it routinely, like a medication: every day at the same time and for the same length of time.
- *In Acute complaints—such as respiratory and circulation problems, flatulence, exhaustion, or inner restlessness—*should be discontinued when the appropriate effect is achieved.
- Other mudras can be practiced for 3 to 30 minutes, two to four times a day.

BREATHING TO ENHANCE THE MUDRAS



- When you practice a mudra *to calm yourself, then slow your breathing.*
- When you practice a mudra *to refresh yourself, then intensify your breathing.*
- The optimal quality of breathing is achieved when the breath is slow, deep, rhythmic, flowing, and fine.



At the beginning of a mudra meditation, exhale vigorously several times and then let the breath become deeper and slower. You now have three possibilities:

- *First: Focus on your hands and fingers, perceive the gentle pressure where they touch each other;*
- *Second: While inhaling, you can press the fingertips together a bit more and let go of the pressure when exhaling;*
- *Third: You can do it the other way around and apply a bit more pressure while exhaling and let go of the pressure when inhaling.*

Every variation has its special effect.



- The first variation centers, creates inner equilibrium, and builds up strength in general.
- The second variation strengthens the will and refreshes. The third variation calms and relaxes.
- Try out these variations and feel the difference yourself!
- It is possible that you won't immediately feel the effect, but it is still there.

VISUALIZATION, AND AFFIRMATIONS TO ENHANCE MUDRAS

The logo for Vidya Retreat is located in the top right corner. It features a circular emblem with a laurel wreath inside, and the words "Vidya Retreat" written in a serif font below it.

- The outer circumstances of our lives usually shape themselves according to our imagination and the contents of our minds.
- Same principle applies to affirmations as it does to visualizations.
- Say them full of faith, fervor, and serenity.
- You can say them one to three times, during or after the meditation.
- You can also pause for a moment during the day and speak your affirmation in a quiet or a loud voice.
- Make use of this wonderful possibility and talk yourself into what you really want—what is good for you.

MUDRAS AND MUSIC



If you pay attention to the following points, you can get a lot from using music with your mudras:

- Consider your own taste in music;
- Determine how long the playing time should be;
- Listen to the same piece at the same time for at least three days in row;
- Listen consciously, and immediately let go of any thoughts that may arise.
- Vocals are less suited for promoting relaxation.
- OM or peace mantra chanting is one of the best options.

MUDRAS AND MUSIC



- Clinics and rehabilitation centers use music as a component of routine therapy.
- We all know the healing effect of music, as a number of books have been published on the subject.
- Music is also good for healthy people who are occasionally plagued by weakness or physical imbalances.
- Since the music used for therapy plays anywhere from three to twelve minutes, and this amount of time corresponds to how long one holds a mudra.
- It is obvious that mudras and music can have a wonderful influence on each other.

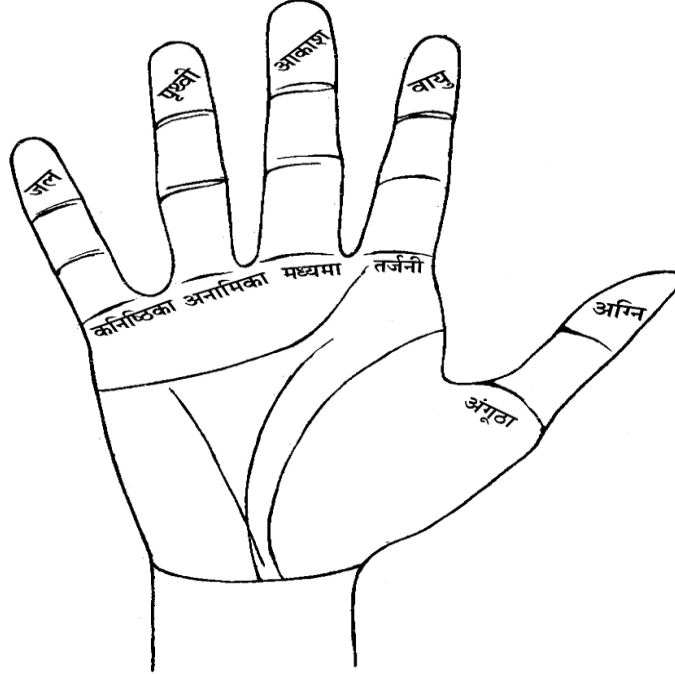
MUDRAS AND COLOR



- Colors influence our minds and our lives on every level.
- Colors also influence our moods and every type of mental activity.
- There are basically no "bad" colors, but it is important to use the right proportions.
- Every color can also be seen in our aura or energy body.
- While holding a mudra, you can either visualize a color, For example, you feel the need to go into the forest because you can best regenerate yourself there but don't have the time to do so. You can imagine a very green forest, and in your thoughts, you can totally luxuriate in the green of the leaves. This will refresh you inwardly.
- Such visualizations have long been used successfully, and pictures of lush landscapes are specifically installed in many hospitals to support the healing process. Try it out!

मुद्रा चिकित्सा

ब्रह्माण्ड जैसे पांच तत्त्वों से बना हुआ है ऐसे ही अपना शरीर भी पांच तत्त्वों से बना हुआ है, यह पांच महाभूततत्त्व अग्नि, वायु, आकाश, पृथ्वी और जल माने जाते हैं। हमारी पांचो अंगुलियाँ इन तत्त्वोंका प्रतिनिधित्व करती हैं।



अंगुली का नाम

Thumb

-

अंगूठा

Index

-

तर्जनी

Centre

-

मध्यमा

Ring

-

अनामिका

Little

-

कनिष्ठिका

तत्त्व का नाम

अग्नि

-

Fire - Sun

वायु

-

Air - Wind

आकाश

-

Ether - Space

पृथ्वी

-

Earth

जल

-

Water

GANESHA MUDRA

Hold your left hand in front of your chest with the palm facing outward. Bend the fingers. Now grasp the left hand with the right hand, which has its back facing outward. Move the hands to the level of the heart, right in front of the chest. While exhaling, vigorously pull the hands apart without releasing the grip. This will tense the muscles of the upper arms and chest area.

While inhaling, let go of all the tension. Repeat 6 times and then lovingly place both hands on the sternum in this position. Focus on the feeling in this part of your body. Then change the hand position: your right palm now faces outward. Repeat the exercise 6 times in this position. Afterward, remain in silence for a while. Once a day is enough.

This mudra stimulates heart activity, strengthens heart muscles, opens the bronchial tubes, and releases any type of tension in this area. It opens the fourth chakra and gives us courage, confidence, and openness toward other human beings



Varuna Mudra – Mudra of Water



Method:

Tip of little finger touches the tip of thumb, with the other three fingers stretched out.

Specialty:

It balances the water content and prevents all diseases which come due to lack of water.

Time Duration:

It has no specific time duration and one can practice it according to their time.

Benefits:

It retains clarity in blood by balancing water content in the body.

Prevents the pains of Gastroenteritis and Muscle Shrinkage



Prithve Mudra – Mudra of Earth



Method:

Tip of the ring finger touches the tip of the thumb, with the other three fingers stretched out.

Specialty:

It reduces all physical weaknesses.

Time Duration:

It has no particular time duration. You can practice it any time you want.

Benefits:

It helps to increase the weight for weak people.

It improves the complexion of skin and makes the skin to glow.

It makes the body active by keeping it healthy.



Shunya Mudra – Mudra of Emptiness



Method:

Keep the middle finger at the mount of Venus and press it with thumb.

Specialty:

It reduces the dullness in our body.

Time Duration:

One can practice it for 40 to 60 minutes daily until to be cured from the disease.

Benefits:

It relieves an earache within 4 or 5 minutes.

It is useful for the deaf and mentally challenged, but not for inborn ones.



Vayu Mudra – Mudra of Air



Method:

Keep the index finger on the base of the thumb and press with the thumb keeping the other three fingers straight.

Specialty:

It prevents all the diseases that occur due to the imbalance of the air.

Time Duration:

The practice of this mudra for 45 minutes reduces the severity of the disease in 12 to 24 hours.

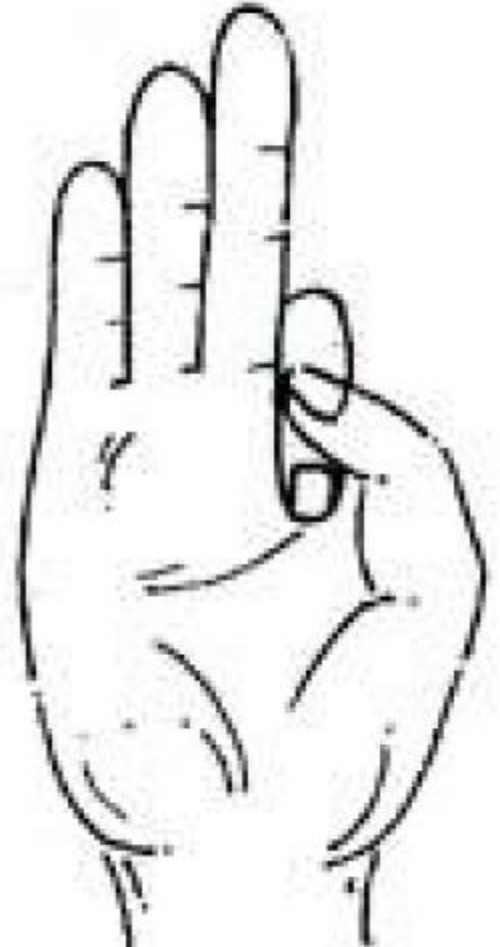
For better results practice it for two months.

Benefits:

It cures Rheumatism, Arthritis, Gout, Parkinson's disease and paralysis without any medicine

It is useful for Cervical Spondylitis, paralysis to face and catching of nerve in neck.

It corrects the disorder of gas in the stomach.



Gyan Mudra – Mudra of Knowledge



Method:

Touch the tip of the thumb to the tip of the index finger, with the other three fingers stretched out.

Specialty:

As it is a mudra of knowledge, it enhances the knowledge. The tip of thumb has centers of pituitary and endocrine glands. When we press these centers by index finger the two glands work actively.

Time duration:

There is no particular time duration for this mudra. You can practice by sitting, standing or lying on bed whenever and wherever you have time.

Benefits:

Increases memory power and sharpens the brain
Enhances concentration and prevents Insomnia
If we practice it regularly, it will cure all psychological Disorders like Mental, Hysteria, Anger and Depression.



Surya Mudra – Mudra of the Sun



Method:

Bend the ring finger and press it with thumb.

Specialty:

It sharpens the center in thyroid gland.

Time Duration:

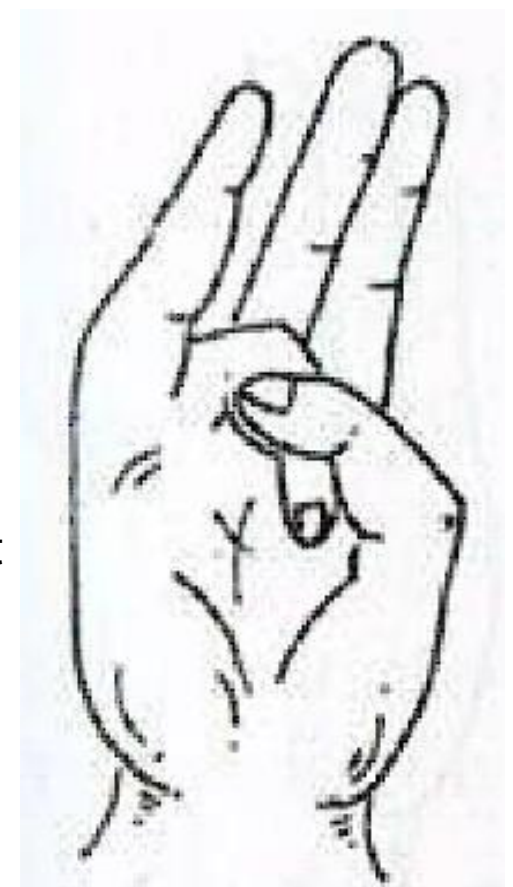
Practice it daily twice for 5 to 15 minutes.

Benefits:

It reduces cholesterol in body and helps in reducing weight

It reduces anxiety.

It corrects indigestion problems.



Prana Mudra – Mudra of Life



Method:

Bend ring finger and little finger and touch the tip of thumb with their tips keeping the remaining two fingers stretched.

Specialty:

As it is the mudra of life, it improves the power of life. Weak people become strong. It reduces the clamps in blood vessels. If we practice it regularly, we will become active.

Time Duration:

No specific time duration. One can practice it any time.

Benefits:

It improves immunity. Improves the power of eyes and reduces eye related diseases. It removes the vitamin deficiency and fatigue.



Apana Mudra – Mudra of Digestion



Method:

The tips of middle finger and ring finger touch the tip of the thumb while the other two fingers are stretched out.

Specialty:

It plays an important role in our health as it regulates the excretory system.

Time Duration:

Practice it daily for 45 minutes, but practice for longer time yields more benefits.

Benefits:

It regulates diabetes.

It cures constipation and piles.

It helps excreting the normal waste regularly.



Apana Vayu Mudra – Mudra of the Heart



Method:

The tips of the middle finger and ring finger touch the tip of the thumb, while the index finger touches the base of thumb and little finger stretched out.

Specialty:

It benefits the heart. It works like injection in the reduction of heart attack. It is as powerful as sorbitate tablet. It reduces the gas content in body.

Time Duration:

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.
It regulates excretory system.
It redeems gastric trouble.



Linga Mudra – Mudra of Heat and Energy

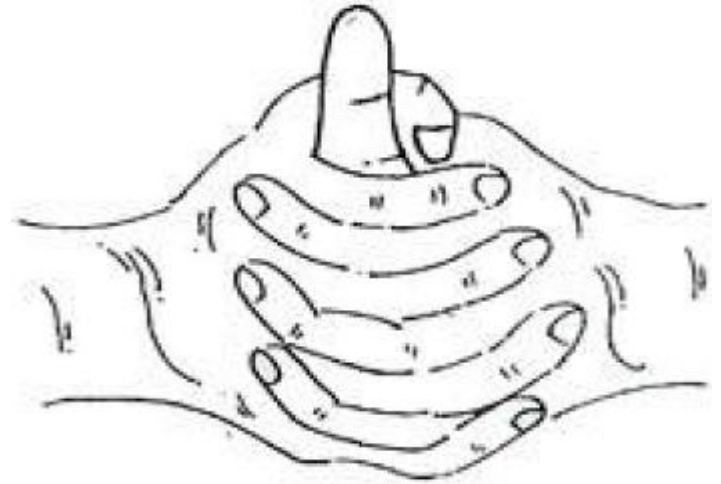


Method:

Interlock the fingers of both the hands and keep the thumb of the left hand vertically straight and encircle it with the thumb and the index finger of the right hand.

Specialty:

It generates heat in our body. Take milk, ghee, more water and fruit juices in addition to practice of this mudra for much benefits.



Time Duration:

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.

Benefits:

It stops production of phlegm and gives power to lungs.
It cures severe cold and bronchial infection.
It invigorates the body.

USHAS MUDRA

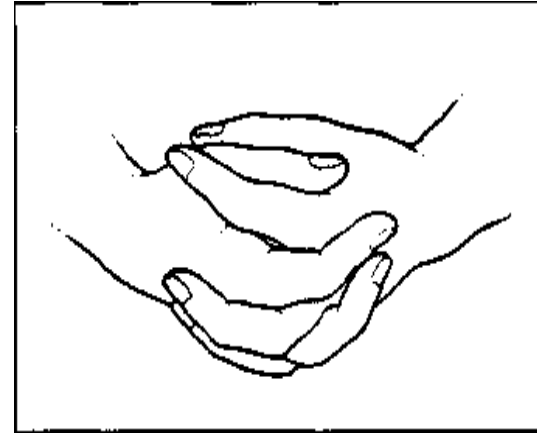
{Break of day—origin of all good things}



Women should place the right thumb between the left thumb and index finger, pressing on it with the left thumb. Do this every day for 5 to 15 minutes.

This mudra concentrates the sexual energy of our second chakra and directs it into the energy centers above it. It gives us mental alertness, pleasure, and new impulses. In addition, it harmonizes our hormonal system.

The Ushas Mudra helps us wake up in the morning. When you are still sleepy and lying in bed, place your clasped hands at the back of your head. Now inhale vigorously and deeply several times; open your eyes and mouth widely; press your elbows back into the pillow. While exhaling, let go of every tension. Repeat 6 times.





USHAS MUDRA

{Break of day—origin of all good things}

In your imagination, see yourself sitting in a good place where you can enjoy the sunrise. The sun slowly rises, and you let the colors red, orange, and yellow have their effect on you for a long time. These colors awaken and improve your mood. Now imagine yourself as a person who is full of youthful strength and new impulses, as someone who enjoys life, a person who goes out into the world with love, and richly blesses it with a sincere smile, good deeds, and beautiful things.

Affirmation

I am filled with pleasure and enthusiasm, which allow me to achieve great things. I enjoy life to the fullest.

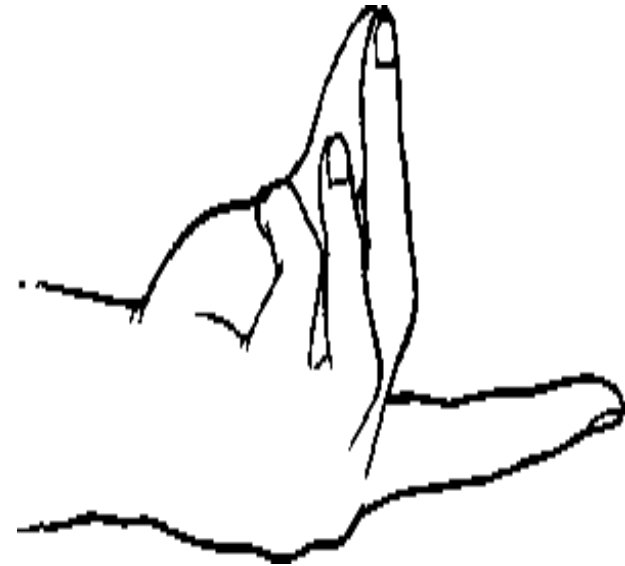
BRONCHIAL MUDRA



For an acute attack of asthma, first use this mudra from 4 to 6 minutes and then practice the Asthma Mudra (Number 5) until breathing has become normal again. For a long-term treatment, hold both mudras for 5 minutes, five times a day.

Affirmation

Every breath gives me strength. It strengthens my body, mind, and soul.

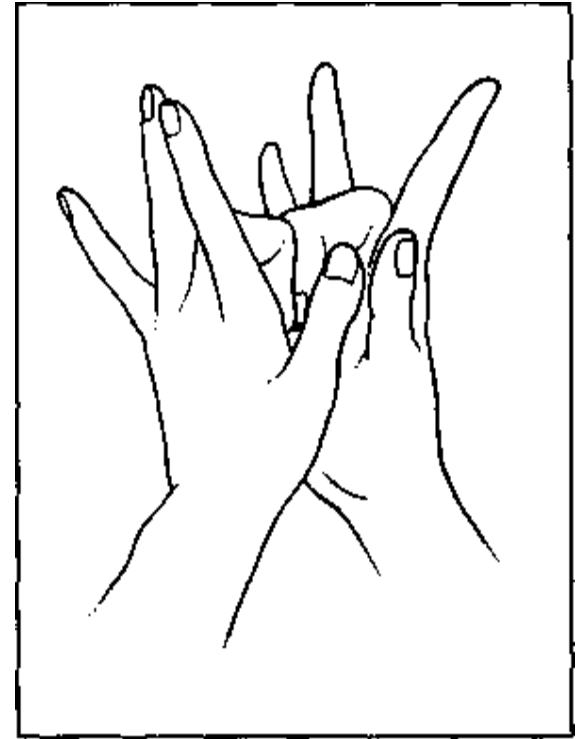


ASTHMA MUDRA



Both hands: Press together the fingernails of the middle fingers and keep other fingers extended.

In case of an acute asthma attack, first do the Bronchial Mudra for 4 to 6 minutes. Then use this Asthma Mudra until the breathing calms down. For long-term treatment, use these two mudras five times every day for 5 minutes.



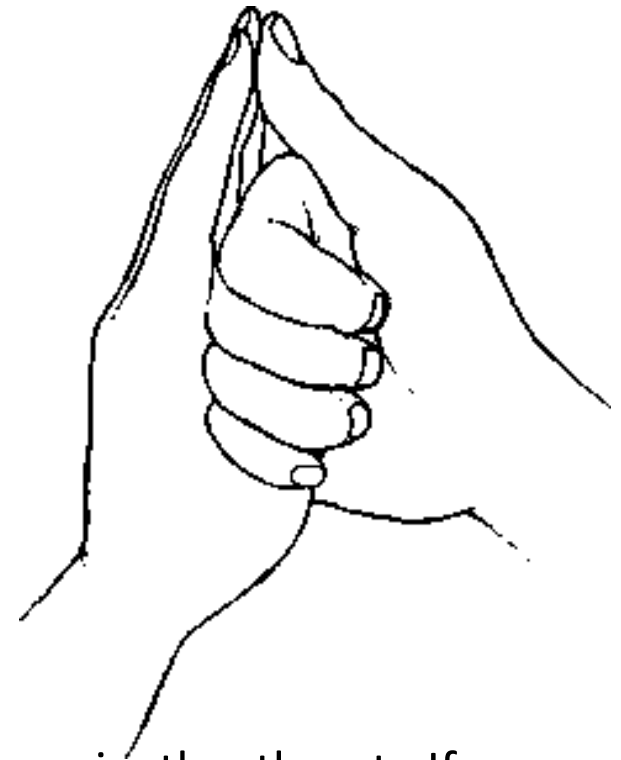
SHANKH MUDRA ***(Shell Mudra)***



Encircle the your thumb with the four fingers of your right hand. At the same time, touch the right thumb to the extended middle finger of your left hand. Together, the two hands look like a conch shell. Hold your hands in front of your sternum. Do this as often and as long as you want. Or use it three times daily for 15 minutes as a course of treatment.

When you want to practice this mudra, you can first sing "OM" several times. Then listen within yourself, to the silence, for several minutes afterward.

The Shell Mudra drives away every kind of problem in the throat. If you practice it regularly, especially if you sing "OM" as you do it, you can improve your voice. It also has a very calming effect and leads to collection in silence.



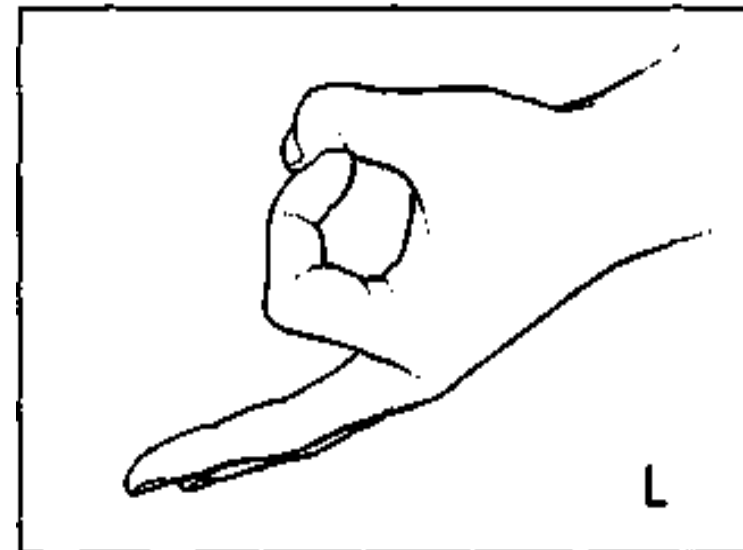
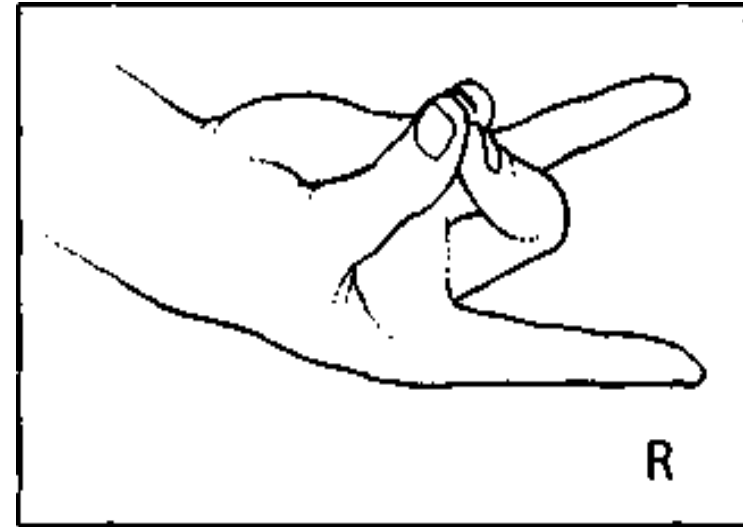
BACK MUDRA



Do four times a day for 4 minutes or, against acute complaints, until it has an effect. This mudra is primarily effective when someone with a weak back has engaged in an activity (for example: garden work or cleaning) that has strained the back too much and caused painful tensions, or when someone has sat too long in the wrong position.

Affirmation

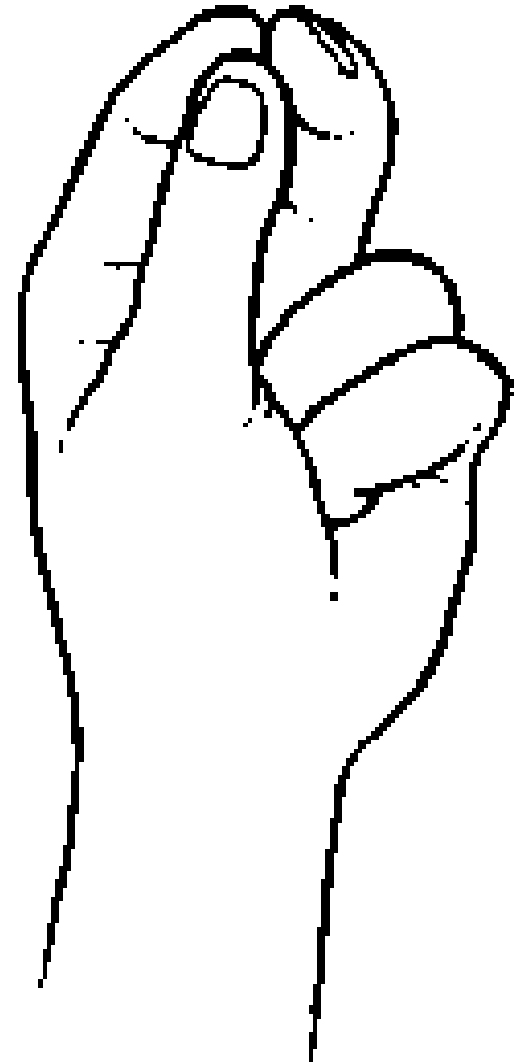
My backbone is strong, my back is wide, and I am protected and supported both inside and outside



KUBERA MUDRA



The Kubera Mudra can be used for a great variety of concerns. It doesn't matter how long it is practiced, but it does matter that you do it with intensity. Many people already know it as the "Three Finger Technique" from Alpha Training¹² and 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 (forcefulness), Jupiter (resplendence, exuberant joy), and Saturn (fixation on the essential and passing through new gateways) join forces.



KUNDALINI MUDRA



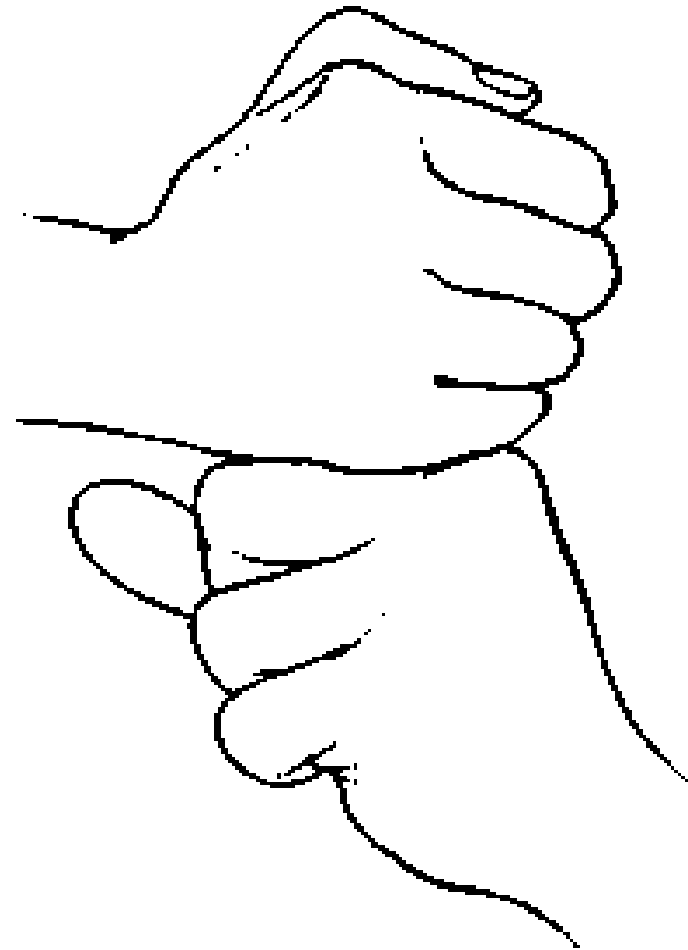
Form a loose fist with both hands. Now extend your left index finger and stick it into the right fist from below. Place the pad of your right thumb on the left fingertip.

Hold the mudra as low as possible in front of your abdomen.

Use as needed or until the desired effect occurs. Or do it three times a day for 15 minutes.

The form of the Kundalini Mudra makes its purpose clear: This is associated with sexual force that is to be awakened or activated. It is the unification of masculine and feminine, the opposites in the polarity.

Above all, this mudra symbolizes the unification of the individual soul with cosmic soul.



KSEPANA MUDRA

(The gesture of pouring out and letting go)

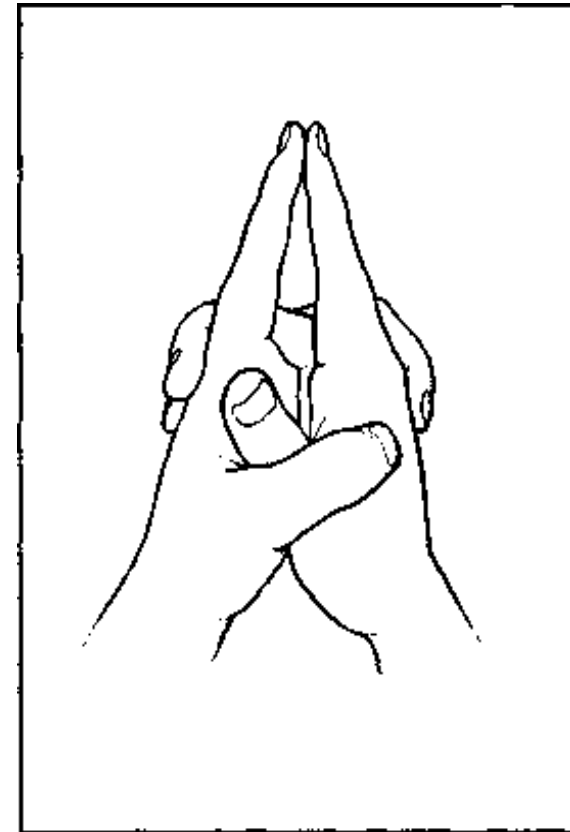


When seated, point the index fingers to the ground. When lying down, point them in the direction of your feet. Completely relax both hands.

Hold this mudra for just 7 to 15 breaths and concentrate on your exhalation.

Sigh deeply 3 times while you do this. Then, place your hands on your thighs with palms turned upward.

The Ksepana Mudra stimulates elimination through the large intestine, skin (perspiration), and lungs (improves exhalation), as well as removing expended energies. It should not be held for too long, because fresh energy is also caused to flow out after several breaths. In addition, it promotes the release of all types of tension.



KSEPANA MUDRA



When we find ourselves in the midst of many people, we also absorb much of their negative energy—particularly if our own energy level is too low. This mudra encourages expended or negative energy to flow away, followed by the absorption of fresh and positive energy.

Visualize the following picture. You sit on an elevated stone in a stream, or next to it, and hold this mudra. While you exhale, so much sweat pours from every pore that a rivulet flows out of you into the stream. In conclusion, wash yourself in the cooling water of the stream. Then place your hands on your thighs. Turn to the warming sun and let it dry you. Open yourself once again for the fresh energy that fills you anew when you inhale.

Affirmation

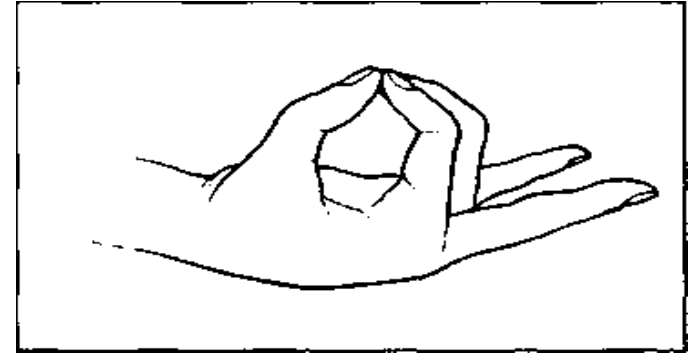
Spent energy in my body, mind, and soul flows away from me, and I thankfully accept all things that refresh me.

RUDRA MUDRA

(Ruler of the solar plexus chakra)



Place the tips of your thumb index finger, and ring finger together. Extend the other two fingers in a relaxed way. Do this with each hand. Use as needed, or three to six times a day, for 5 minutes.



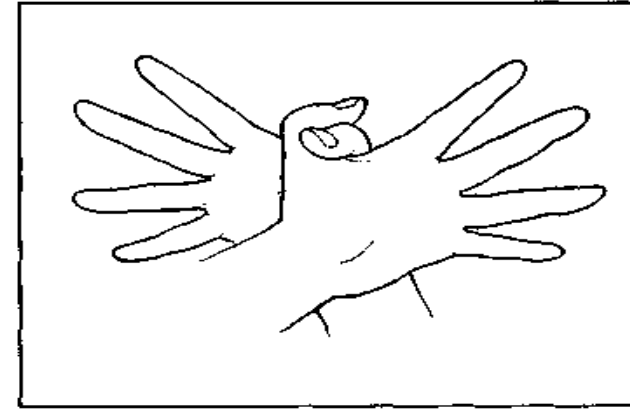
The Rudra Mudra strengthens the earth element and its organs. If the chi (the Chinese term for elemental energy) suffers a distinct decrease because of weakened earth energy, there will also be a diminished supply to the head area as a result. Consequently, the person feels listless, heavy, weighed down, or even dizzy. Such a state of weakness can be relieved or even completely eliminated with this mudra.

Affirmation

I rest at my center and draw strength and joy from my center.

GARUDA MUDRA (*Garuda, the mystical bird*)

The Garuda Mudra is very powerful and should be dosed well. This mudra activates blood flow and circulation, invigorates the organs, and balances energy on both sides of the body. Whether in the pelvic or chest area, it invigorates and stimulates. It relaxes and relieves pain related to menstrual complaints, stomach upsets, and respiratory difficulties. It also helps people deal with exhaustion and mood fluctuations. Caution is advised for those who have high blood pressure



Try to imagine living your life as a big bird of prey (and not as a poor little mouse). You sail elegantly and lightly through the air and see the landscape (your life) from a certain distance. You see the mountains (your challenges) for what they are (not too high and not too low), and you also see the best way to overcome them. You have the clear sight of a bird of prey and can differentiate between what is significant and what is unimportant. You don't strive to get more or less than you need, and therefore live in contentment and harmony with your surrounding world.

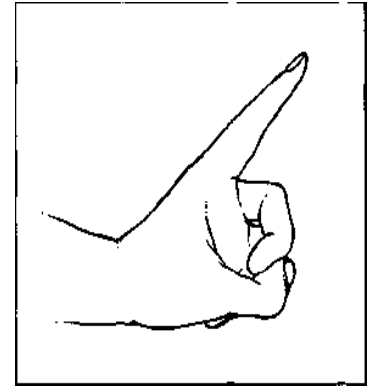
Affirmation

I am inwardly free. I get what is due to me, and I live in harmony with my world.

SUCHI MUDRA

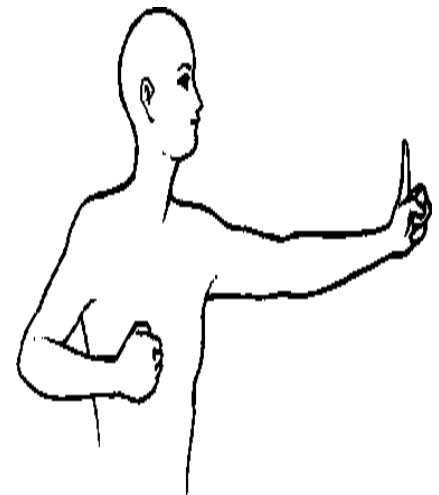


First clench both fists and hold them in front of your chest (basic position). While inhaling, stretch the right arm to the right and point the index finger upward. At the same time, stretch your left arm to the left. Hold this tension for 6 breaths and then return to the basic position. Repeat six times on both Sides. For serious chronic constipation, do four times a day. For light constipation, repeat six to twelve times in the morning and at noon. When traveling or in acute cases, practice every morning before rising for 5 to 10 minutes while comfortably lying in bed.



Affirmation

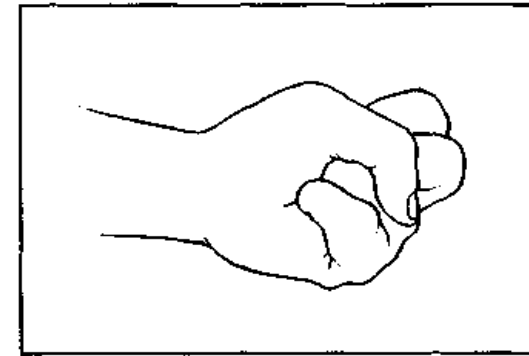
/ let go and give up everything that has been used up in my body, mind, and soul.



MUSHTI MUDRA (Fist)



The Mushti Mudra activates the liver and stomach energy, promotes digestion, and helps cure constipation. When we show someone our fist, the other person understands this gesture and will react with fear, flight, or counterattack. But this will hardly solve the problem.



When aggression arises, it should be let out in the foreseeable future. Make vigorous fists and punch pillows with them, jog, stomp, dance, or even clean the house! Then look for the cause of the aggression and develop a strategy as to how its trigger can be eliminated. Many problems can be cleared up by discussing them.

MUSHTI MUDRA **(Fist)**



Imagine scenes in which you behave too fearfully or too aggressively. Now change the scenes to how you would like them to be. For example, you can practice how to say "no" or how you act toward a boss, your partner, or your parents. But just saying "no" doesn't achieve all that much: mentally work out sensible suggestions for solutions.

Whether in planning the weekend or restructuring work, you can train your clear powers of imagination and awaken your fantasy in this respect. Your life will soon be more colorful and richer.

Affirmation

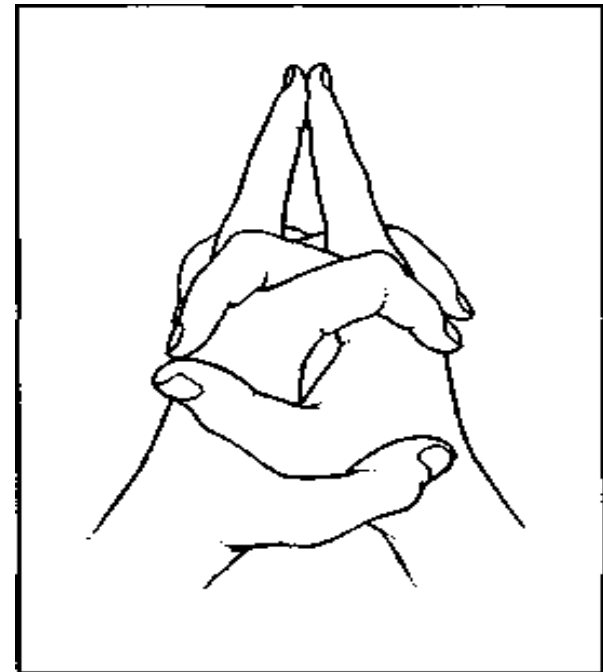
/ am quiet and serene in every situation.

MATANGI MUDRA

(Matangi—god of inner harmony and royal rulership)



Fold your hands in front of your solar plexus (stomach area), point both middle fingers and place against each other. Direct your attention to the breath in the solar plexus or stomach area. Do as needed, or three times a day for 4 minutes. This mudra strengthens the breathing impulse in the solar plexus and balances the energies in this area. It stimulates the wood element, which represents new beginnings, and the earth element, which gives life its depth. The heart, stomach, liver, duodenum, gallbladder, spleen, pancreas, and kidneys profit from the Matangi Mudra. An excited heart becomes noticeably more calm, and inner tension (such as diverse spasms or sensations of fullness) that hamper digestion are resolved.



Imagine a yellow desert in which you create a beautiful green oasis, a place of harmony and joy. This is your personal retreat, and you form it completely according to your own preferences and needs. Here you find yourself again. You become calm and still, and your soul attains peace.

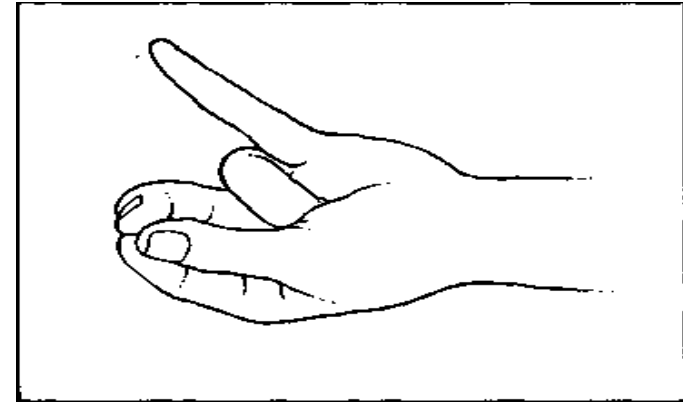
Affirmation

Rest, silence, and peace fill me completely.

MAHASIRS MUDKA ***(Large head mudra)***



Headaches have a great variety of causes and can hardly be made to disappear once and for all with one single mudra. Frequently, weather influences or tension in the eyes, neck, back, or pelvis are at fault; or there are problems with the sinuses or digestion. All of this can result in too much energy being focused on the head, and this leads to tension that causes pain in the head. In order to release this tension, it is important to direct consciousness into other body parts (abdomen, feet, or hands). The Mahasirs Mudra balances energy, has a tension-relieving effect, and eliminates mucous congestion in the frontal sinuses.



While exhaling, imagine that waves of energy are flowing down from your head through your neck, back, arms, and legs, and leaving through your hands and feet. After a while, imagine that your head is clear, cool, clean, and light. In conclusion, stroke your face with spread fingers and enjoy the feeling for a while.

Affirmation

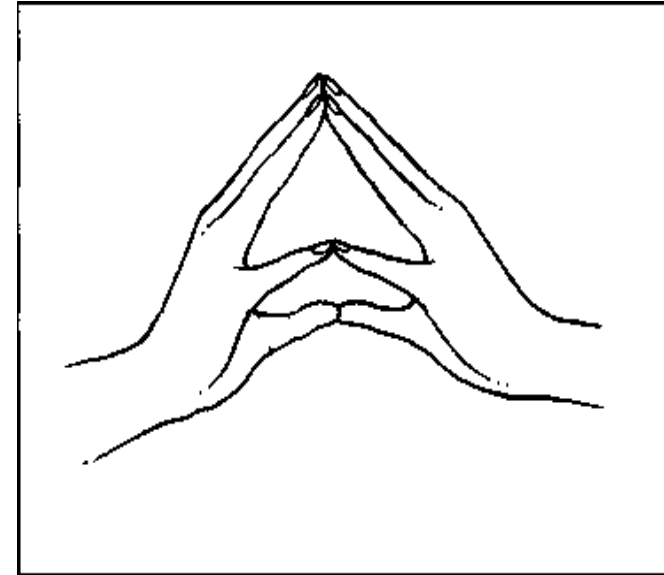
I have a free, light, clear, and cool head.

HAKINI MUDRA

(Hakini—god of the Forehead [6th] Chakra)

When you would like to remember something, or want to find the red thread again, place your fingertips together, direct your eyes upward, place the tip of your tongue on your gums while inhaling, and let the tongue fall again while exhaling.

Then take a deep breath—and what you wanted should immediately occur to you. Moreover, when you must concentrate on something for a longer period of time, could use some good ideas, or want to remember something that you have read, this mudra can be useful.



About three feet in front of you, imagine an object, such as a burning candle, a piece of fruit, or a stone. Look at the object as long as possible without blinking. Now close your eyes and try to imagine the object. Immediately let go of every rising thought not related directly to the object. Hold your concentration as long as you can.

Affirmation

Concentration is my strength.

TSE MUDRA

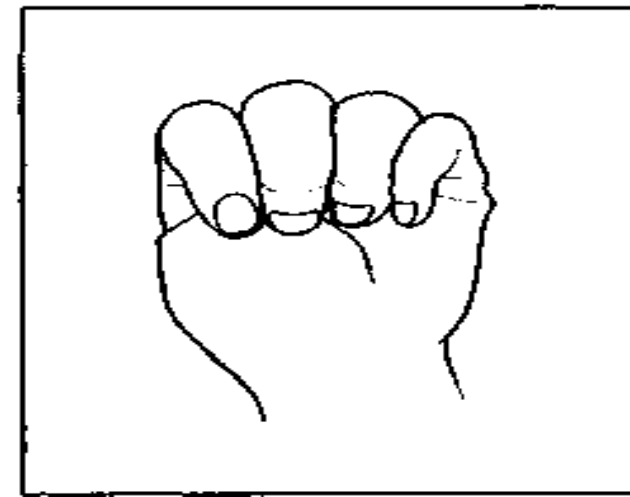
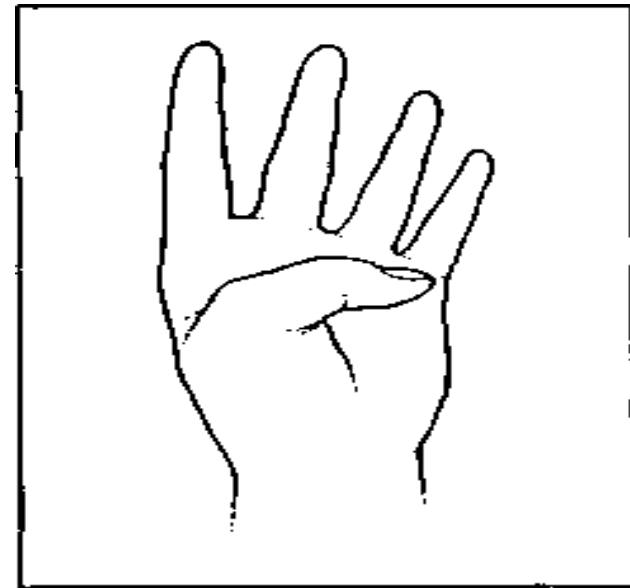
(Exercise of the three secrets)



Place both hands on your thighs. Put the thumb tip onto the root of your little finger.

Slowly encircle your thumbs with the other four fingers while slowly inhaling through your nose. Hold your breath and form the sound of OM seven times in your head while hearing the vibration of the tone in your right ear.¹³ Then slowly exhale while drawing in the abdominal wall; open your hands again and imagine all your worries, fears, and unhappiness leaving your body.

Repeat this exercise seven to forty-nine times, but at least seven times—



TSE MUDRA

(Exercise of the three secrets)

In your mind, see yourself sitting close to the sea. Your feet are gently bathed by the waves. Deeply inhale the refreshing ocean air, hold your breath for a few seconds, and then slowly exhale. Now feel a light rain and how the warm water washes away all your sadness and cares.

Then turn your face to the sun and allow the light and warmth to stream in through the pores of your skin. Let yourself be comforted and given new confidence and joy.

Affirmation

I am filled with light, lightness, and divine joy.

VAJRA MUDRA

(Gesture of the fiery thunderbolt)

Press your thumb onto the side of the middle fingernail, the your middle fingernail, and the little finger at the side of your ring fingernail. Extend your index finger. Do this with each hand. Do as needed, or three times a day for 5 minutes. Circulation may be weakened when blood pressure is too low, or there is a weakness in the earth element (see Appendix C), which is associated with the energy of the stomach, spleen, and pancreas, or a weak heart. A lack of drive, listlessness, and dizziness are the consequences. With the Vajra Mudra, you can stimulate circulation.



Imagine a fiery, glowing ball in your pelvis. With every inhalation, the fireball climbs up your spinal column, to your heart, through the throat, and up into your skull. The ball heats your body and your vitality; it warms your heart and illuminates your mind.

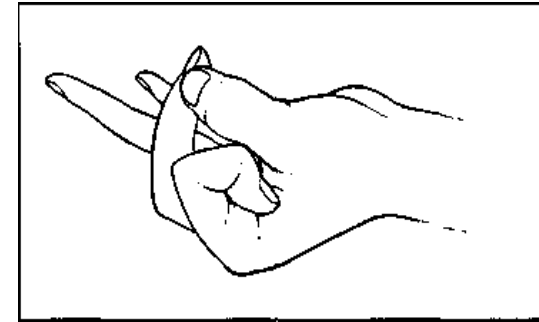
Affirmation

/ enjoy this present day with joy in my heart.

BHRAMARA MUDRA *(The bee)*



The name of this mudra comes from Indian dance and represents the bee. Today we use bee products against allergies, and this mudra has the same effect. The cause of allergies is a weakened immune system and/or intestinal flora that has also been affected. For example, antibiotics and many other medications harm the intestinal flora. The effects are mucous congestion in the frontal sinuses, bronchial tubes, and intestinal tract, not to mention a great variety of rashes. A change of weather, pollen, and animal hairs are often just the triggers, but not the actual cause.



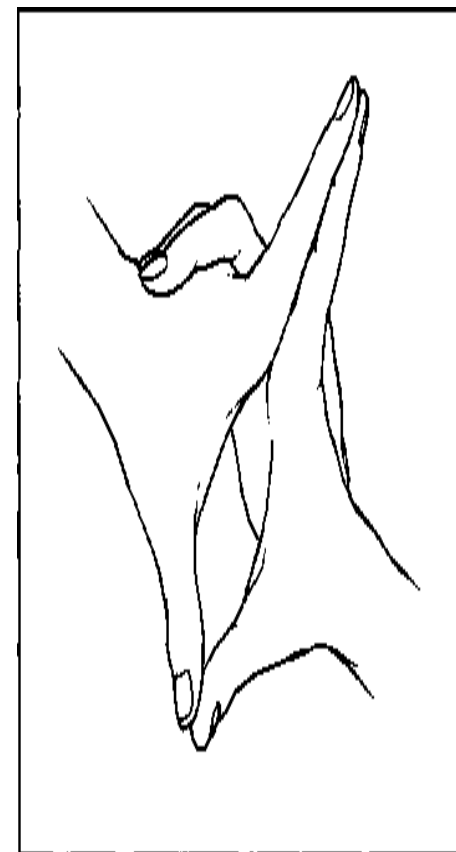
What are you afraid of? Imagine an object to which you are allergic. And then imagine how to stay healthy when you touch it. At first, you may feel inner resistance against this idea, which is normal. Repeat the images until you react neutrally to them.

UTTARABODHI MUDRA

(Mudra of the highest enlightenment)



Place both hands folded in front of your solar plexus, at the level of your stomach. Lay the respective index fingers and thumbs on each other. Point your index fingers upward to the ceiling, and your thumbs downward to the floor or stomach. If you are lying down, the tips of your thumbs may lie at the lower end of your sternum. The Uttarabodhi Mudra can be held anywhere, at any time, and for as long as you want. You can use this mudra when you feel physically and mentally listless, when you want to relax, or when you need a rousing idea—a flash of inspiration. The Uttarabodhi Mudra strengthens the metal element, which is associated with the energy of the lungs and large intestine. The metal element has a direct relationship with the nervous system and anything that conducts electrical and/or energetic impulses. These are both the internal and external paths that connect human beings with the surrounding world and the cosmic forces.



UTTARABODHI MUDRA ***(Mudra of the highest enlightenment)***



Imagine a line that extends from your pelvis to your heart, your head, and far beyond your head, losing itself in infinity. Whatever you now desire—solutions, answers, healing power, clarity, etc.—comes to you through this line as light from the cosmos. Perhaps you also wish for something for a fellow human being. Then conduct this light into your heart and to the respective person from there.

Affirmation

My partnership with the powers of the cosmos allows my life to appear in a new light.

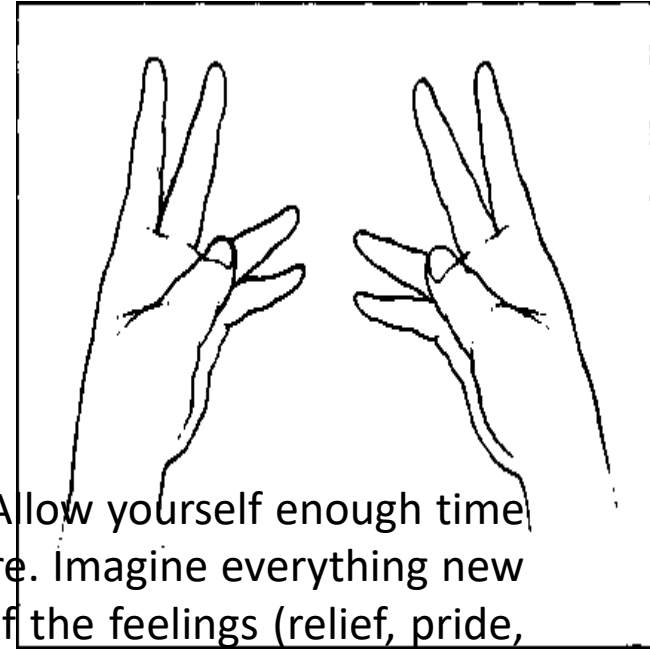
DETOXIFICATION MUDRA



Place each thumb on the inner edge of the third joint of your ring finger. Do this with each hand. At least once a year, we should all plan a detoxification treatment.

During the detoxification days, lie down to rest often. This is the time to use this mudra for supporting the detoxification process. It is important to consider the things, in addition to waste materials and toxins, you are willing to let go of—bad memories, old grudges, bad habits, negative character traits, fears, etc. This will make room for something new.

Visualize a film where you see what you are letting go of. Allow yourself enough time to do this. Afterward, visualize new qualities that you desire. Imagine everything new in a very lively and detailed manner; create within yourself the feelings (relief, pride, joy, etc.) that you will have when the goal has been reached—when your wish is fulfilled.



Affirmation

I entrust my wish or goal to divine protection—and everything will be fine.

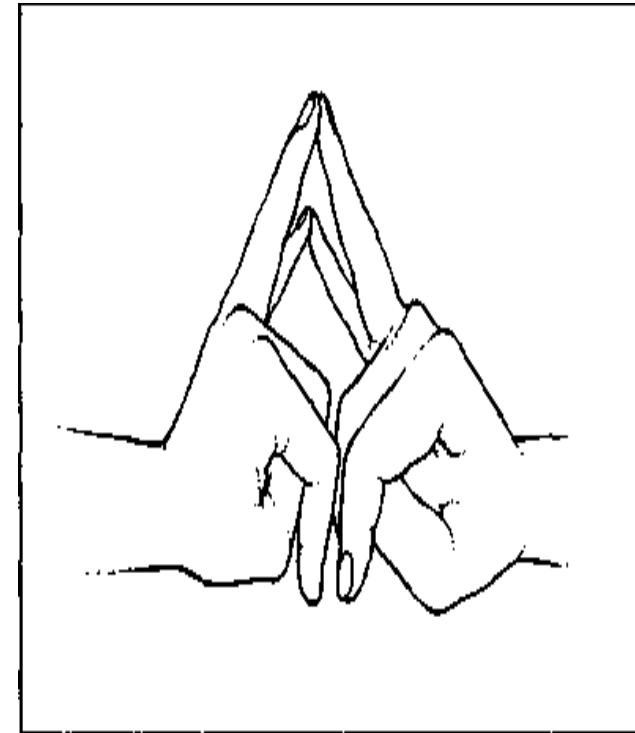
SHAKTI MUDRA

(In honor of Shakti, the goddess of life energy)



Place your ring fingers and little fingers together. The other fingers are loosely bent over your thumbs which are placed in your palm. Focus on your breathing in the pelvic area, and slow down exhalation somewhat.

Do as needed, or three times a day for 12 minutes. The Shakti Mudra intensifies the respiratory impulse in the lower chest area. You can increasingly perceive breathing in the pelvic area. It has a calming effect and will help you fall asleep at night. If it is done too often or held for too long, it may also lead to lethargy. It can bring pleasant relaxation to the pelvic area. As a result, it can counteract spasms in the intestines, or even menstrual complaints.



MAHA SACRAL MUDRA (*Large pelvis mudra*)

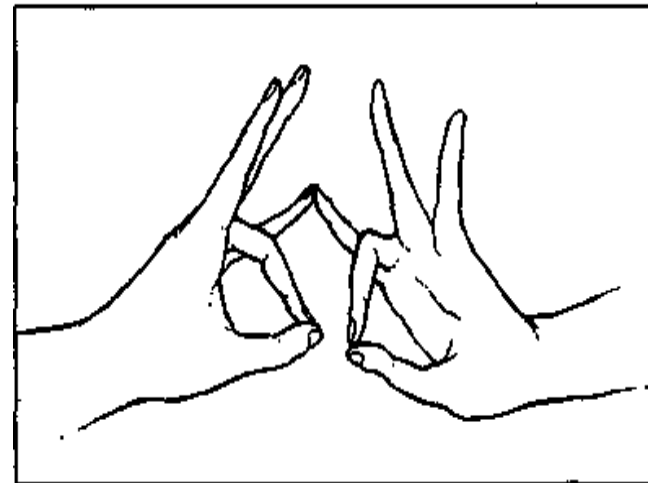
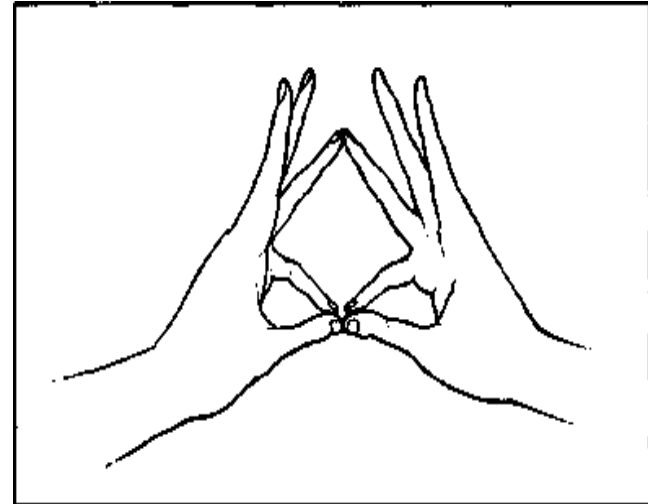


Place your ring finger pads together, with your little fingers on the thumbs. Hold this hand position for 10 breaths.

Now place the pads of your little fingers together and place your ring fingers on your thumbs. Also hold this variation for 10 breaths.

Do as needed, or three times a day for 7 minutes. This wonderful mudra helps handle complaints in the lower abdomen; it is particularly good against pain during menstruation.

It can also bring relief for inactive intestines, intestinal spasms, or bladder and prostate complaints, since it has a relaxing and energy-balancing effect.

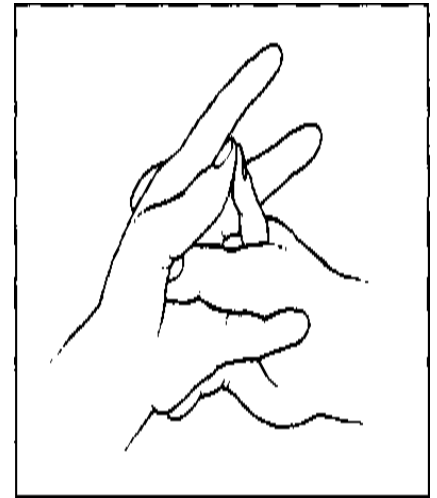


MAKARA MUDRA

(Makara—the name of a crocodile in Indian mythology)



Place one hand inside the other. Extend the thumb of your lower hand through the little finger and ring finger of the other and place in the middle of the palm of your upper hand. This hand's thumb and the tip of your ring finger touch each other. Do this three times a day for 4 to 10 minutes. Within the shortest amount of time, the crocodile can mobilize tremendous strength, which it has built up during its endlessly long resting periods. Human beings also have reserves of strength that are restored during phases of rest. This mudra activates kidney energy, which is related to this reserve of strength. Feeling listless, depressed, and dissatisfied—as well as having black rings under your eyes—usually indicates a reduced supply of energy.



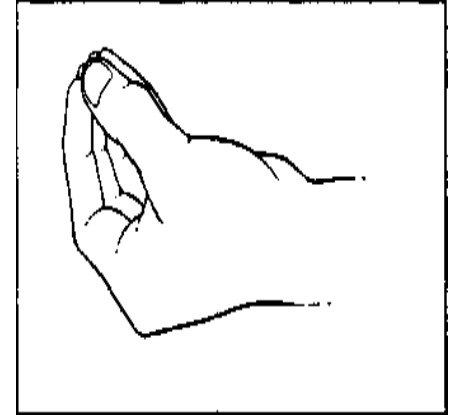
The color blue has a positive influence on the water element.

MUKULA MUDRA (Beak hand)



Place the four fingers on your thumbs and put your fingertips on the part of your body that needs more energy. Do this with each hand.

This energy-giving and relaxing mudra is placed on the organ or body part that hurts, or that feels weak or tense. This is like directing a laser ray of regenerating energy to the respective body part or organ that needs healing.



For treatment of the lungs, visualize the color white; for the liver and gallbladder, green; for the stomach, spleen, and pancreas, use yellow; use red for the heart or small intestine; use blue for the kidneys and bladder.

Affirmation

Dirt out—power in.

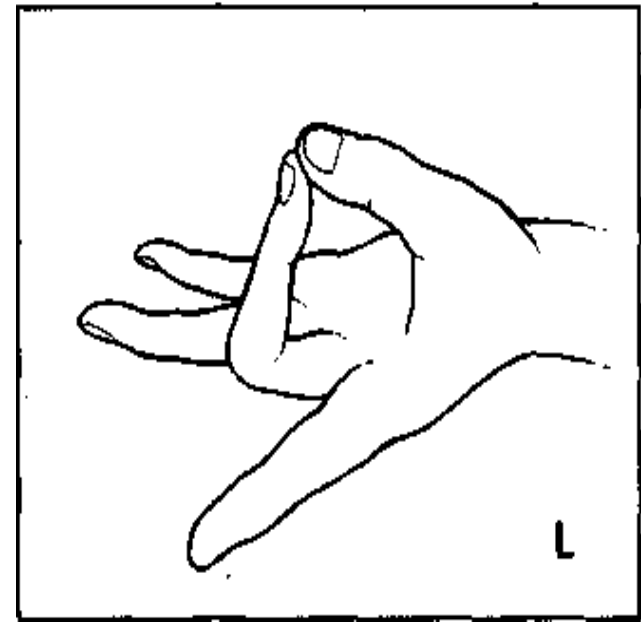
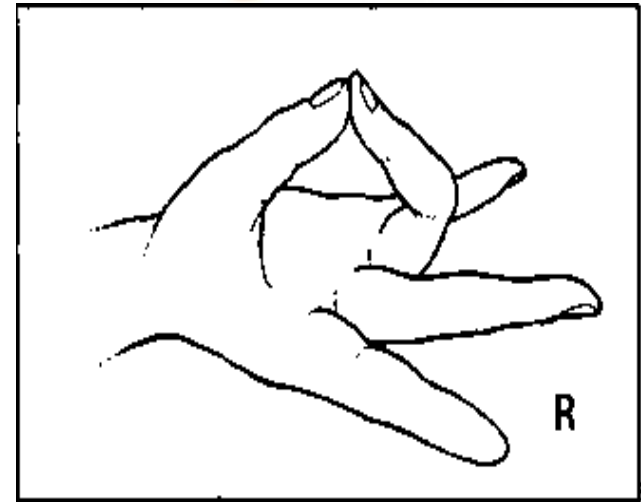
JOINT MUDRA

Right hand: Thumb and ring finger together.

Left hand: Thumb and middle finger together.

Do as needed, or four times a day for 15 minutes. In case of illness, the mudra should be held six times a day for 30 minutes.

This mudra balances energy in your joints. I have had very good experience with it when my knees were sore after a hike, especially walking down mountains, or when I have worked too long at the computer and have an unpleasant feeling in my elbows.



JOINT MUDRA



Visualize images where you completely enjoy your flexibility; you easily and freely move your legs and arms, feet and hands, head and neck. You see yourself as a dancer, athlete, or performer and feel how your energy flows and your mood improves.

Affirmation

/ enjoy my flexibility. It uplifts my soul and stimulates my mind.

KALESVARA MUDRA

(Dedicated to the deity Kalesvara, who rules over time)

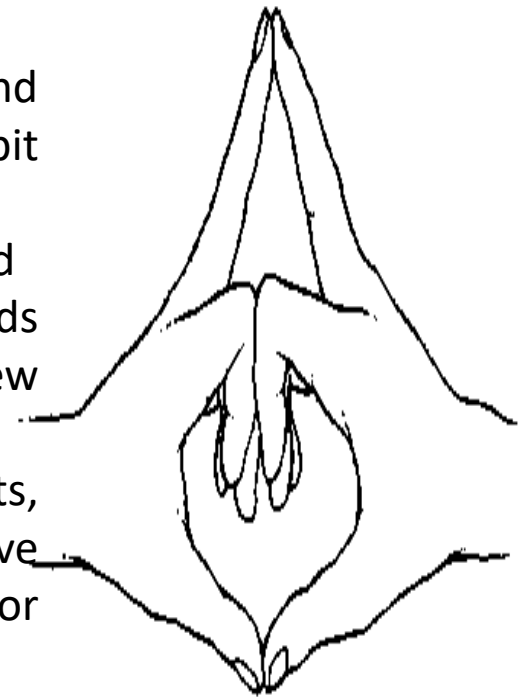


Place the finger pads of your middle finger together; touch the first two joints of the index fingers and touch your thumbs. Bend your other fingers inward. Point your thumbs toward your chest and spread your elbows to the outside.

Inhale and exhale slowly 10 times. Then observe your breath and lengthen the pause after inhalation and after exhalation a little bit more.

The Kalesvara Mudra calms the flood of thoughts; it calms agitated feelings. The more calm we become, the longer the time periods between the thoughts. We become more clear; we make new observations about ourselves; we can seek and find solutions.

This mudra can also be used to help change character traits, support memory and concentration, or eliminate addictive behavior. It should be practiced at least 10 to 20 minutes a day for these purposes.



KALESVARA MUDRA



- First ask about the benefit that this characteristic or habit brings.
 - Ask the cosmic consciousness for help and partnership in this project.
 - Describe the new characteristic or habit as precisely as possible.
- Now imagine scenes in which you act and react in a new way.

Affirmation

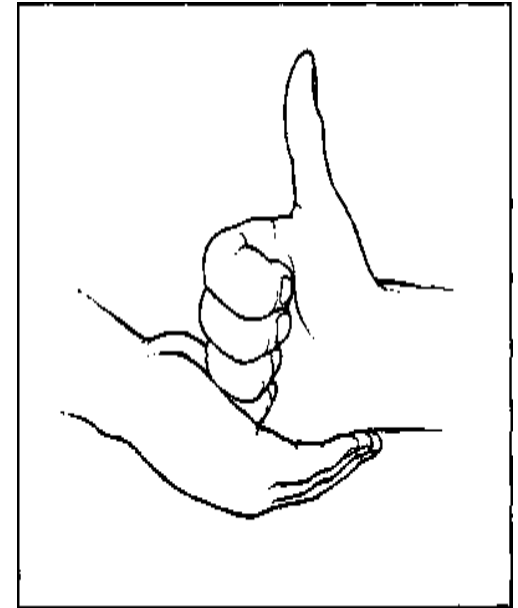
/ enjoy being [like this and like that].

SHIVA LINGA ***(Energy-charging Mudra)***



The right hand in this mudra symbolizes the masculine force—

Shiva's phallus. Shiva embodies the destructive and transformative aspect of the highest deity in Indian mythology. Just as the phallus is the symbol of a new beginning, Shiva is the deity who makes this new beginning possible in the first place by destroying something, thereby creating the necessary preconditions. This mudra can be used against tiredness, dissatisfaction, listlessness, and depression. Or we can use it when we feel drained because of long periods of tension or strain. You can do it while you are waiting, such as while waiting for the doctor's findings. This mudra helps the healing process, no matter where we are sick.



SHIVA LINGA ***(Energy-charging Mudra)***



Imagine that your left hand is a mortar and your right hand is a pestle. During the first breaths, mentally let whatever makes you sick fall like dark pebbles into your left hand. With the edge of your right hand, grind everything into the finest dust, which you then blow away from your hand like fine sand. Afterward, remain seated for a while and let healing energy flow into the bowl formed by your hand (your energy reservoir) through the right thumb. Fervently speak the following affirmation several times.

Affirmation

Healing light illuminates every cell of my body, dissolves everything that should be dissolved, and builds up what must be built up again.

Thank you!

SPIRITUAL MUDRAS



The following mudras have been used in temples and churches since time immemorial to support meditation or prayer. They can always be seen in the Hindu depictions of the gods, as well as in portrayals of Christ, Buddha, and the saints. The hand position of the respective deities or sages expresses an inner state of mind as well; the meditating person hopes, either consciously or unconsciously, to also enter into the appropriate mood. The mudras symbolize characteristics that we hope to acquire. After long meditative observation, people can take on these characteristics.

ATMANJALI MUDRA *(Gesture of prayer)*

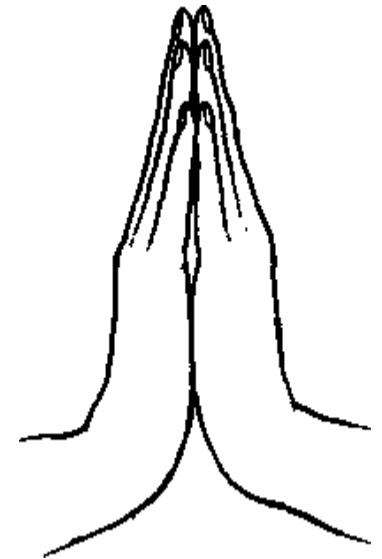


Place both hands together in front of your heart chakra. Leave a little hollow space between the two palms. At the beginning or close of the meditation, sit or stand for a while with your arms spread and raised to Heaven.

Placing your hands together in front of your chest supports inner collection and creates harmony, balance, repose, silence, and peace. This gesture activates and harmonizes coordination of the left and right brain hemispheres.

It can support a supplicatory meditation when you have a request of the Divine, when you have a heart's desire that you would like to have fulfilled.

With this gesture, you also express reverence or gratitude. In India, it is a gesture of greeting or thanks; it shows respect for fellow human beings.



ATMANJALI MUDRA *(Gesture of prayer)*



Imagine that you are at a holy place of power. Perhaps you know of a holy place of power that has special meaning for you. Then, in your thoughts, you can bring it to the privacy of your own room at any time.

You can also visualize a place that harmonizes with your needs.

Imagine this place as precisely as possible. At holy places, we feel a special energy. Try to also feel this energy within yourself. This mudra will bring you to the silence; whether you make a request, ask a question, give praise, or give thanks—if you are willing to be helped, you are certain to be helped at the right time and in the best way possible.

At the end of the meditation, remain in silence for a while. Immerse yourself in the peace and joy of the Divine.

Affirmation

Full of thankfulness, I receive the good that waits for me.

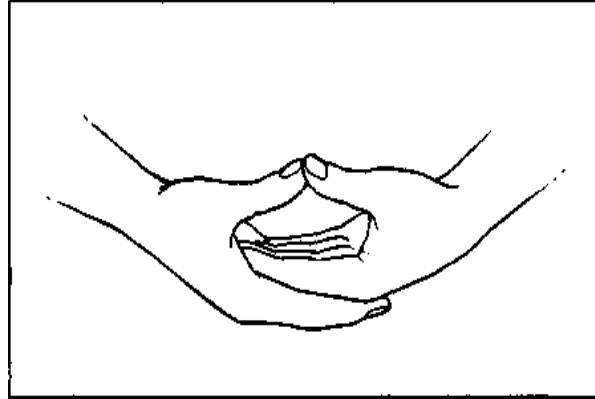
DHYANI MUDRA

(Gesture of meditation—of contemplation)



Place both hands like bowls in your lap. The left hand lies in the right hand and the thumbs touch each other. This is the classical meditation pose, and I assume it whenever I meditate without any special intentions. When I simply sit and observe my breath, I am completely passive and let the divine force act within me and for me. I know that the Divine wants only the best for me and helps me at any time and place if I allow it. "Your will be done," is an expression of most heartfelt joy.

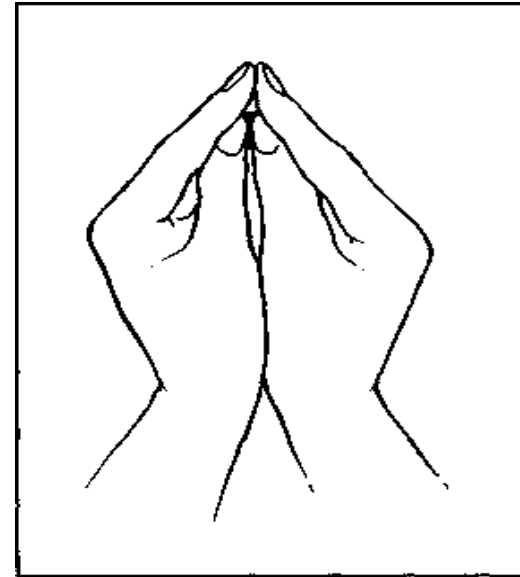
The two hands formed into a bowl show that we are inwardly free, pure, and empty in order to receive everything that we need on our spiritual path. Since there is no empty space in the universe (everything that appears "empty" to us is full of subtle energy), this void will become filled with new energy—our thoughts and feelings determine the quality. This is why it is so important to have done the work of forgiveness beforehand and live in peace with all beings.



MUDRA OF THE INNER SELF



First hold your hands in this position in front of your forehead, and look through the opening, without blinking, as long as you can. Then lower your arms and hold the mudra an inch or so beneath your chin for a while. Your hands will automatically be at the spot where the place of the soul lies, according to the ancient mysteries, and they form a temple around it. Now pay attention to your breathing. With every exhalation, very gently whisper "Hoooo" and let yourself be carried through the little opening into infinity—into the great mystery. When we hold this mudra while sitting in the meditation position with crossed legs, many triangles are formed with our body parts: beginning with the little space between the fingers; above the hands, arms, legs, and the entire body posture. The triangle is the symbol of the Divine, and our body now expresses this through its posture in a number of ways. This mudra is a prayer without words—a silent meditation, a devotion to the Divine. With this mudra, we enter the realm of the unfathomable, the Divine.

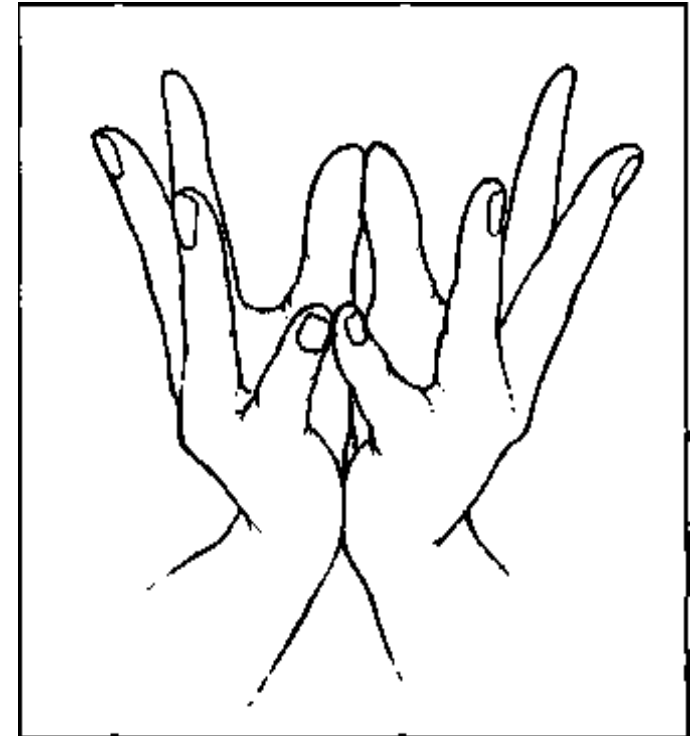


LOTUS MUDRA *(Symbol of purity)*



Place both hands in front of your chest so that only the edges of your hands and pads of your fingers touch each other: This is the bud of the lotus flower. Now open your hands, but maintain the contact between the tips of the little fingers and the outer edges of your thumbs. Spread the other fingers open as wide as possible. After four deep breaths, close both hands back into a bud, place the fingernails of the fingers of both hands on top of each other; now join the backs of the fingers, the backs of the hands, and let your hands hang down relaxed for a while. In the same way, bring your hands back into the bud and the open flower. Repeat a number of times.

This mudra belongs to the heart chakra and is the symbol for purity.



LOTUS MUDRA ***(Symbol of purity)***



Do this mudra when you feel drained, exploited, misunderstood, or lonely. Open yourself to the divine force and receive whatever you need— and much more.

Imagine the bud of a lotus flower (or a water lily) in your heart. Every time you inhale, the flower opens a bit more—until it finally is completely open and can absorb the full sunlight into itself. It lets itself be filled with light, lightness, warmth, love, desire, and joy.

Affirmation

/ open myself to nature; I open myself to the good that exists in every human being; and I open myself to the Divine so that I will be richly blessed.

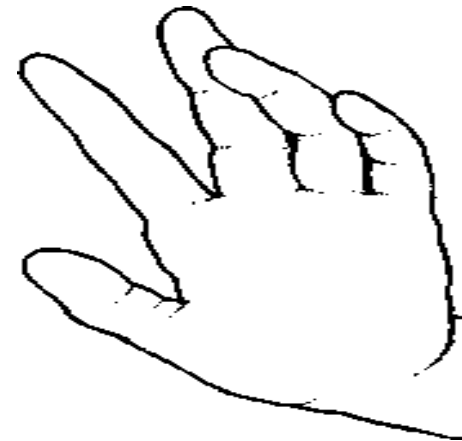
ABHAYA MUDRA

(Gesture for promising protection)



Raise your right hand to chest level with the palm facing forward. Place your left hand on your left thigh, in your lap, or on your heart. We see this gesture in many depictions of deities. It promises the believer protection and freedom from fear. It also shows the strength of the respective deity.

Imagine a silver or golden funnel in your mind. While *inhaling*, *divine* light (courage, goodwill, confidence) flows through the funnel into your head. From there, it flows on into your body. Let yourself be filled with it. While *exhaling*, *the light flows back out through your* right hand and you direct it toward the respective person or thing that you must confront. Perhaps you would like to reach more than one person with it—go ahead and do whatever comes to you naturally. Do this meditation more frequently for a person or thing that causes you concern, and let yourself be surprised by the positive results!



Affirmation

I believe in the good in this human being (or in this thing) and the good will be revealed to me.

VARADA MUDRA ***(Gesture of granting wishes or mercy)***



Point the left hand downward and turn the palm to the front. Place the right hand on your lap or thigh. This mudra is a preferred gesture in the depiction of Hindu gods. As the name indicates, this is a matter of forgiveness and mercy. Moreover, the believers hope that God will bless them richly—fulfill their wishes. This is aptly expressed. Someone who gives will be forgiven, someone who forgives will be richly blessed. It is also important to know that the intensive work of forgiveness should not be done throughout the entire year—that would wear us down too much. But it fits wonderfully into a spring or autumn detoxification program.



Affirmation

I forgive my self for all the wrong things that I have done and/or said.

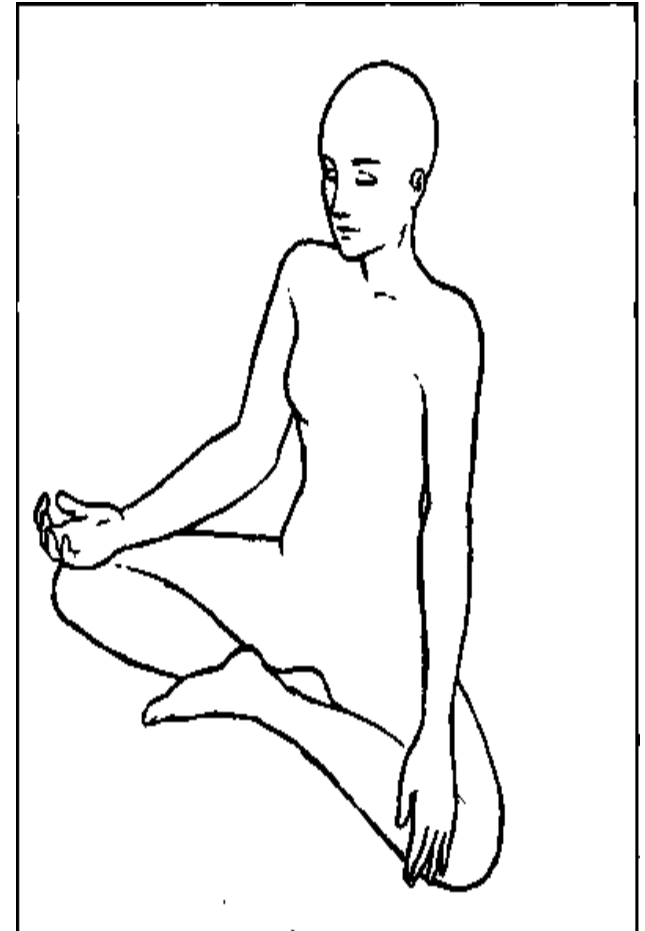
I forgive you for all the wrong things that you have ever done and/or said.

BHUMISPARSHA MUDRA

(Gesture of enlightenment, or gesture of calling witnesses)



Point the left hand down to the earth and let your fingers touch the ground. Let the right hand point upward to Heaven, like an open flower. Buddha, like Jesus, was tempted by evil before he began proclaiming his teachings, but both were successful in resisting it. Mara, god of sensual desires, attempted to talk Buddha into believing that he was not even entitled to the tiny bit of earth where he sat in meditation. Then Buddha touched the ground with the fingers of his right hand and swore he would bear witness that he was indeed quite entitled to remain on Earth because of his many good deeds. This legend shows how important it is for people to first fulfill their earthly obligations if they want to achieve enlightenment.



BHUMISPARSHA MUDRA

(Gesture of enlightenment, or gesture of calling witnesses)



Simply look at an object or being (stone, plant, animal, etc.). While *inhaling*, absorb its energy; while *exhaling*, give it your energy. Each breath is like a band, and the connection becomes denser and denser until you merge with it. You can connect with cosmic consciousness in this way, and it will show you the path to eternal unity.

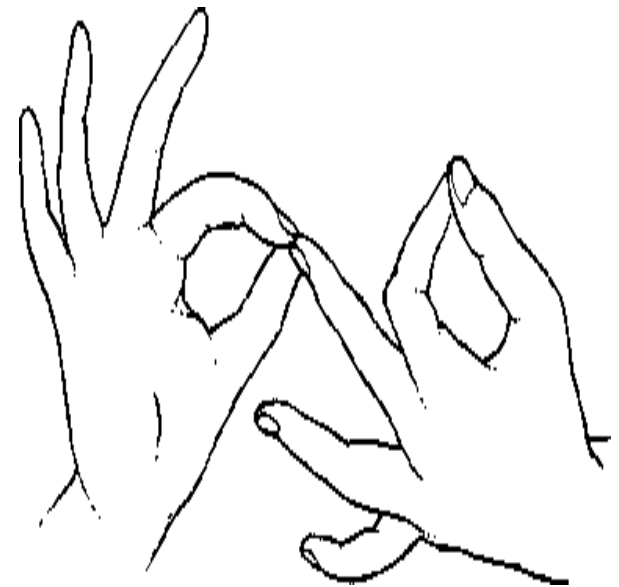
Affirmation

Connected with cosmic consciousness, I feel myself guided, protected, supported, and upheld on my path in life.

DHARMACHAKRA MUDRA *(Gesture of turning the wheel)*

Raise both hands in front of your chest with your right hand somewhat higher than the left. Join the thumbs and index fingers of each hand. The palm of your left hand faces your heart, and the back of your right hand faces your body. The left middle finger touches the place where the thumb and index finger of the right hand form a closed circle.

Before you continue to read, pause for a moment and try the Dharmachakra Mudra. While forming it, breathe very deeply, slowly, and finely; focus on how the three fingertips are touching each other. How do you feel? It is possible for you to notice a change in your mood or not? The hands form two wheels. In Hindu mythology, the wheel embodies completion or the wheel of life that guides us through a diversity of experiences. But there are two wheels here, and this indicates the teaching of reincarnation. The left middle finger (Saturn) represents the transition from this world into the next—from death and birth.



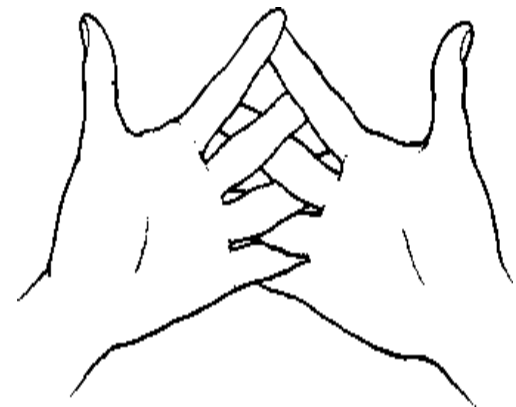
VAJRAPRADAMA MUDRA ***(Gesture of unshakable trust)***



Cross the fingers of both hands in front of your chest. Solid fundamental trust is the basis for healthy self confidence.

We experience times when we think we can deal with whatever comes our way; and there are times when we doubt ourselves, we feel insecure and think ourselves not capable of handling anything that happens.

At the beginning of the meditation, formulate your question or request in precise and clear terms, either out loud or quietly. Then give thanks for the directions that are given to you. For the rest of the meditation, simply be still and direct your attention to your breathing.



Affirmation

I am a creation of the greatest omnipotence, whose strength and power lovingly support me at all times.

NAGA MUDRA

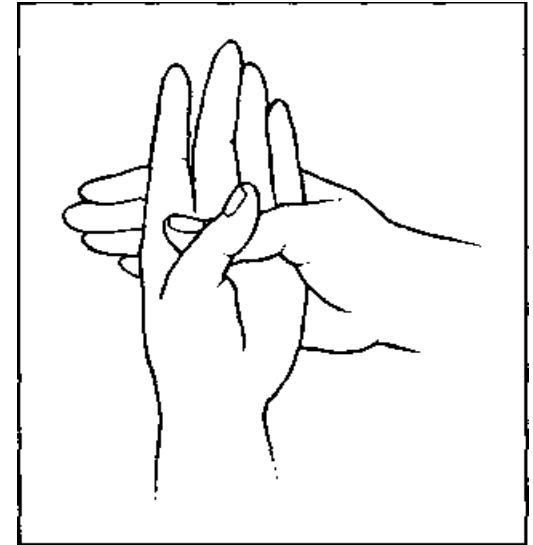
(Naga, the snake goddess, symbolizes supernatural strength, wisdom shrewdness, and potency)



Cross your hands in front of your chest, and also cross your thumbs over each other. This gesture is sometimes called "the mudra of deeper insight." Even when we take the spiritual path, we will encounter worldly challenges time and time again. Only by working through these challenges do we progress on the path; and only so can we fulfill the purpose of our lives. This is why the Naga Mudra can be successfully used to solve everyday problems.

Answers can also be expected to questions about decisions that must be made, the meaning of a specific matter, the future, and the spiritual path.

When we need to know something, then we will also know it at the right time. But we must question and listen.





NAGA MUDRA

(Naga, the snake goddess, symbolizes supernatural strength, wisdom shrewdness, and potency)

With your powers of imagination, kindle a fire in your pelvic floor. While *inhaling*, let the flames flicker high upward so you encounter the world with a fiery heart. Let the flames continue to rise higher so you have a bright, clear head. Your breaths are deep and powerful at the beginning; with time, they become slow, fine, and flowing. Each inhalation causes you to sit straighter, both inwardly and outwardly, as if you were being pulled upward. While *exhaling*, hold onto your new size but let go of every inner tension. Stay in the stillness for a while. First ask your questions, and then listen inside yourself.

Affirmation

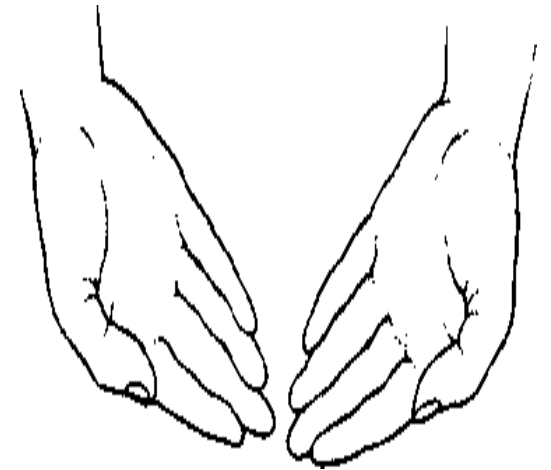
All my senses are focused on the Divine, and I thankfully accept its wise advice and its deeds.

PUSHPAPUTA MUDRA ***(A handful of flowers)***

Place your hands like empty bowls on your thighs. Let your fingers rest next to each other in a relaxed way, with the thumbs against the outer edge of the index finger.

The focus here is openness and acceptance.

What wealth does life (or the universe) have waiting for us? How often do we pass it by without paying any attention? How often are we outwardly or inwardly closed to a new opportunity? The Pushpaputa Mudra expresses this openness. Only with open hands can we enrich the world, and only with an open mind and open soul can we receive what cosmic consciousness gives us.



PUSHPAPUTA MUDRA ***(A handful of flowers)***



Your two hands are like open flowers. Imagine another flower on top of your head. While *inhaling*, *golden rays come from a cosmos that* embodies love, warmth, joy, and peace. Through the open flowers, they flow into your innermost self. Then let yourself be filled (take a pause in your breathing for a moment) and radiate this wealth through your heart into the world while *exhaling*.

Affirmation

I open myself to divine joy (or healing power, light, love, etc.), let myself be filled by it. I radiate it into the world through my heart.



MUDRA EXERCISES

You can consider this series of exercises to be preparation for meditation or you can practice them after meditation. Particularly when you have been sitting for a longer period of time, the exercises are an absolute relief. They can also be done separate from the meditation period in your morning or evening yoga ritual.

LIMBER-UP AND WARM-UP EXERCISE



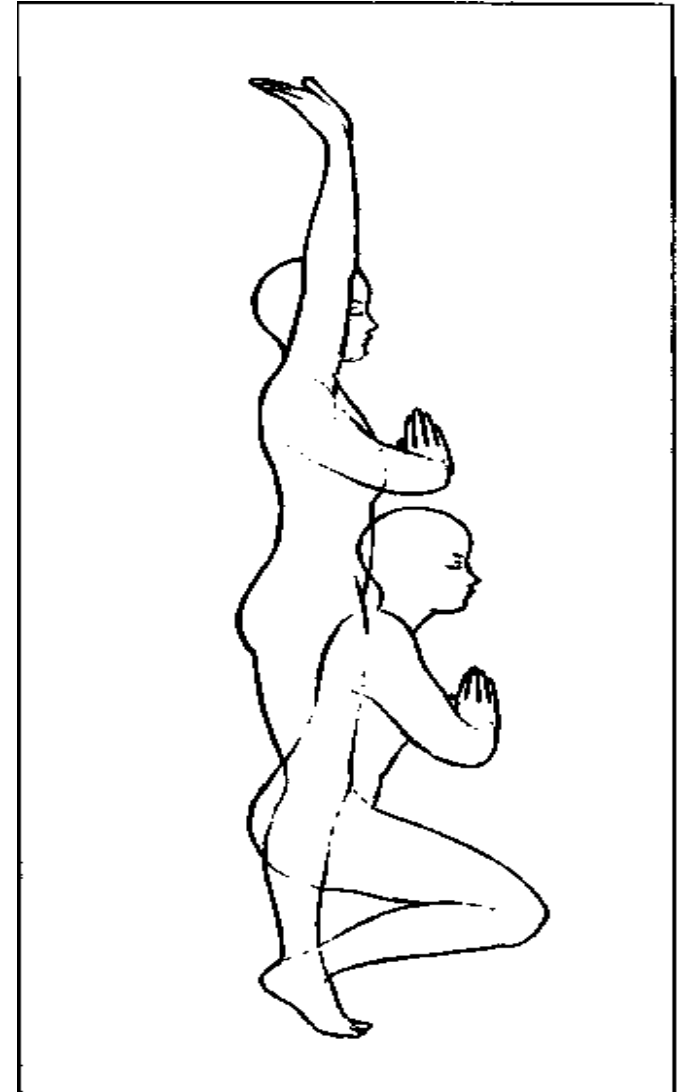
Form the hands into Atmanjali.

- At first, remain calm, standing for several breaths, while you collect yourself in the heart center.
- *Inhale: Stretch your arms upward.*
- *Exhale: Bring your hands back to your chest, bend your knees and squat down.*
- *Inhale: Come back up, and stretch your arms upward.*
- *Exhale.*
- Repeat a number of times.

Affirmation

I connect myself with the powers of Heaven and Earth.

Effect: Calms and collects the mind; warms up the body.



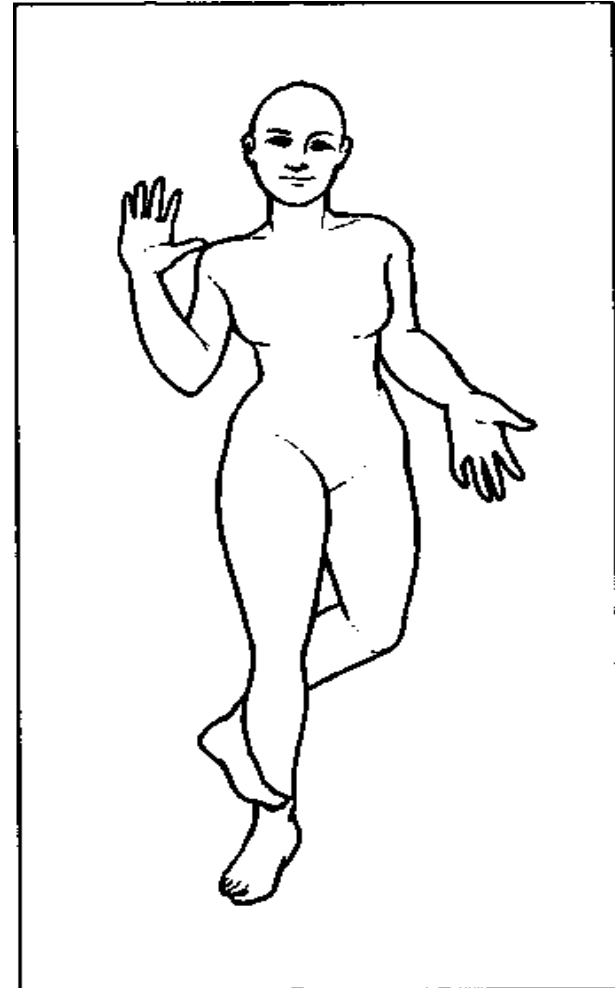
THE MESSAGE OF SHIVA

- Stand on the right leg; bend the left leg.
- Form your right hand into the gesture to turn away fear and form the gesture of mercy with the left hand.
- Remain in this position for 10 breaths.
- Change the leg position and remain in this pose for another ten breaths.

Affirmation

I feel protected and supported by the heavenly powers and show myself as having goodwill and mercy toward every fellow being.

Effect: Strengthens inner stability and self-assurance. Gives us the courage to show the goodness of our hearts.

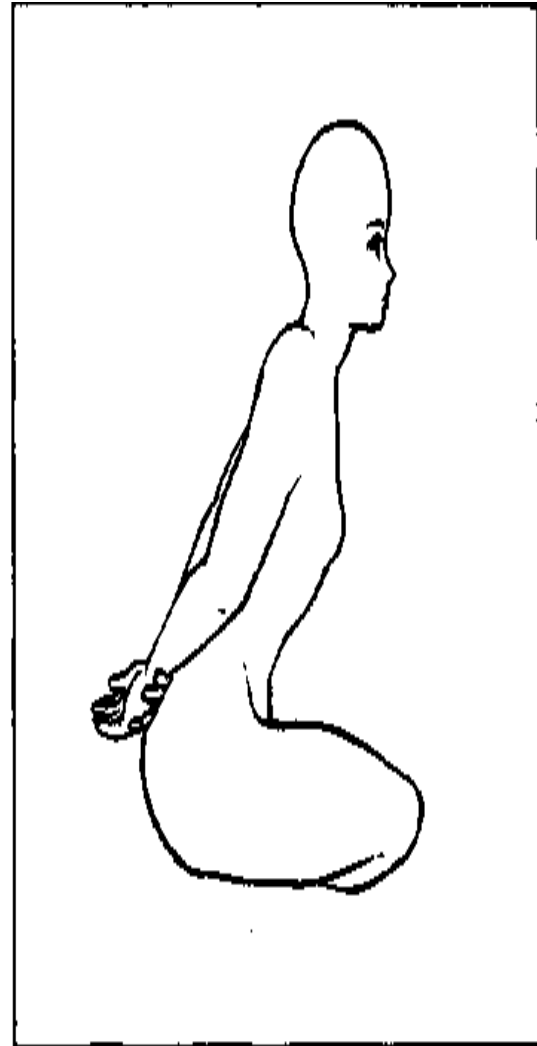


YOGA MUDRA (Seal of unity)



So that you can sit comfortably and bend forward as far as possible, it may be necessary to place a thick, stable cushion beneath your buttocks.

- Sit with your legs crossed, hands on your back, with one hand encircling the other.
- *Inhale: The consciousness* travels from the root chakra to the forehead chakra.
- Hold breath: Keep concentrating on the forehead chakra for several seconds.
- *Exhale: Bend forward and direct your consciousness from the forehead chakra* back down to your root chakra.
- Hold breath: Keep concentrating on the root chakra for several seconds.
- *Inhale: Sit up straight and direct the consciousness from the root chakra* to the forehead chakra again.
- *Exhale.*



- Repeat 6 times until it becomes a flowing movement.
- Now cross your legs the other way, encircle the other hand, and repeat the whole exercise again 6 times.

Affirmation

With thanks and praise, I accept what the universe has waiting for me.

Effect: This mudra "massages" the lower abdominal organs, which are responsible for numerous complaints, such as digestive disorders, constipation, menstrual complaints, and bladder problems. The individual vertebra are separated from each other, whereby the spinal nerves that emerge from the vertebra are gently stretched and stimulated. These nerves connect the entire body with the brain so this vitalization has an effect on overall health. The solar plexus chakra, which is considered one of the most important sources of energy, is stimulated to a special degree. The Yoga Mudra also helps reduce pent-up aggravation and tension, giving a person inner repose and peace. It makes the nadis, the subtle energy channels, permeable so that the elemental force from the root chakra can rise upward.

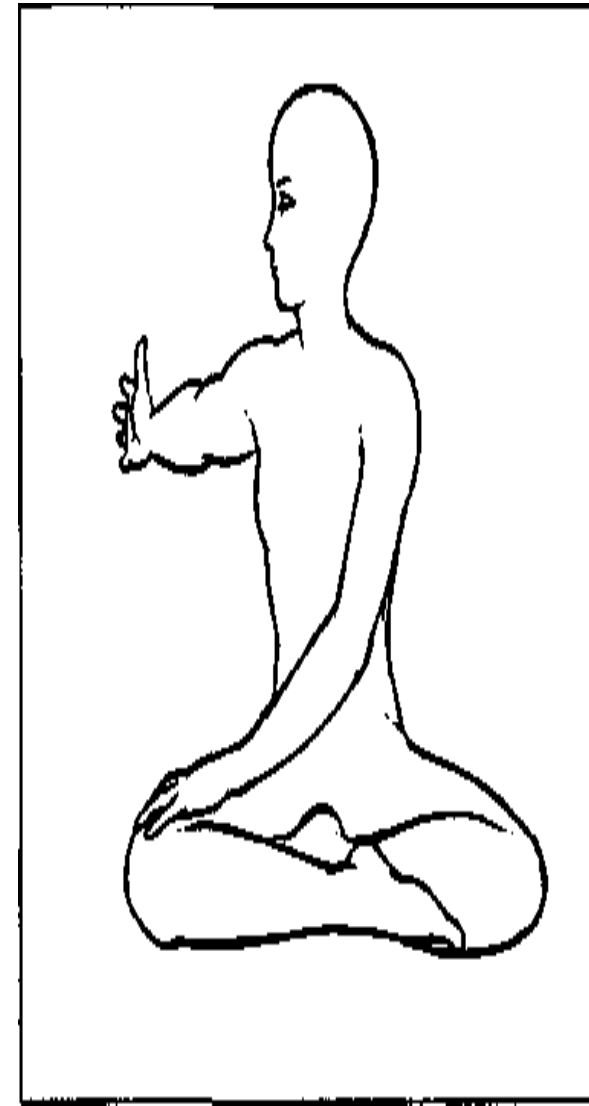
TWIST IN THE SEATED MEDITATION POSTURE

- Place left hand on right knee, and stretch your right arm to the back.
- *Inhale and turn to the right* while doing so.
- Press your right shoulder as far as possible to the back and look over your shoulder.
- Remain in the twist for 15 breaths.
- *Exhale and return to the middle* while doing so.
- Raise your arms upward, stretch vigorously, and twist to the other side. The upward twist at the conclusion is very important.
- Change your leg position, twist to both sides again, then stretch upward through the middle a number of times.

Affirmation

In the form of a spiral, my path leads to the divine goal where joy and peace rule.

Effect: This massages the ganglia and organs; it strengthens the nervous system, liver, spleen, pancreas, and gallbladder; it stimulates the metabolism in the vertebra; and it stretches and squeezes the ligaments and muscles along the spinal column.



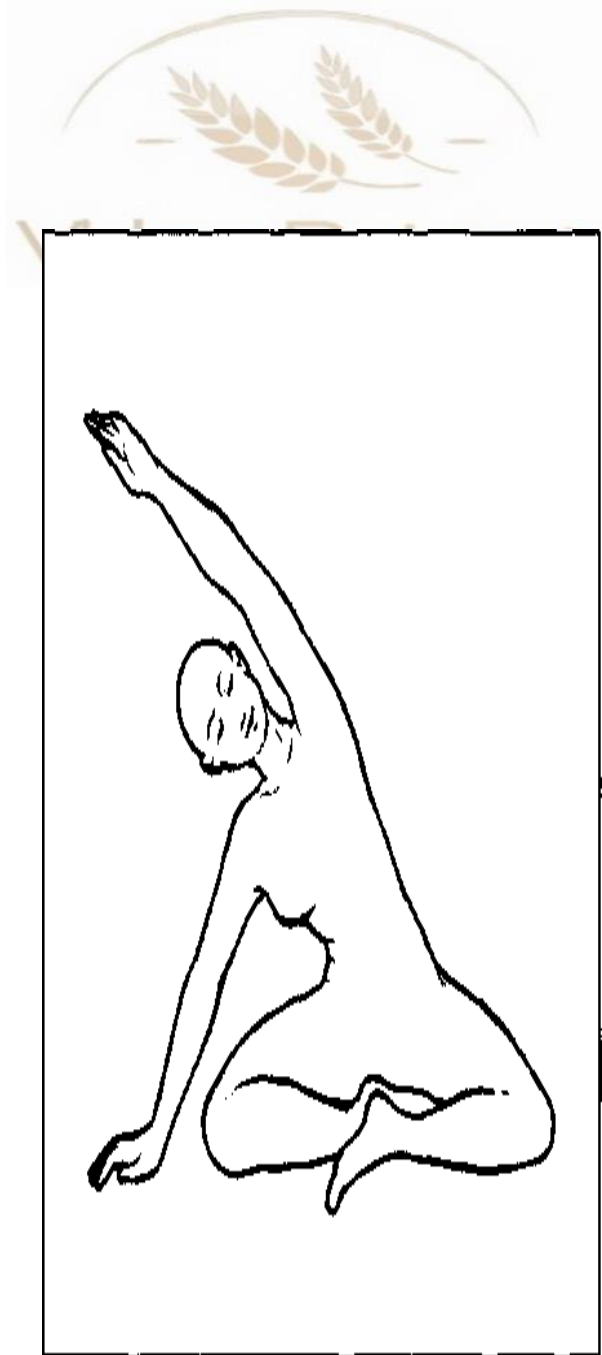
SIDE STRETCH

- Assume the seated meditation posture.
 - Prop up one hand on each side.
 - *Inhale: Lift your right arm and stretch vigorously upward.*
 - Hold breath: Pull your arm to the left.
 - *Exhale: Lower arm to side and prop up your hand again.*
 - Repeat six times; then practice on the other side.
- Change your leg position, then bend again on both sides.

Affirmation

/ open myself to what is beautiful and good and everything that I need for my spiritual journey.

Effect: Supports effect of the previous exercise.



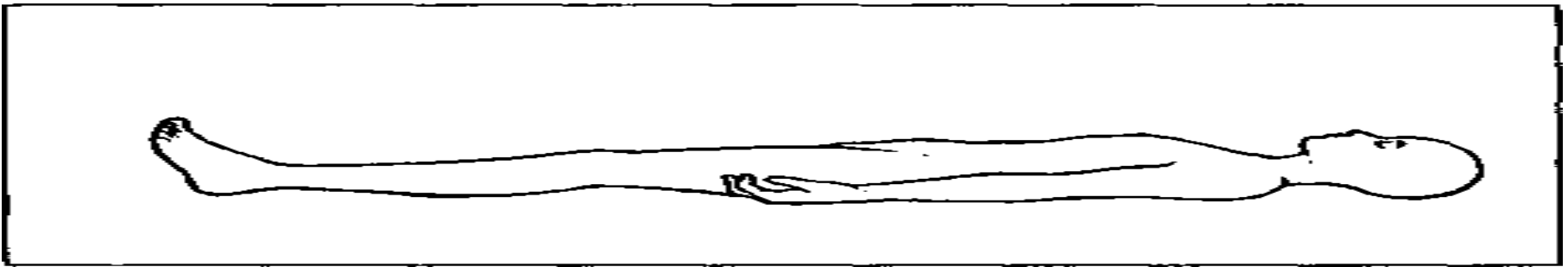
KARTARI MUDRA (*Resting position*)



- Lie in a supine position; place your hands next to your body or on your abdomen, with the right hand on top of the left.
- Now inhale deeply and arch the abdominal wall. As soon as the abdomen is full, slide your hands to your ribs and expand this region. When your ribs are spread as much as possible, slide your hands to the collarbone and raise the area above the chest.
- Slowly exhale and repeat the process a number of times.

With each exhalation, let yourself become heavier and heavier. Release your weight to the supporting floor. While *inhaling*, let yourself be filled with lightness and light; while *exhaling*, let go of everything heavy and dark within you. At the close, you are full of light, freedom, peace, and joy.

Effect: Improves and deepens breathing, regenerates the autonomic nervous system (organ activity), and relaxes the entire body.



The logo for Vidya Heilcraft is located in the top right corner. It features a circular emblem with a stylized sun or flower in the center, surrounded by a ring of leaves. Below the emblem, the name "Vidya Heilcraft" is written in a cursive, handwritten-style font.

MUDRAS FOR PARTICULAR CHAKRAS

What is a Chakra Exactly?

Chakras are our energy centers. They are the openings for life energy to flow into and out of our aura. Their function is to vitalize the physical body and to bring about the development of our self-consciousness. They are associated with our physical, mental and emotional interactions.

FIRST CHAKRA: MULADHARA



Focus of Attention: Base of the body, perineum.

Affirmation: I am always safe, grounded and protected at the very core of my Being.

Bhu Mudra: Gesture of Mother Earth. Place the fingertips of your right index and middle fingers on the floor, pressing them gently against the Earth, while the other fingers can naturally curl into the palm of the hand, to be held in place by the thumb. The palm of the left hand rests on the top of the left knee.



Bhu Mudra encourages a sense of stability, grounding and a deep connection with the earth – as we deepen our awareness of the earth and our place on it we naturally inhabit our bodies more completely and feelings of security and self confidence grow.

Bhu means earth and in this gesture the body forms the shape of a mountain firmly planted in the earth. With our roots deep in Mother Bhumi we can bring our awareness to Mooladhara Chakra our energetic root at the base of our body and bring this centre to life with the combination of Mudra, Chant, Visualisation and positive affirmation.

Some of the many benefits of this practice include:

Cultivating a sense of stability in the body and the mind

Reduces blood pressure

Encourages steady posture by activating a downward current of energy in the body

Instills the qualities of patience, security and consistency

Opens and balances Mooladhara Chakra



SECOND CHAKRA: SWADHISTHANA



Focus of Attention: Four fingers below the navel.

Affirmation: I flow with the rhythms of life, totally open to the goodness around me.

Yoni Mudra: Gesture of the Womb. Interlace the fingers inward in front of the lower abdomen. Extend the index fingers, placing the fingertips together. Do the same with the thumbs.



Yoni Mudra encourages the breath into the sacral area of the body, which is the seat of our emotions and feelings. This mudra cultivates a sense of serenity, fluidity and inner nourishment – encouraging emotional balance and the ability to deal with life's challenges more easily

Yoni is symbolic of the “womb of creation” and holding this gesture allows us to sense the feeling of going back to the womb, creating a sense of comfort and security that are reflections of our true being. With this sense of safety we can bring our awareness to Swadhisthana Chakra our creative centre at the pelvis and bring this creativity to life with the combination of mudra, chant, visualisation and positive affirmation.

Some of the many benefits of this practice include:

Especially helpful for PMS, reproductive health and menstrual imbalances

Supports the health of the urinary system

Attunes the feminine, intuitive aspect of our being

Opens and balances Swadhisthana Chakra



THIRD CHAKRA: MANIPURA



Focus of Attention: Solar Plexus

Affirmation: I align my personal energies and find my place in the world.

Matangi Mudra: Gesture of the Goddess of Transformation. Interlace the fingers in front of the solar plexus. Extend the middle fingers, pressing them together.



Matangi Mudra cultivates inner heat, reducing lethargy and increasing energy. The mudra instills a sense of confidence and personal power – creating clarity in our direction. The extended middle finger represents clear direction along our life’s journey as well as the determination to overcome the obstacles that we may meet along the way.

Matangi means “ Goddess of Transformation”. The connection with Manipura Chakra our radiant jewel at the navel centre encourages the ability to fully digest and assimilate life experience – leaving the path clear for us to move forward with ease and confidence.

Some of the many benefits of this practice include:

Enhances digestion

Cultivates self esteem and determination

Nourishes the circulatory and lymphatic system in the lower body

Opens and balances Manipura Chakra

FOURTH CHAKRA: ANAHATA



Focus of Attention: Energetic heart at the center of the chest, slightly to the right.

Affirmation: I expand the boundaries of my heart to accept myself, others, and the world as they are.

Padma Mudra: Gesture of the lotus flower. Place the palms of the hands together in front of the heart. Keep the base of the palms together, with the thumbs and the little fingers joined, while spreading the other fingers wide, like an unfolding flower.



Padma Mudra balances the subtle heart energy allowing us to embrace and appreciate all that comes our way through life with lightness and ease. As the heart energy opens we experience qualities such as gratitude, communion and unconditional love. Padma means “ Lotus”. This mudra encourages us to see through the eyes of the heart in order to respond with empathy and compassion rather than judgment or reaction. It also helps us in welcoming emotions so that they can be processed and released with ease.

Some of the many benefits of this practice include:

Supports the health of the cardio, respiratory and immune systems

Cultivates compassion, empathy and love

Is helpful with conditions such as anxiety and depression

Opens and balances Anahata Chakra

FIFTH CHAKRA: VISHUDDHA



Focus of Attention: Throat

Affirmation: I am totally purified in my inner truth and ready to recognize and share my vocation with others.

Shunya Mudra: Gesture of the Void. Rest the back of the hands on the top of the knees. Press the tips of the middle fingers into the palms of the hands at the root of the thumbs. Secure the middle fingers with the thumbs.



Shunya Mudra cultivates a sense of opening up to transformation – openness is essential for our spiritual journey as it allows us to release and clear conditioned habit patterns which stand in the way of our innate freedom. Shunya creates space between thoughts and conditioned habits and so encourages the awakening of intuition.

Shunya means “ Empty”. This mudra guides us towards listening to the inner voice, which steers us on our spiritual path with greater clarity. As trust grows we develop feelings of limitlessness and the full extent of our potential. This is an important step on our path to realization – Vishuddhi Chakra is the centre of truth – both inner and outer – it is at this stage we decide if we are ready to take the next step.....

Some of the many benefits of this practice include:

Releases tension from the shoulders, neck, head and throat

Supports the health of the thyroid gland

Creates space between thoughts – opens us to new possibilities

Opens and balances Vishuddhi Chakra


SIXTH CHAKRA: AJNA



Focus of Attention: Point between the eyebrows.

Affirmation: I surrender to each opportunity that life gives me as a gift for clarifying my vision and inner truth.

Jnana Mudra: Gesture of knowledge. Rest the back of the hands on the top of the knees. Place the tips of the thumbs and index fingers together, extending the other fingers.

The logo for Vidya Retreat is located in the top right corner. It features a circular emblem with two wheat stalks inside, and the words "Vidya Retreat" written in a stylized font across the bottom of the emblem.

Jnana Mudra cultivates a sense of clarity and insight – which allows us to see ourselves, those around us and indeed all that enters our life with a clear perspective, rather than through the haze of conditioned patterns.

Jnana means “ wisdom”. This practice encourages our true nature to come to the foreground of our consciousness so that we can witness thoughts and feelings more objectively.

Feelings of isolation can often stand in the way of moving forward in our lives – this simple hand gesture allows us to feel connected. The index finger representing ‘individual consciousness’ and the thumb ‘universal consciousness – their connection symbolises building a bridge between the two worlds and so creating a sense of unity and wholeness.

Some of the many benefits of this practice include:

Perfect balance between relaxation and alertness

Cultivates mental clarity and equanimity

Enhances one-pointed concentration

encourages mental clarity and equanimity

Opens and balances Ajna Chakra


SEVENTH CHAKRA: SAHASRARA (All Chakras included)



Focus of Attention: The Crown. On the inhalation, draw breath from the base of the body all the way to the crown of the head. On the exhalation, from the crown of the head all the way down to the base of the body.

Affirmation: So Ham, I am.....Brahman, Unity of Consciousness.....already always present.

Hakina Mudra: Gesture of wholeness, completeness. Place the tips of all the fingers together with space between the fingers. Hands in front of the solar plexus.

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Hakini Mudra encourages healing and harmony at every level of our being – physical, mental and spiritual. Bringing the tips of all the fingers together balances and integrates the five elements and the first six chakras within the body. This overall integration is symbolised by the shape of our hands as if holding all that we ever needed and more – as we hold this mudra we are able to access the sense of our inherent wholeness and unity within and all around us.

Hakini means “ power or control”. Hakini is a Hindu goddess who controls the subtle mind – presiding over Ajna Chakra our centre of wisdom and clarity. This gesture helps us to breathe fully, it encourages both nostrils to flow freely which in turn balance the right and left side of our brain. We can also experience a deep sense of integration between the masculine (pingala) and feminine (ida) sides of our self which harmonises our active and receptive qualities bringing about perfect balance.

Some of the many benefits of this practice include:

Instills a sense of wholeness and unity

Builds self esteem

Awakens joy and a deep sense of well being

Encourages overall health and healing

Opens and balances Sahasrara Chakra

HOW TO CREATE YOUR OWN MUDRA



- When you develop a mudra, the proper frame of mind and respect are important preconditions for success.
- Study the qualities of the individual fingers and choose the respective posture.
- In positive wording, formulate the result or goal that you want to achieve through the mudra. Use the present tense.
- Speak the sentence at least three times out loud, and slowly in the rhythm of your breath.
- Visualize precisely how the result or goal will look.
- Try to already feel how it is when the result occurs.
- Place the mudra under the protection of the divine forces, a saint, or an angel whom you revere in particular.
- Wish for the result with great fervor, but remain completely patient and serene.

What If A MUDRA Do Not Work?



Lot of talk about healing in both a physical as well as a mental and emotional way. But what if this doesn't happen?

There may be various reasons responsible for this. Perhaps you are impatient. You now know that—particularly in chronic diseases that have often slumbered in the body for many years before they erupted—a mudra must be held every day for a number of weeks or months until the effect arises. It is also possible that thoughts, feelings, and/or moods do not let us become healthy. Health also means inner peace, and we can only have this when we live in peace with our surrounding world as well. It is also possible that we live in discontentment with our inner forces. Perhaps you can lovingly work on these problems and eliminate or transform whatever is destructive.

OM Shanti



Vidya Retreat

Integrated Development For Body, Mind & Spirit

