

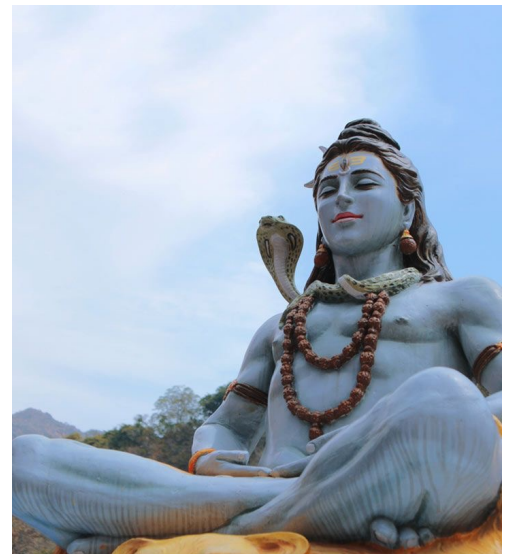


Mudras & Prana

Mudras help in the treatment of diseases, bring peace of the mind, guide the spiritual development of the individual. Mudras can be combined with asanas in practice or performed separately. Some Mudras should be practiced until your problems disappear or until you are cured of your ailments.

You must have seen many pictures of different Gods of India, where each God has his Mudra.

The Mudra Goddess p is considered to be Gyana Mudra. Gyana Mudra is usually practiced during meditation or during the mantra of singing. Mudras do not need to choose a specific place for their practice.



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HOW MUDRAS WORK

Fingers & their connection to the 5 elements

Our Universe is made up of five basic elements. Our body represents these elements through our five fingers.

Thumb - Fire (Agni)

Index - Air (Vayu)

Middle - Space (Akash)

Ring - Earth (Prithvi)

Little - Water (Jal)

Our fingers continuously emit various vital energy, electric waves & aura.

Yogis believe that when different fingers form mudras, they start electro-magnetic currents in the body & stimulate our Conscious Centre; Kendra creating balance and promoting health.



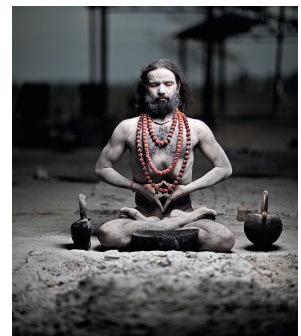
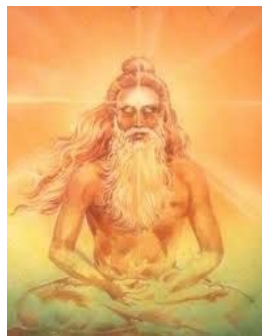
The human body consists of five elements existing in nature: fire, air, sky, earth and water. Imbalance of any of them leads to physical or mental disorder. Each of our fingers represents each element.

The balance between the elements is the main goal wise. Mudras give excellent results for achieving calm and deep immersion in meditation.

Regular practice of Mudras will bring health, tranquility, comfort and virtue to life. Some mudras bring quick results, others take more time to practice progress. Some mudras have no rules, others require complying with mandatory provisions. Whenever a finger comes into contact with the thumb, the element of that finger that touches the thumb is balanced.

Mudra is translated from Sanskrit as a "gesture" or "attitude."

Mudras can be classified into various categories: mental, emotional, physical, or attitude.

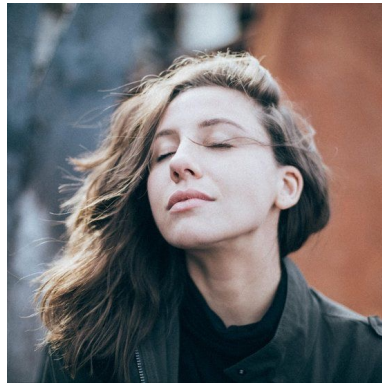


For Yogis, Mudras experience is the flow of energy designed to connect the individual life force with the cosmic power.

In the tradition of Kularnava Tantra, the original meaning of the word "mudra" is pleasure, delight, pleasure, an everyday means of attracting energy.

Mudra is also defined as a seal, near or workaround.

Mudras are a combination of subtle physical movements that change mood, attitude, perception, and that deepen awareness and concentration.



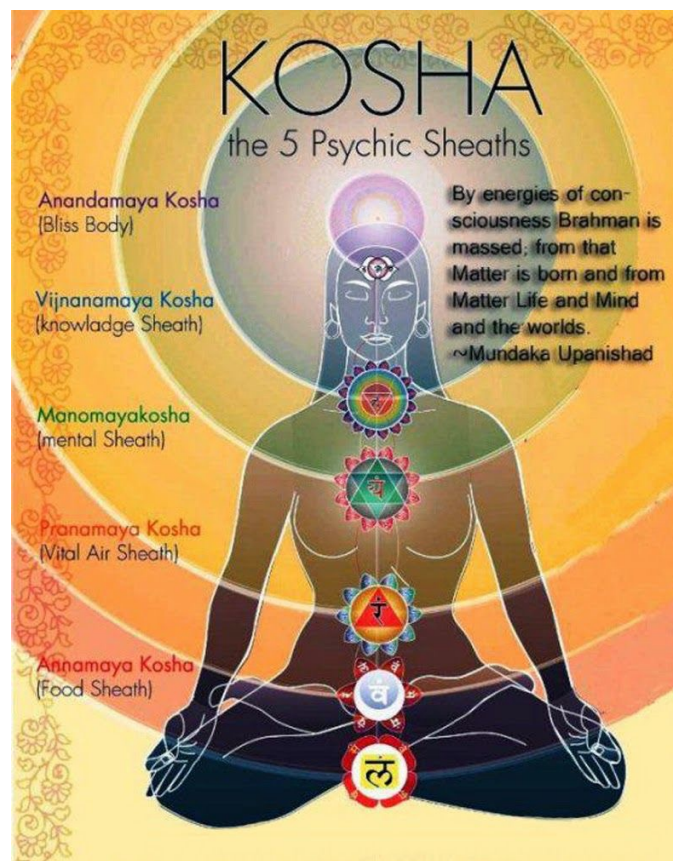
Mudras can involve the whole body: a combination of asanas, pranayama, bandhas (castles) and visualization techniques, and also mudras can be a simple position of the hands. Hatha Yoga Pradipika and other yogic texts consider Mudras an independent branch of yoga that requires very subtle awareness (Yoganda).

Mudras are encouraged to practice yoga after cleansing from blocks in the physical body and after mastering basic skills in asanas, pranayama and bandhas.

Mudras are described in various ancient and modern texts in order to preserve knowledge for posterity.

However, it is impossible to learn yoga, including the Mudras from books. Practical training in the presence of a teacher has always been considered a prerequisite before moving on to higher practices that awaken various energies.

Mudas & Prana.

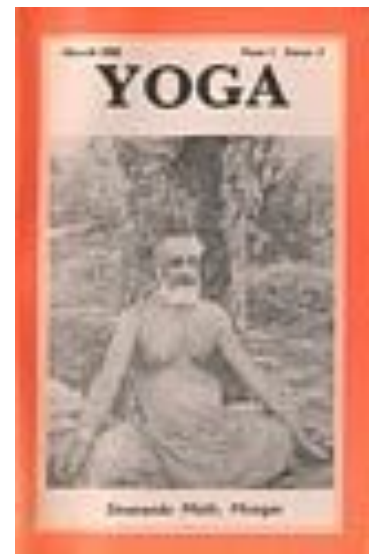


The attitudes and postures adopted during the practice of the Mudras establish a direct connection between our bodies: the physical body (Annas kosh), the mental body (Manoy Kosh), and the energy body (Pranoma Kosh).

In the first steps of practicing Mudras, you become aware of the flow of prana (energy) in the physical body. With constant practice, the pranic (energy) balance between bodies (koshas) is established. Further, with practice, you learn to direct the subtle energy from the lower chakras to the upper chakras, which allows in meditation to reach higher states of consciousness.

Mudras redirect energy in the same way as, for example, light or sound — as forms of energy — can be redirected (reflected) by a mirror or wall.

Nadis, meridians, marma points, chakras and so forth constantly emit prana (energy), which usually eludes the body and is dissipated in the outside world. By creating barriers inside the body through practice of Mudras, the energy is redirected inside.



For example, closing your eyes with your fingers in the Shanmukhi Mudra, prana radiated through the eyes is reflected back.

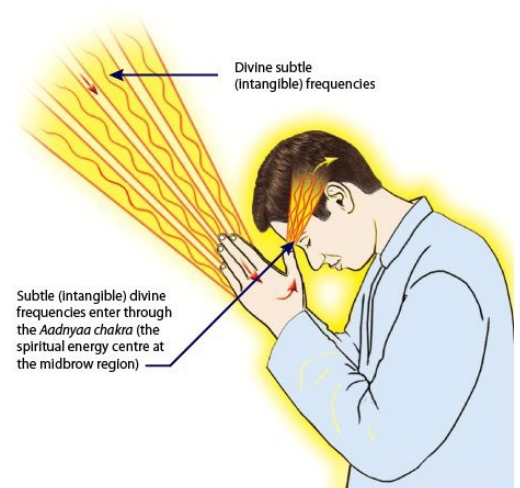
In the same way, the sexual energy radiated through the vajra-nadi is redirected to the brain through the practice of vajroli mudra.

Ancient tantric scripts claim that as soon as the dispersion of prana is held through Mudras practices, the mind becomes introverted, causing states of observation (prathyahara) and concentration (dharana). Due to the possibility of redirecting energy, mudras are important aspects of the practice for awakening the kundalini. For this reason, mudras are used in the techniques of Kriya and Kundalini.

What the science says about Mudras.



Initial mudra (posture) when praying

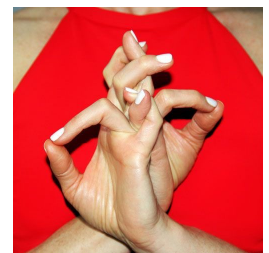
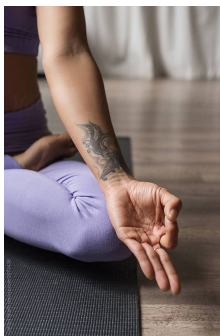


Scientifically, mudras are a means of influencing unconscious reflexes and primary instincts that arise in primitive areas of the brain, namely around the brain stem. They establish a subtle, nonintelligent connection with these areas of the brain. Each Mudra establishes its connection and has its specific effect on the body, mind and prana.

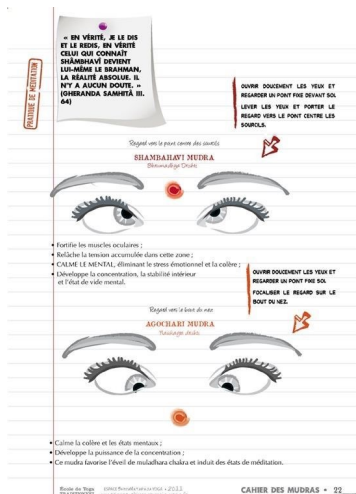
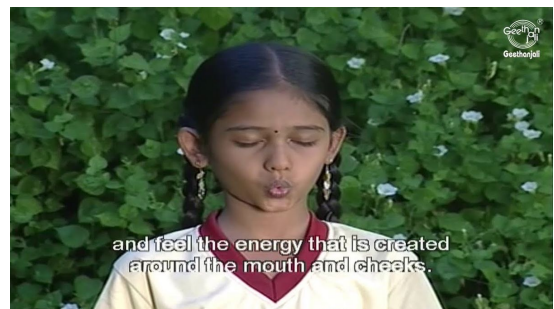
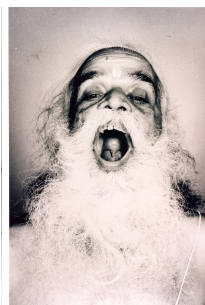
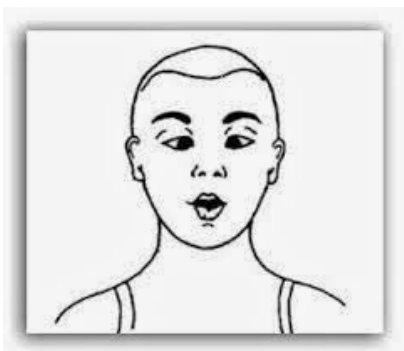
The goal of the Mudras practice, from a scientific point of view, is to create fixed, repetitive postures and gestures (Mudras) that can pull the practitioner out of the unconscious instinctive habits of the animal and establish a more perfect and higher human consciousness.

5 groups of Mudras.

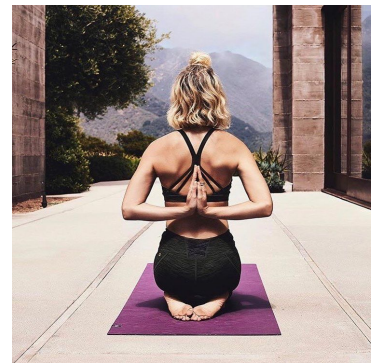
1. Hasta Mudra (Mudra hands). Hasta Mudras redirect the prana radiated through the arms back into the body. In the Mudras, where the thumb and forefinger are connected, the motor cortex is impacted at a very subtle level, creating a loop of energy that moves from the brain down the arm and then back. Awareness of this process quickly leads to a meditative state of observation and concentration. Mudras that fall into this category i) Gyan Mudra ii) Chin Mudra iii) Yoni Mudra iv) Bhairova Mudra v) Hridaya Mudra.



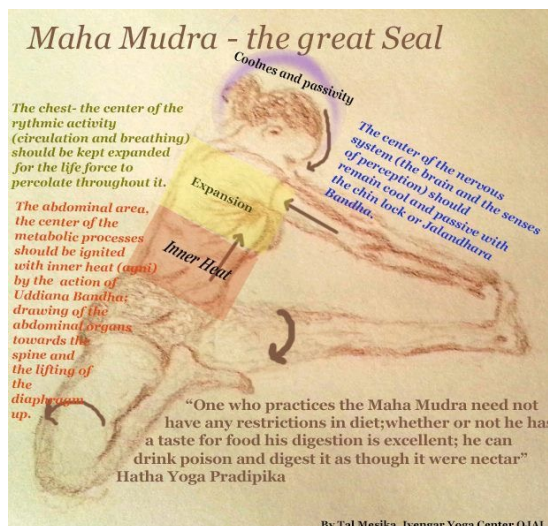
2. Mana Mudras (Mudras of the head). The practice of Mana Mudras is an integral part of Kundalini Yoga, and many of them are meditative methods in their own right. It uses eyes, ears, nose, tongue and lips. Mudras in this category: i) Shambhavi Mudra ii) Nasikagra Drishti iii) Khechari Mudra iv) Kaki Mudra v) Bhunjangini Mudra vi) Bhuchari Mudra vii) Akashi Mudra viii) Shamukhi Mudra ix) Umani Mudra.



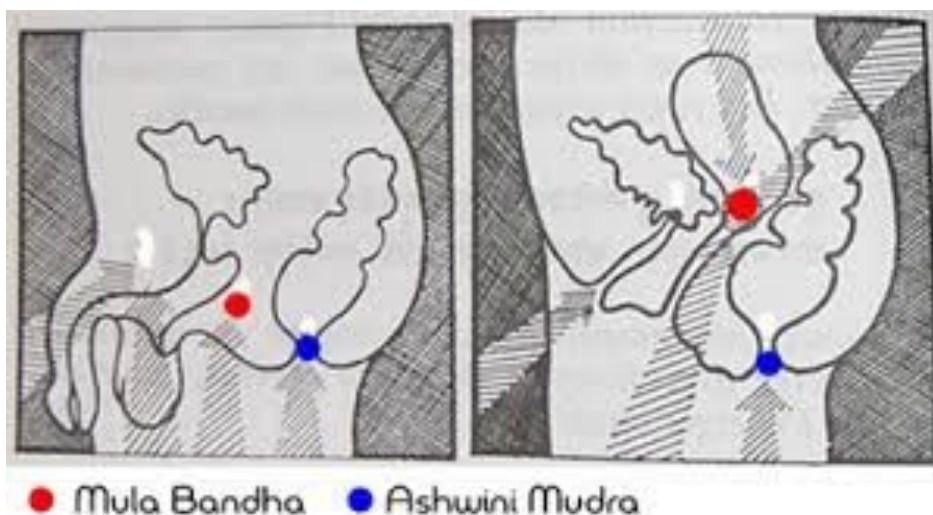
3. Kaya Mudra (Mudras of the body). The practice of Kaya Mudras uses physical postures (asanas) in combination with breathing and concentration. The Mudras included in this category are i) Prana Mudra ii) Viparit Karani Mudra ii) Yoga Mudra iv) Pashin Mudra v) Manduki Mudra vi) Tadagi Mudra



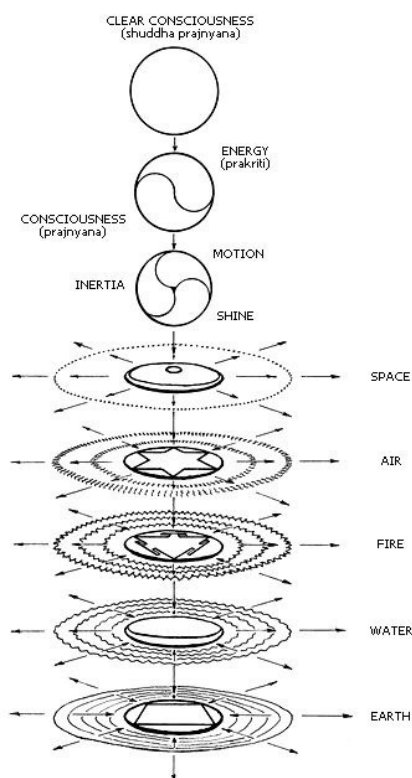
4. Bandhas (Mudra locks). This practice combines Mudras and Bandhas. They charge the physical system of a person with Prana (energy) and prepare for the next step, work with kundalini with energy. Techniques in this category: i) Maha Mudra ii) Maha Bheda Mudra iii) Maha Vedha Mudra.



5. Adhara Mudra (pelvic organs mudra). Adhara Mudra redirects prana (energy) from the lower centers (small pelvis) to the upper centers (brain). The Mudras that transform sexual energy are: i) Ashwini Mudra ii) Vajroli / Sahajdoli Mudra



The creation of the universe according to the elements, according to the theory of Samkhya Yoga.



At the beginning there was only a vacuum. Then air formed, then the sun, and finally water. Earth was formed out of the water. Consequently, one way or another, every action and reaction in this universe is associated with these elements. Practices such as yoga, ayurveda, homeopathy, etc., are designed to balance these elements. Methods may be different, but the goal remains the same. Knowledge of the laws of these five elements forms the basis of a healthy and happy life. Mudras help in physical, spiritual and mental growth. Increase the beauty and talent. Mudras can be performed regardless of age or gender. Mudras are also not related to time, place, direction, or position. Since mudras made with the left hand influence the right side of the body and vice versa, it is important to practice the Mudras with both hands. There should not be excessive pressure between the fingers. Enough light touch that gives incredible results.

Prana Mudra, Gyana Mudra, Apana Mudra and Pritvi Mudra can be performed every day. The remaining mudras are performed until the cause of the fulfillment: illnesses and so on ... will not disappear. Mudras are a simple solution to many health problems. For the treatment of diseases of the body Mudras practice for 45 minutes, use that shows excellent results. And some Mudras (Surya and Apana Mudras) give immediate results and relieve painful sensations immediately.

