

powerful mudras pdf

Powerful Mudras PDF: Unlocking the Secrets of Hand Gestures for Mind, Body, and Spirit

Powerful mudras pdf serve as an invaluable resource for individuals seeking to harness the ancient wisdom of hand gestures to enhance their overall well-being. Mudras, a significant aspect of yoga, meditation, and holistic healing, have been practiced for thousands of years across various cultures, especially in India. Utilizing a comprehensive and well-structured PDF guide can provide clarity, detailed descriptions, and step-by-step instructions to incorporate mudras into daily routines effectively. Whether you're a beginner or an experienced practitioner, a reliable mudras PDF can elevate your spiritual journey, improve mental clarity, and promote physical health.

What Are Mudras?

Definition and Origin

Mudras are symbolic hand gestures or positions that influence the flow of energy within the body. Originating from ancient Indian spiritual practices, mudras are integral to yoga, Ayurveda, and meditation. The word "mudra" translates to "seal" or "gesture" in Sanskrit, emphasizing their role in sealing energy pathways or channeling spiritual energy.

The Significance of Mudras in Spiritual and Physical Healing

Mudras are believed to:

- Balance the elements within the body (earth, water, fire, air, and ether)
- Enhance concentration and mental clarity
- Stimulate specific energy centers (chakras)

- Promote physical health and emotional stability
- Accelerate spiritual awakening

Benefits of Using a Powerful Mudras PDF

Why Download a Mudras PDF?

A well-crafted powerful mudras pdf offers numerous advantages:

- Comprehensive Information: Detailed descriptions, benefits, and contraindications.
- Visual Guides: Clear illustrations of hand positions.
- Step-by-Step Instructions: Guidance on how to perform each mudra correctly.
- Accessibility: Portable and easy to reference anytime.
- Structured Learning: Organized sections for different types of mudras catering to specific needs.

How a Mudras PDF Enhances Practice

- Provides authentic insights backed by traditional texts and modern research.
- Helps in memorizing and practicing complex mudras with ease.
- Offers tips for integrating mudras into daily routines or meditation sessions.
- Includes troubleshooting advice for common mistakes.

Types of Mudras and Their Applications

Major Categories of Mudras

1. Chin Mudra – Gesture of knowledge and wisdom.

- 2. Jnana Mudra – Gesture of awareness and consciousness.
- 3. Prana Mudra – Gesture for vitality and life force.
- 4. Apana Mudra – Gesture for detoxification and elimination.
- 5. Vayu Mudra – Gesture to balance air element and reduce anxiety.
- 6. Dhyana Mudra – Gesture of meditation and concentration.
- 7. Anjali Mudra – Gesture of greeting, respect, and prayer.
- 8. Surya Mudra – Gesture related to fire element, boosting metabolism.

Specific Mudras and Their Benefits

Mudra Name	Main Benefits	When to Use
Gyan Mudra	Enhances concentration, memory, and spiritual growth	During meditation or study sessions
Prana Mudra	Increases vitality, reduces fatigue	To boost energy levels
Apana Mudra	Supports digestion, detoxification	During fasting or detox routines
Vayu Mudra	Relieves anxiety, headaches	When experiencing stress or migraines
Dhyana Mudra	Deepens meditation, cultivates inner peace	During meditation practices
Anjali Mudra	Cultivates gratitude and balance	During prayer or greeting rituals

How to Use a Powerful Mudras PDF Effectively

Step-by-Step Guide

- 1. Select the Right Mudra: Identify which mudra aligns with your intention or health need.
- 2. Read the Instructions Carefully: Use the PDF to understand the precise hand position.
- 3. Practice Regularly: Consistency is key; dedicate a few minutes daily.
- 4. Focus on Breath and Mindfulness: Combine mudras with deep breathing for maximum effect.
- 5. Observe and Record Changes: Keep a journal of your experiences and benefits.

Tips for Optimal Practice

- Practice in a quiet, comfortable space.
- Maintain a relaxed and natural posture.
- Use natural lighting to observe hand positions.
- Avoid practicing if you feel discomfort or pain.

Creating Your Own Powerful Mudras PDF

Why Customize Your Guide?

While many PDFs are available online, creating a personalized document ensures:

- Inclusion of the specific mudras you wish to focus on.
- Space for notes, experiences, and modifications.
- A tailored approach aligned with your goals.

How to Develop Your Custom Mudras PDF

- Gather trusted sources or create your own illustrations.
- Organize mudras based on categories or benefits.
- Include detailed instructions and benefits.
- Add personal notes or modifications.
- Save and update regularly.

Resources and Recommended PDFs for Mudras Practice

Popular and Reliable Mudras PDFs

- "The Power of Mudras" by Swami Satyananda Saraswati
- "Mudras: Yoga in Your Hands" by Gertrud Hirschi
- Free downloadable PDFs from reputable yoga and wellness websites
- Online courses that provide downloadable materials

Tips for Choosing a Quality Mudras PDF

- Ensure the source is credible and well-researched.
- Look for clear illustrations and detailed steps.
- Check for user reviews or testimonials.
- Prefer PDFs that include benefits, contraindications, and tips.

Integrating Mudras with Other Practices

Complementary Practices

- Meditation: Use mudras to deepen meditation states.
- Pranayama: Combine with breathing techniques for enhanced vitality.
- Yoga Asanas: Incorporate mudras during physical postures.
- Aromatherapy and Mantras: Amplify effects with sounds and scents.

Creating a Daily Routine

1. Begin with a few minutes of meditation.
2. Practice selected mudras based on your needs.
3. Incorporate breathing exercises.
4. End with gratitude and reflection.

FAQs About Powerful Mudras PDFs

Are mudras safe for everyone?

Most mudras are safe when practiced correctly, but individuals with specific health conditions should consult a healthcare professional before starting new practices.

How long should I hold a mudra?

Typically, hold each mudra for 15-20 minutes daily, divided into shorter sessions if needed.

Can I perform multiple mudras in one session?

Yes, but ensure each is given adequate attention, and avoid overstimulation.

Where can I find reliable PDFs on mudras?

Official yoga websites, wellness platforms, and published books often offer downloadable PDFs. Always ensure sources are reputable.

Conclusion

A powerful mudras pdf is an essential tool for anyone interested in exploring the profound benefits of hand gestures. By providing detailed instructions, visual aids, and structured guidance, such resources empower practitioners to incorporate mudras into their daily routines effectively. Whether your goal is spiritual growth, emotional balance, or physical health, mastering mudras through a comprehensive PDF can significantly enhance your holistic wellness journey. Embrace the ancient wisdom, practice

regularly, and unlock the transformative power of mudras to elevate your mind, body, and spirit.

Meta Description: Discover the transformative power of mudras with our comprehensive guide to powerful mudras pdfs. Learn how to incorporate hand gestures into your wellness routine for mind, body, and spirit benefits.

Frequently Asked Questions

What are the benefits of using a 'Powerful Mudras PDF' for yoga and meditation practice?

A 'Powerful Mudras PDF' provides comprehensive guidance on various mudras that can enhance energy flow, improve concentration, reduce stress, and promote overall well-being. It serves as a valuable resource for practitioners to understand the correct techniques and benefits of each mudra.

Where can I find a reliable 'Powerful Mudras PDF' to download?

Reliable sources for a 'Powerful Mudras PDF' include well-known yoga websites, spiritual platforms, and yoga community forums. It's recommended to choose PDFs from reputable authors or certified yoga teachers to ensure authenticity and accuracy.

Are there specific mudras in the PDF that are recommended for beginners?

Yes, the PDF typically highlights beginner-friendly mudras such as Gyan Mudra (knowledge), Anjali Mudra (prayer), and Prana Mudra (life energy), which are simple to perform and beneficial for those new to mudra practice.

Can a 'Powerful Mudras PDF' help improve mental clarity and emotional stability?

Absolutely. Many mudras outlined in the PDF are known to enhance mental clarity, concentration, and emotional balance by stimulating specific nerve endings and energy channels in the body.

How can I effectively incorporate mudras from the PDF into my daily routine?

To incorporate mudras effectively, dedicate a few minutes daily to practice the selected mudras, ideally during meditation or relaxation periods. Follow the step-by-step instructions from the PDF and be consistent to experience their full benefits.

Additional Resources

Powerful Mudras PDF: Unlocking the Ancient Secrets of Hand Gestures for Holistic Well-being

In the realm of holistic health and spiritual practices, powerful mudras pdf has gained immense popularity among yoga practitioners, spiritual seekers, and holistic healers alike. These hand gestures, rooted in ancient traditions such as Indian Ayurveda, Buddhism, and Jainism, are believed to channel energy flows, influence mental states, and promote physical healing. Having a comprehensive guide in PDF format makes these practices accessible, organized, and easy to integrate into daily routines. In this detailed review, we will explore the essence of mudras, their significance, the advantages of accessing a powerful mudras pdf, and practical tips for effective practice.

Understanding Mudras: The Foundations of Hand Gestures

What Are Mudras?

Mudras are symbolic hand gestures that serve as tools to influence the flow of prana (life energy) within the body. Originating from Sanskrit, the word "mudra" means "seal," "gesture," or "mark." Traditionally, mudras are used during meditation, prayer, and yoga practices to deepen concentration, facilitate energy transfer, and promote physical and emotional healing.

Historical and Cultural Significance

- Ancient Roots: Mudras have been an integral part of Indian spiritual traditions for thousands of years.
- Religious Contexts: Used in Buddhist and Hindu rituals to invoke divine energies.
- Healing Traditions: Employed in Ayurveda and traditional Chinese medicine as part of energy balancing practices.

Types of Mudras

- Chin Mudra: Gesture of knowledge, involving touching the tip of the thumb and index finger.
- Jnana Mudra: Sign of wisdom, similar to Chin Mudra but with the palm facing upward.
- Anjali Mudra: Gesture of greeting or prayer, palms pressed together.
- Vayu Mudra: Related to air element balancing.
- Prana Mudra: Invokes life energy, involving specific finger placements.
- Dhyana Mudra: Used in meditation, with hands resting on the lap.

The Significance and Benefits of Powerful Mudras

Physical Benefits

- Enhances circulation and oxygenation.
- Supports the immune system.
- Alleviates specific ailments like headaches, digestive issues, or respiratory problems.
- Promotes relaxation of tense muscles and reduces stress-related symptoms.

Mental and Emotional Benefits

- Improves concentration and mental clarity.
- Reduces anxiety, depression, and emotional instability.
- Facilitates emotional release and mental detoxification.
- Aids in achieving states of deep meditation and mindfulness.

Spiritual Benefits

- Deepens spiritual awareness and connection.
- Facilitates chakra activation and balancing.
- Assists in manifesting intentions and spiritual goals.
- Enhances intuitive abilities.

Why Use a Powerful Mudras PDF?

- Structured Learning: Provides organized instructions, images, and explanations.
- Accessibility: Easily downloadable, portable, and printable.
- Comprehensive Content: Covers a wide range of mudras suited for various needs.
- Guided Practice: Step-by-step instructions facilitate correct execution.

- Educational Resource: Offers insights into the science and philosophy behind mudras.
- Supplementary Material: Includes meditations, mantras, and breathing techniques.

Key Features of a High-Quality Powerful Mudras PDF

Content Depth and Accuracy

- Detailed descriptions of each mudra.
- Historical and traditional contexts.
- Scientific explanations of energy channels involved.

Visual Aids

- Clear, high-resolution images or illustrations.
- Step-by-step guidance on hand positioning.
- Visual cues for finger pressure and posture.

Practical Tips and Precautions

- Duration and frequency recommendations.
- Tips for beginners.
- Contraindications and safety warnings.

Additional Resources

- Guided meditation scripts.

- Breathing exercises aligned with mudra practice.
- Mantras and chants to enhance effects.

User-Friendly Format

- Organized chapters or sections.
- Easy navigation and indexing.
- Downloadable and printable format.

Popular Mudras Included in Powerful Mudras PDFs

1. Gyan Mudra (Chin Mudra)

- Enhances concentration and memory.
- Used during meditation to promote mental clarity.

2. Prana Mudra

- Boosts vitality and activates dormant energy.
- Supports immune function.

3. Dhyana Mudra

- Facilitates deep meditation.
- Balances the mind and reduces mental chatter.

4. Apana Mudra

- Aids in detoxification and elimination.
- Supports digestive health.

5. Surya Mudra

- Stimulates fire element.
- Helps in weight loss and digestion.

6. Varuna Mudra

- Balances water element.
- Supports hydration and skin health.

7. Vayu Mudra

- Reduces air element excess.
- Relieves anxiety and nervousness.

8. Anjali Mudra

- Sign of respect and greeting.
- Promotes inner peace and gratitude.

How to Make the Most of Your Powerful Mudras PDF

1. Consistent Practice

- Dedicate specific times daily for mudra practice.
- Start with 5-10 minutes, gradually extending as comfortable.

2. Correct Technique

- Follow the step-by-step instructions meticulously.
- Use visual aids to ensure accurate hand positioning.

3. Meditation Integration

- Combine mudras with breathwork and meditation.
- Use guided meditations from the PDF if available.

4. Environment and Posture

- Practice in a quiet, comfortable space.
- Sit with a straight spine to allow energy flow.

5. Mindfulness and Intention

- Set clear intentions before each practice.
- Be mindful of sensations and emotional shifts.

6. Tracking Progress

- Maintain a journal to note changes.
- Reflect on physical, mental, and emotional states.

Choosing the Right Powerful Mudras PDF

Factors to Consider

- Authenticity: Ensure content is rooted in traditional practices.
- Comprehensiveness: Covers a wide range of mudras for different purposes.
- User Feedback: Check reviews or testimonials.
- Visual Clarity: Clear images and descriptions.
- Additional Resources: Bonus materials like mantras, meditations, or breathing exercises.
- Format and Accessibility: Easy to download, print, or access on devices.

Where to Find Quality PDFs

- Reputable yoga and spiritual websites.
- Certified holistic health educators.
- Well-known authors in the field of mudras and energy healing.
- Online platforms offering free or paid comprehensive guides.

Incorporating Mudras into Daily Life: Practical Tips

- Morning Routine: Start the day with a set of mudras to energize and focus.
- Work Breaks: Use quick mudra exercises during breaks to reduce stress.
- Meditation Sessions: Deepen meditation with specific mudras.
- Healing Practices: Use targeted mudras for symptom relief.
- Sleep Preparation: Practice calming mudras before bedtime for restful sleep.

Conclusion: Embracing the Power of Mudras Through Knowledge and Practice

The powerful mudras pdf serves as a valuable resource that bridges ancient wisdom with modern accessibility. By providing detailed instructions, visual guidance, and contextual understanding, it empowers practitioners to incorporate these potent hand gestures into their daily routines effectively. Whether seeking physical healing, mental clarity, emotional balance, or spiritual growth, mudras offer a simple yet profound pathway. Embracing this knowledge through a well-structured PDF can be a transformative step toward holistic well-being.

Remember, the true power of mudras lies in consistent practice, mindful intention, and an open heart. As you explore the depths of these ancient gestures, you unlock not only physical health but also a deeper connection to your inner self and the universal energy that surrounds us all.

Embark on your journey with powerful mudras today—download a comprehensive mudras PDF and experience the profound benefits of this timeless art.

Powerful Mudras Pdf

powerful mudras pdf: Deśa Kāla Emerging Trends in Performing Arts Vol II Ed. Dr. Vidya Shimladka, 2021-12-03 The existing trend of Performing Arts was at its height when the Global Covid-19 Pandemic has disrupted the progressive evolution of various forms of dance throughout India causing seismic change to life across the globe, localities and entire countries on imposition of lockdowns and shutdowns over one and half years. After a period of short recession and keeping pace with the global shift over to virtual sphere, Performing Arts have adapted itself to digital technology. Such sudden change over has posed number of materialistic and psychological questions, questions relating to advantage and disadvantage experienced by artists and professionals of performing arts. My article will focus on (i) the height, Performing Arts achieved and trend existed prior to Covid-19 period and (ii) present shift to digital collaboration, creation, production, promotion, education, performance, archiving, documentation audience during the post period of Covid-19 pandemic.

powerful mudras pdf: *Serpent Rising: The Kundalini Compendium* (Српски Превод) Neven Paar, 2023-02-05 „Serpent Rising: The Kundalini Compendium“ је крајњи резултат мог 17-годишњег путовања Кундалини трансформације након потпуног и континуираног буђења 2004. године које је трајно проширило моју свест. Након што сам доживео потпуну визуелну надоградњу која ми омогућава да свакодневно присуствујем холографској природи света, знао сам да је оно што ми се догодило јединствено. Тако сам у следећем делу свог живота одлучио да искористим свој дар и посветим се учењу науке о невидљивом свету енергије са којим сам интимно повезан, док сам истовремено развијао праве језичке вештине како бих свеобухватно саопштио своја открића. Буђење Кундалини је део мисије ваше душе на Земљи. Његова крајња сврха је да оптимизује ваше тороидно енергетско поље (Меркаба) и трансформише вас у Биће Светлости, омогућавајући међудимензионално путовање кроз свест. Поседовање одговарајућег знања у овој области може вас оснажити да преузмете контролу над својом духовном еволуцијом и испуните своју судбину како бисте могли да наставите своје путовање кроз Звезде у свом следећем животу. Зато сам и написао ову књигу. „Serpent Rising: The Kundalini Compendium“ садржи све што треба да знате о теми Кундалини, укључујући ефекат процеса подизања на људску анатомију и улогу коју нервни систем игра, како да откључате пуни потенцијал свог мозга и пробудите моћ своје срце и како да користите модалитете духовног исцељивања као што су кристали, виљушке за подешавање, ароматерапија и татве, да бисте подigli вибрације ваших чакри. Велики део књиге посвећен је филозофији и пракси јоге (са ајурведом), укључујући списак асана, пранајама, мудри, мантри и медитација, као и њихова упутства за употребу. Такође детаљно разматрам процес буђења и трансформације Кундалини, укључујући трајна и делимична буђења, луцидне снове, сиддхи (психичке моћи), вантелесна искуства, улогу хране, воде, хранљивих материја и сексуалне енергије током интеграције, и кулминирајући догађаји у целокупном процесу трансформације. Пошто сам био научник и лабораторија у једном, ова књига садржи своје знање и искуство стечено на свом духовном путу, укључујући суштинске медитације које сам развијао док сам наилазио на стагнације и блокаде у Кундалини енергији. Коначно, пошто сам годинама помогао многим људима да се Кундалини пробуди који су „пипајући у мраку“ тражили одговоре, укључио сам њихова најчешћа питања и бриге. „Serpent Rising: The Kundalini Compendium“ је темељно и напредно излагање о Кундалини које је обавезно читање за свакога ко је заинтересован за ову тему и духовни раст.

powerful mudras pdf: *Llewellyn's Complete Book of Reiki* Melissa Tipton, 2020-03-08 TRANSFORM YOUR LIFE WITH REIKI Discover the deep healing benefits of reiki and learn how to begin or advance your own practice. Llewellyn's Complete Book of Reiki shares the many ways reiki can uplift your spirit and restore your well-being. With dozens of exercises and more than 100 illustrations showing hand positions, symbols, and more, this thorough reference book is ideal for

students and practitioners of every level. Within these pages, you will find helpful information and practical tips on the most important topics in reiki, including: • Vibrational Healing • Sensing Energy • Hand Positions • Symbols • Mantras • Traditional and Non-Traditional Techniques • Reiki Self-Practice • Professional Practice • Conducting Sessions • Teaching Reiki • Reiki Attunements • Reiki for Children and Pets • And More Reiki has the power to change your life from the inside out, and the more you interact with this energy, the more profound and far reaching the changes will be. This book shares insights into the many branches of reiki, helping you unlock your inner gifts for improved physical health, emotional balance, and spiritual vitality.

powerful mudras pdf: SAMPOORNA MUDRA VIGNAN Dharanipragada Prakash Rao, Dharanipragada Deepthi, 2021-09-24 "Mudra" is a gesture made with fingers, hands or with entire body, sometimes coupled with breathing techniques to stimulate the flow of energy in the body. Mudras originated thousands of years ago and were very well adopted in ancient India, but of late, its essence is seen diminishing. With an intention to bring the benefits of Mudras to common man, Yogacharya and Mudra Specialist Sri Dharanipragada Prakash Rao has published a book in Telugu (A language of Andhra Pradesh and Telangana States of India) by name "Mudralu, Bhandhaalu" which is result of his vast study and research in the area of Yoga and Mudras. Till date it sold around 10,000 copies. To further strengthen the reach of this knowledge and benefits to larger audience, Sri Prakash Rao along with his daughter Dharanipragada Deepthi have brought forward a book in English by name "SAMPOORNA MUDRA VIGNAN" which is an encyclopedia to Mudras. It covers 810 Mudras with pictures, which explains the procedure, time limit to perform the Mudras, their physical, mental and spiritual benefits too. Apart from therapeutic use through Chikitsa mudras, this book also covers various mudras on Pranayama, Dhyana (Meditation) to activate chakras, Puja mudras, Mantra mudras, Vaastu mudras, Natya mudras and many more. This book categorizes Mudras based on how they are performed, such as Hasta Mudras which are practiced with hands, Kaaya Mudras (with body), Sira Mudras (with head), Aadhaara Mudras (taking an external support), Mano Mudras (by focusing the mind on something), Chakshu Mudras (using eyes), Bandha Mudras (internal locking mechanisms). Last part of the book contains a detailed list of ailments with special mention about the Mudras which can prevent or cure specific ailments. The reader can find his or her current health issue and practice the specific Mudras proposed in the book to experience direct benefits of Mudras. Irrespective of the age, if staying fit is your goal, then this is a "Book of all Times"! NOTE: Though most of the Mudras can be practiced by self to heal the health, there are some Mudras which must be learnt and practiced only under the guidance of an expert Mudra Specialist. The results may vary according to the level of concentration, belief, interest and practice. More books from same Author: Mudralu Bandhaalu - Telugu Book Mudraye Aur Bandh - Hindi Book Sampoorna Mudra Vignanam - Telugu Visit us: YouTube Channel: www.youtube.com/c/YogaMudras Website: <http://YogaMudras.org> About the Author: <https://www.amazon.com/author/dharanipragada.deepthi> Kindle: https://www.amazon.com/gp/product/B09GYP32L1/ref=dbs_a_def_rwt_hsch_vapi_tkin_p1_i0 Hard Copy: Available on Amazon.in, Flipkart.com Email: prakash.dharani@gmail.com; ddeepthi@gmail.com Mobile & Whatsapp: +91 98490 66765, +91 8978801247 To buy your hard copy of this book, contact us on email or whatsapp.

powerful mudras pdf: The Moral Rights of Authors and Artists Mira T. Sundara Rajan, 2024-12-19 Moral rights are held by authors and artists under copyright laws around the world and serve to recognize their role and rights as creators. In the technological context, these rights have acquired a new importance. Moral rights respond to a growing public need for the integrity of knowledge, while providing much-needed support in the struggle against copyright piracy. Crucially, they affirm the basic human dignity of authors and artists everywhere. They offer the potential for new approaches to copyright conflicts - for harmonizing public and private interests, commercial and cultural priorities, copyright and Copyleft, through a time-tested and universally relevant idea. Moral Rights of Authors and Artists: From the Birth of Copyright to the Age of Artificial Intelligence tells the story of moral rights as the idea developed through the ages, from their antecedents in Asia

and Europe to their modern emergence in British and European copyright laws, and their recent, reluctant yet powerful acceptance in the United States. It paints an unparalleled comparative picture of copyright law, reaching from North America to Australia and New Zealand, India, Japan, Korea, and all across Continental Europe - drawn from the author's rich international experience, and her practical insights as an author and artist herself. Above all, this book explores the unprecedented relevance of moral rights in the age of artificial intelligence, where they can help to affirm the importance of human creativity at its most vulnerable. It is a powerful work of illumination and advocacy.

powerful mudras pdf: THE SCIENCE OF YOGA MUDRAS K. Ranganaraja Iyengar , Prof. G.S. Mudambadithaya, 2013-05-17 Yoga is flying across the shores of Bharatha all over the world like an eagle. The entire humanity needs yoga today. If going after Yoga to get rid of diseases is one dimension, using Yoga to make our body healthy so that we can enjoy material pleasures is the other dimension. This was not what those great Rshis who evolved Yoga had in mind. Yoga is another name for pure living. If man lives, being aware of the purpose for which he was created, what else can it be excepted in Yoga? Human body is a temple. In a larger sense, it is the dwelling place of gods. Whatever one finds in the world is present in the human body. We have 72,000 Nerves in the body, also we have 72,000 Nadies which are subtle channels and centres of energy. We get a detailed account of these in books on Hatayoga. In this background Mudras and Bandhas occupy a place of great significance. We have a considerably difficult challenge to convert this Annamaya body into one, the object of which is Dharma Sadhana. Kalidasa has announced, Shareeramadyam khalu dharma sadhanam. Our sages have said, Manaeva manushyanam karanam bandha mokshayoho Our mind is the cause of both Bandha and Moksha. In that case how can we make use of the techniques available to us to the best of our advantage? Mudras help us to keep our body and mind pure and chaste. They are tools to lead us to life fulfilment. When we activate the nerve and nadi centres in the body, they make the flow of energy smooth. Our body is a fantastic machine designed by the Creator. He has set in it a super computer called the 'Brain'. All the activities in our body are controlled by the Mind. The pressure exerted on certain key points in the body and in hands, energises the centres in the brain. We have come to know this truth as a result of experiments conducted in different parts of the world. Acupressure specialists assert that if we activate certain points in the legs, hands and ears, we can ward off a number of disorders of the body. In our ancient Tantra Marga we hear about Khechari Mudra. During five thousand years after sage Vedavyasa, our ancestors have devised a number of ways to help man keep himself fit. They are simple and workable. We get a sea of information about Mudra Science in a number of books on Yoga shastra and Tantra Shastra. In a few of our epics also, we get references to these Mudras.

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