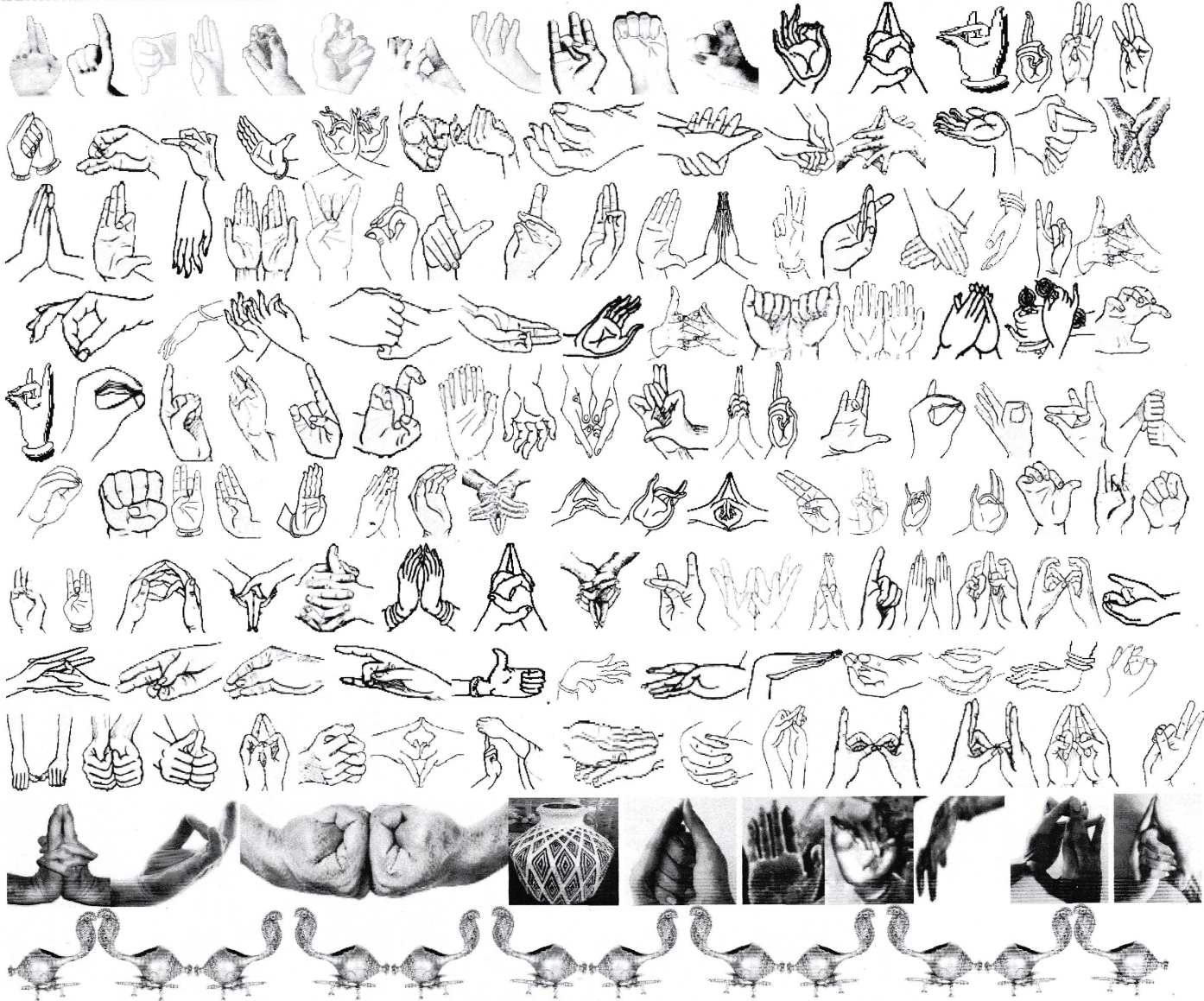
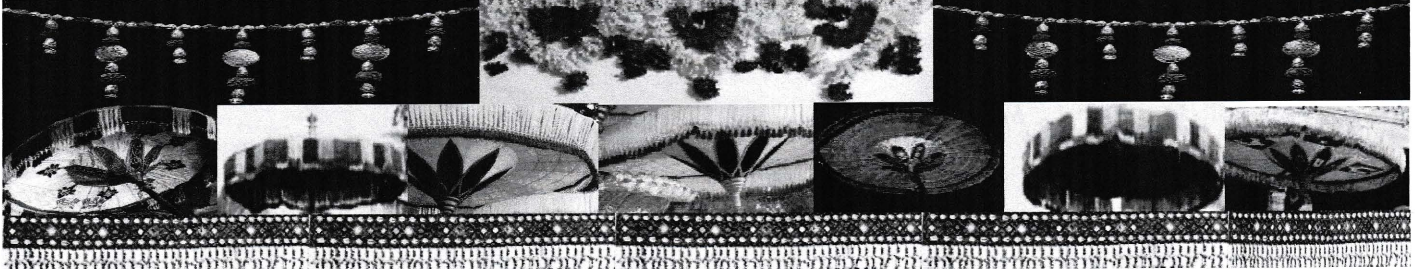


Path to Dharma

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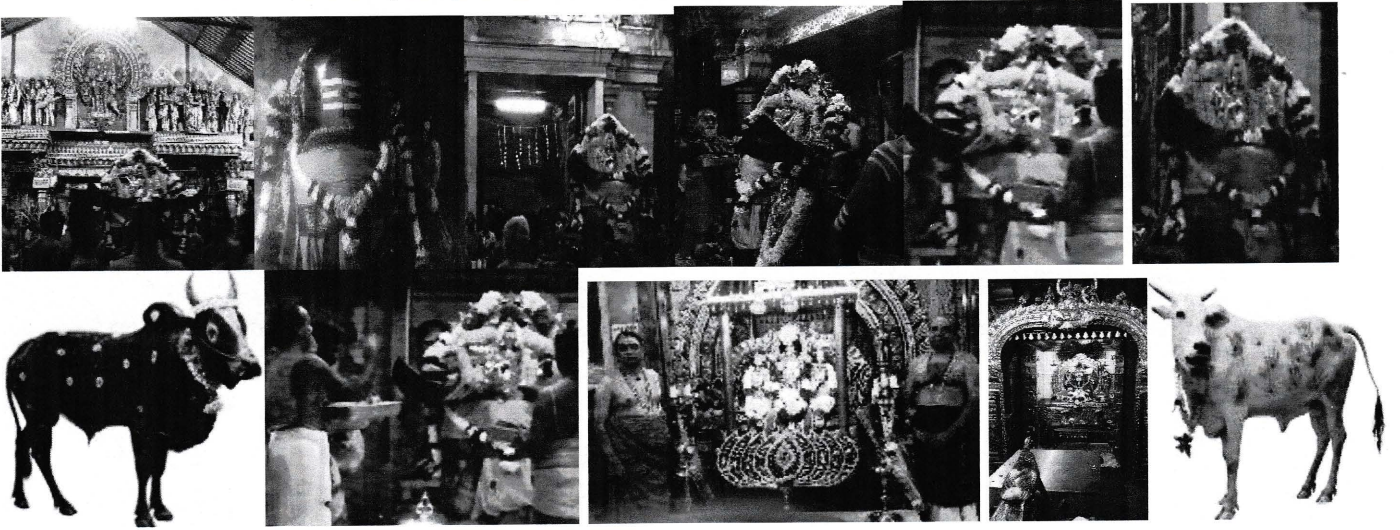
2015

டிசம்பர் (கார்திகை/மார்கழி)

Editorial.

The monthly publication 'Path to Dharma', by KshethraVinayakaTemple, Sri Munneswaram, Chilaw, Sri Lanka, is presenting the 95th number this month. The main imperative endeavor of this monthly magazine is to pass on the vision associated to Hindu dharma basically by replies to the issues put forward by the anxious readers. The comments and analysis of the readers are appreciated.

B.S. ivaramakrishnaSarma, KshethraVinayakaTemple, SriMunneswaram, Chilaw, Sri Lanka. .December, 2015



Opinion

Thanks Sarma. The information regarding Navaratri festival is excellent. You are doing a great service and may God Bless you.

S.Sinniah, Phone; 416 284 9158, Canada

5th Nov.2015

Receiving 'Path to Dharma' monthly magazine regularly on the first of each month. Thanks very much. The article about Navaratri in English and in Tamil languages are very nice. The format looks very attractive. Thanks for sending this magazine regularly.

I like to draw your attention in some photographs on "Manampuu" ritual taking place on the Dhasarma, (Vijeya Dasamy) with Banana plant bearing fruits and its flower. It is very surprising to see that the Banana plant with bunches of banana fruits is used for this Manampuu (Valai vettu) ritual. It is **kanny valai** (the banana plant prior to bearing flower) is used for Valai vettu function, not valai bearing the bunches of fruits

Luxmy Param. 59, Kandy Road, Gampola, Srilanka.

07th Nov.2015



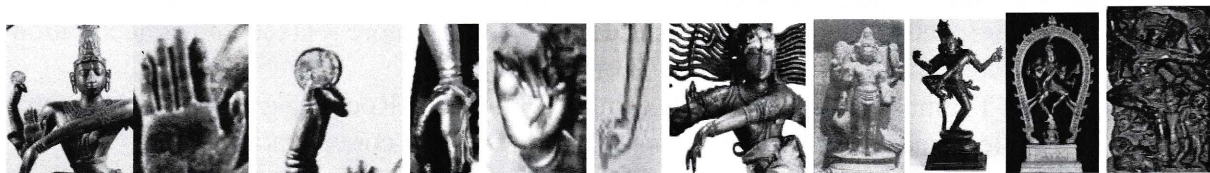
The significance of Mudras in Hinduism

The term “Mudra” in Sanskrit language gives the meaning as a seal, mark, sign or gesture. Mudras are characteristically practiced during meditation and in ‘pranayama’ as a technique to channel energy flow throughout the body. Mudras are merely iconographic, as represented in Hindu sculpture and painting. With reference to yoga philosophy, special areas of the hand stimulate specific areas of the brain. By applying light pressure to these areas of the hand, one could “activate” the corresponding region of the brain, similar to reflexology. Mudras signify a range of feelings, emotions, and are representative of various states of being.

Since the entire universe is made up of five elements; fire, air, space, earth and water and the human body is also composed of these same five elements, the fingers of the hand have been used traditionally to represent these five (‘pancha Buthas’) elements individually

The thumb of the hand symbolizes fire, the first finger characterizes air, the middle finger stands for space, the ring finger corresponds to earth and the little finger characterizes water. When these five elements are in balance and harmony with one another in human bodies the individual is healthy. Imbalance and disharmony of these five elements leads to disease. The balanced elements indicate all the body’s systems to function optimally.

Traditionally, Mudras are an ancient part of the Hindu traditions. In traditional 108 Mudras are used in Hindu Tantric rituals.



Shuni Mudra:

The middle finger and thumb of the right hand are held together slightly touching at the tips. The remaining three fingers are kept out tenderly (relaxed and not ridged position). “Shuni” denotes the “Saturn.” In astrological science, Saturn is the planet that makes a person disciplined.

This Shuni Mudra is also called as the “seal of patience.” The middle finger represents Aakash and courage to hold duty and responsibility. The thumb represents fire and divine nature. When the two fingers are placed together in Shuni Mudra, it symbolizes authority and it encourages patience, discernment, focus and discipline.

When Shuni Mudra is practiced in meditation/ pranayama, it helps to encourage patience and the courage to fulfill the responsibilities of the person who performs. In addition it develops noble thoughts and turn negative emotions into positive emotions. This Shuni Mudra develops the sensation of stability and strength.



Surya (Ravi) Mudra (Aka, Prithvi Mudra): The ring finger and thumb of the right hand are evenly touching at the tips. The remaining three fingers are held out gently (kept relaxed, and not ridged). “Surya” refers to the “Sun,” and it increases the element of fire in the body.

This hand Mudra is called the “seal of life” (“seal of the sun”). The ring finger symbolizes earth, energy, strength and endurance. The thumb stands for fire and divine nature. When the two fingers are held together in Surya(Ravi) Mudra, it symbolizes and encourages energy, balance, health, and vitality.

When Surya(Ravi) Mudra is practiced while in meditation/pranayama, it provides energy, positivity, intuition, and help encourage positive change in the life of the person who is practising. Surya(Ravi) Mudra helps to build and stimulate the bodily tissues. It accelerates the metabolic activities. It vibrates with the third chakra to stimulate digestive process.

Buddhi Mudra (aka, Varun Mudra): The little finger and thumb of the right hand are lightly held at the tips. The remaining three fingers are held out gently (in relaxed position and not ridged). "Buddhi" means "intellect". In astrological science, Budha planet that makes a person's intellectual character. This Buddhi Mudra is called the "seal of mental clarity." The little finger represents water and communication. The thumb represents fire and divine nature. When the two fingers are placed together in Buddhi Mudra, it indicates and encourages openness and fluid communication. When Buddhi Mudra is practiced in meditation/ pranayama, it encourages the effective communication of the person who is practising it. Buddhi Mudra promotes to balance the water element in the body. This Mudra endorses the acquirement of higher understanding and discerning intuitive messages to gain knowledge.

Progression of these four Mudras for balancing energy is as follows;

Alternately touch the tips of each finger with the tip of your thumb. Do this with both hands simultaneously.

This method is a basic version of a Kundalini yoga exercise and a way of balancing the energy of the person who is practicing it.

The consequence of practicing this is that the doer is, more relaxed and concentration is enhanced.

These four Mudras has the following effects:

- i. Thumb touches tip of index finger: Opens the Root chakra, and moves more energy to the legs and lower body. Calms the mind for better concentration.
- ii. Thumb touches tip of middle finger: Fosters patience.
- iii. Thumb touches tip of ring finger: Energy, stability and self-confidence.
- iv. Thumb touches tip of pinky finger: Intuition and feeling.

Patanjali Muni in his Yoga Sutras shows that while in asana one should focus on Ishvara (Lord or God). Mudra takes that statement one step further and allows you to open your hands to the varying aspects of the divine.

Mudras are used therapeutically as remedial and these mudras are supportive for precise physical ailments and emotional symptoms.

Mudras, alongside with asanas (reflecting the body), mandalas (of the spirit) and mantras (of the speech) all grant practical means in achieving enlightenment. The significance of the ritualistic utilization of mudras in Tantrism (Sakti worship) is directed to the other general type of mudras. In Hindu iconography, the deities are commonly portrayed with their different hands making various types of mudras. Different deities comprise numerous mudras; specific which are associated with them.

The performance and application of the mudras is practically well-known in the Pujas in Hindu temples. The presentation of the mudras and related ritualistic routine are very common in Tantric worships, Yoga and in Classical types of Indian dances. Various Natya Sastras and different Yoga demonstrates that there exist abundant mudras which are similar. These named mudras are sometimes rather dissimilar from the mudras performed during Pooja.

In the application of the mudras each finger of the hand correspond to one of the five elements namely, the thumb is *agni (fire)*, the forefinger is *vayu (air)*, the middle finger is *akash (ether)*, the ring finger is *prithvi (earth)* and the little finger is *jala (water)*. In the application of the mudras it is referred that there are two types of mudras namely either the single-hand and double-hand (both right and left hands are used). The single-handed mudras can be of twenty eight (28) varieties which are called

Aasanyukta mudras. The double-handed mudras can be of twenty three (23) varieties which are termed **Sawyakta** mudras.

Abhaya (Abhayapradha) mudra *Gesture of fearlessness and granting protection.*

The most commonly depicted mudra, representing benevolence and the absence of fear is represented by Abhaya, mudra. The gesture bestows on others the freedom from fear. Hence this mudra is interpreted to mean "fear not". The gesture is made with the right hand raised to the height of the shoulder, with the arm bent and the palm facing outward.



Ahamkara mudra (Self-confidence)

This Ahamkara mudra represents the self-confidence and self-assertion. Bend index fingers slightly and put the upper phalanx of the thumb to the side of the middle phalanx of the index finger, at the upper part. Other fingers are straight.

Akash (Akashi) Mudra: Sky posture.

In Akash (Akashi): Sky posture, the thumb and middle finger are joined together at the tips. Index, ring, and pinky fingers are extended. Mana (head) mudra. Mana mudras form an integral part of *kundalini* yoga because they utilize eyes, ears, nose, tongue and lips.

The sky has a characteristic known as space. Another such characteristic is sound energy. Reverberation is regarded as the eternal spirit. Sound travels in waves, and these waves are scattered in the space of the sky. The third attribute of the sky is vacuum or nothingness. The sky can be filled only when it has nothing. The yoga helps practice meditation in the inner space. Emotions get purified when one concentrates in the heart. The middle finger and the heart are interrelated.



Amalaka Mudra

The Samyama Nayaka hand, that is, the forefinger and the second finger touch together in the middle of the palm, the rest of the hand extended.

Anjali mudra: (veneration, honor or celebration)

Both hands are held above the head, the heels of the palms are touching, the fingers and thumbs spread outward and upward.

The gesture of two palms pressed together and held near the heart. In this mudra of greeting, two joined as one, the bringing together of matter and spirit, the self meeting the self in all. This mudra is reserved for praying figures.

The Anjali is made with two hands joined vertically in front of the chest.

This mudra can also indicate veneration if it is made at the level of the face. The speciality of this mudra is that, the hand (hasta), meditative mudra. This redirects the prana emitted by hands back into body.

Ankusha mudra (Ankusa):

The *Ankusha* mudra represents the mudra of the goad or curved sword, which signifies urging seekers on towards their final goal, or cutting down the iniquities of the ego.

Anushasan mudra (Discipline posture)

In Anushasan mudra the index finger is kept straight and touching the remaining three fingers with the thumb. Discipline is the fundamental factor of meditation. Meditation is not successful with no proper discipline.

Apana mudra :

In Apana mudra the tip of the second and the third fingers should be slightly pressed against the inner part of the tip of the thumb while the other two fingers are kept straight. Apana mudra Gives energy and makes one more self-confident. This mudra Improves the excretory system by cleaning the waste from the body, cures constipation and stomach aches.

Apan mudra : Flatus posture.

In Apan mudra the tip of the thumb is touched to the middle and ring finger. This particular mudra provides relaxation, heart, physical and mental. This helps in clearing the body by elimination of waste matter from the mouth, eyes, ears, nose etc. Helps when urine is obstructed, reduces constipation.

Apan vayu (Mritsanjeevini) mudra:

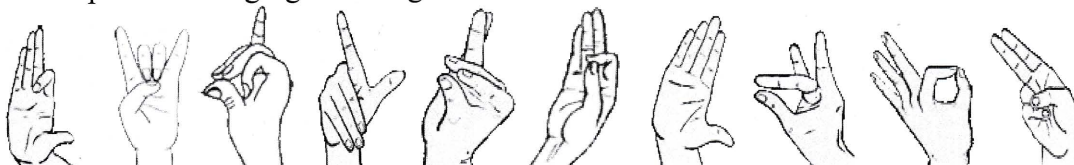
The tip of the index finger should be pressed slightly against the root of the thumb and second and the third finger should touch the inner tip of the thumb. This mudra helps for cures palpitation of the heart, strengthens the heart and is good for heart patients.

Ardha Chandra mudra: *Half moon.*

Deva Saraswati's left hand. Both hands of Deva Parvati, left up, right down (abhaya and varada, fear not and charity).

Avahana (Avahani) mudra:

This Avahana (*Avahani*) is the mudra of invitation. It is used to invoke the deity into the presence of the worshiper at the beging of a religious ritual.



Bandhanana (Bandha / Baku) mudra: Inner binding mudra

Hand gesture formed by clasping both hands together with the fingers interlocking. When the fingers are interlocked on the outside, it is called gebaku ("outer bind"), while when they are interlocked on the inside, it is called naibaku ("inner bind").

Bhailuka mudra (Bear);

Left hand Padmakosha face downward, right hand Pataka placed on the back of the left hand

Bhairavi mudra:

This Bhairavi is a type of meditative mudra. Here it redirects the prana emitted by hands back into body.

Bhoochari mudra:

Bhoochari mudra is focusing on the finger nail of the hand held in front of the face.

Mana (head) mudra. Mana mudras form an integral part of *kundalini* yoga because they utilize eyes, ears, nose, tongue and lips.

Bhramara (Brahmara) mudra:

In Bhramara (Brahmara) mudra is done by Placing the index finger in the fold of the thumb and the tip of the thumb on the side of the middle fingernail. The ring and little finger are relaxed and extended. Do this with each hand.

Bhudi (Bhuddi) mudra:

In Bhudi mudra the tip of little finger (Mercury) touches tip of thumb for clear and intuitive communication. This mudra improves feeling and intuition and helps maintain the fluid balance in the body.

Buddha (Budha) mudra:

In this particular mudra the right hand rests on left for men, left on right for women, palms up, thumbs tips touching each other in a receptive gesture.

Bhumisparsha mudra (*Gesture of touching the earth, calling the earth to witness*).

In Bhumisparsha mudra the gesture of "touching the earth" or as it is also referred to, the 'earth witness' mudra. This mudra, formed with all five fingers of the right hand extended to touch the ground.

Bhutadamara (bhutadamar) mudra: *Warding off evil gesture.*

This Bhutadamara, is also known as "Trailokyavijaya" or awe-inspiring mudra. Here in this mudra the hands are crossed at the wrist, the right hand over the left hand, palms turned outwards. Usually the two middle fingers are slightly bent and the hands may both hold additional symbols like Vajras and Ghanta.

**Brihaspati mudra:** *Planet Jupiter.*

In this Brihaspati mudra the two index fingers are kept together, the power of Jupiter, or good luck and expansion is activated.

Shikhara mudra: In this Shikhara mudra both hands are kept as if holding the sacred thread.

Buddhapatra mudra:

In this mudra the two hands are placed horizontally in opposition to hold an actual or figurative begging bowl at the level of the breast, one hand above and the other underneath.

Buddhasramana mudra:

In this mudra the right hand is lifted in line with the shoulder, the wrist bends backwards and the fingers and the palm face upwards. This mudra is a gesture of enlightenment. The fingers point outward, away from the body.

Chakra mudra:

In this mudra the all fingers are spread widely and the right hand is brought on top of left hand with palms touching each other, and little finger of right hand touching the thumb of left hand and vice versa.

Cincihna mudra: *Gesture of understanding.*

In this mudra the thumb and index finger grasp a fine object as a grain of truth. This is a symbol for the spiritual understanding. This mudra helps asthmatic patients with the breathing technique. Redirects the prana emitted by hands back into body.

Surabhi mudra (Dhenu mudra - dhenu means cow);

In this Surabhi mudra, fingers take the shape of udders of a cow. This Surabhi mudra (Dhenu mudra represents virtue (Satvikata) and excellence. Surabhi mudra offers a person to acquire the desired power.

Ayurvedic medicine shows that by maintaining equilibrium between wind (vata), bile (pitta) and phlegm (kuff), body remains healthy. Imbalance is the source of diseases. Surabhi mudra balances the wind, bile and phlegm. It makes the body healthy. The body of man is physical, it is atomic. Proper combination of atomic energy makes the body strong. Fingers of the hand represent all the five elements. The balanced order of five elements in the body leads to development. Surabhi mudra strikes balance in all the five elements.

Hold both hands together with fingers touching each other forming a hollow and four sets of fingers forming the nipples of udder of cow. Join the little finger and ring finger, joining the middle finger and index finger together. This pose can also be called "cow posture" as the mudra makes cloven hooves of your hands

Ganesha mudra:

In this mudra hold your left palm in frontage of your heart with the palm facing away (opposite direction) from you. Face your right palm toward you and hook the fingers. Then breath deeply in (inhale); as you exhale strongly pull the hands away from each other strongly holding (without releasing) the fingers. On your inhalation release, still keeping the fingers connected. Do this six times. Then repeat the same exercise with the hands facing in opposite directions. This Ganesha mudra stimulates heart and lung activity and opens the fourth chakra supplying courage, confidence, and openness to other people.



Garuda hasta (Garudapaksha) mudra -Eagle; Garuda):

In the performance of this Garuda hasta mudra interlock both little fingers; bring back of the knuckles together; join the thumb (forms beak); six fingers outline the wings of garuda. This Garuda hasta mudra strengthens and stimulates all the vital organs of the body and the blood circulation.

Gyan Mudra:

The index finger and thumb are slightly touching at the tips. The other three fingers are held out gently with relaxed position without keeping them ridged.

This Mudra is also termed as the "seal of knowledge." The thumb represents fire and divine nature and the index finger represents air and individual human consciousness. When the two fingers are positioned together in Gyan Mudra, it symbolizes the encouragement of wisdom and prolonged consciousness.

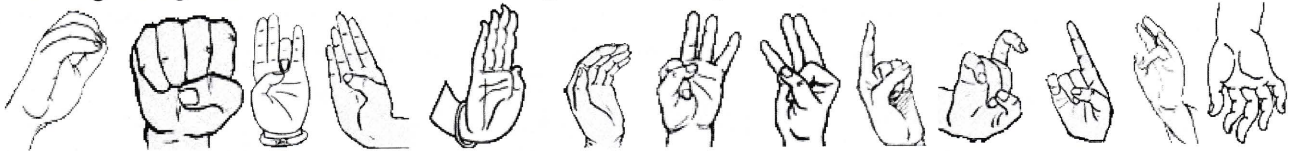
When Gyan Mudra is used during meditation or pranayama, it can help inspire creativity, and increase concentration. It stimulates the brain, empowering the mind, nervous system and pituitary gland. It also stimulates the endocrine system.

Hakini mudra: *Posture of Body, mind and soul.*

In the performance of this Hakini mudra, the tips of the corresponding fingers of each hand are kept in touching position. This significance of this mudra is to improve the respiratory function.

Harina mudra: *Gesture of teaching.*

In the performance of this mudra the thumb along with the second and third fingers touch the tips, forming a ring. The little and the index fingers extend upwards



Kalesvara mudra:

In the performance of this mudra the middle fingers of both hands touch at the tips. The first two joints of the index finger and the thumbs should touch. This mudra is performed to calm the mind.

Kapi mudra: *Adho-Mushthi-Mukula:*

In the performance of this mudra the thumb and second finger of the Mushthi hand are joined.

Karana mudra: *Gesture of banishing, expelling demons.*

In the performance of this mudra, the hand is stretched out fully, either horizontally or vertically, palm turned forward. The thumb presses down the middle two fingers, while the index and little fingers extend straight upwards.

Kartari mukha (Katari) mudra:

In the performance of this mudra both the hands are stretched at shoulder level. The thumb and the ring finger (third finger) touch the tips forming a circle. The index and middle finger extend straight.



Kataka hasta (kartakam) mudra:

In the performance of this mudra the fingers bend together until the thumb and the index finger meet, forming an open tube.

Koorma (Kurma) mudra: *This mudra is used to show Turtle, Tortoise.*

In the performance of this mudra, stretch the thumb and the little fingers and then fold the other fingers in Chakra Hastha to show Koorma Hastha. The Matsya hand is shown, when both hands as Tripataka are leveled at the shoulders.

Kshepana (Ksepana) mudra: *Sprinkling of Ambrosia, nectar sprinkling.*

In the performance of this mudra, both the hands join at the juncture, palm to palm, and the index fingers are extend together pointing downwards towards a vase or container. The other fingers and the thumbs are intertwined. This mudra helps to relieve all types of tensions.

Linga (angushtha) mudra: *Thumb Posture, Phallus.*

In the performance of this mudra make an outward appearance like figure by crossing/ entangling all the fingers while keeping the thumb of the left hand straight. This mudra increases the resistance power of the body against cold and bronchial infections and change in weather.

Mahasir mudra:

In the performance of this mudra, the tips of thumb, index finger and middle finger touch each other. Extend the little finger and place the ring finger into the fold of the thumb. This mudra gives a relief from tensions and eliminates mucous congestion in the front sinuses.

Makara mudra: *Sea, crocodile.*

In the performance of this mudra, keep one hand inside the other and extend the thumb of the lower hand through the little finger and ring finger of the other and place it in the middle of the palm of the upper hand. This mudra activates the proper functions of the kidney.

**Meru mudra:**

In the performance of this mudra, hold both hands interlocking all fingers in between each other. Open only middle fingers pointing down to earth.

Mudra of supreme wisdom:

In the performance of this mudra, the right index finger is grasped by the five fingers of the left hand.

Pankaj mudra: *Lotus posture.*

In the performance of this mudra, both the thumbs and little fingers touch each other. This mudra develops the fire and water elements and refines those elements. Like the lotus, which blooms at sunrise, the fire element makes the inner lotus bloom.

**Pran (Prana) mudra:** *Vital air posture.*

In the performance of this mudra the tips of the ring finger and little finger should be slightly pressed against the tip of the thumb. This mudra increases muscular strength and removes fatigue. In addition this mudra increases the power of the lungs along with breath. In turn, lungs mix it with blood and send it to the heart. Action of combustion starts when glucose present in cells and vital air (oxygen) present in blood come into contact, which produces energy. The pranacharya have identified five types of air in the body - pran, apaan, samaan, udaan and vyaan. They are spread in various parts of the body.

Prithvi mudra:

In the performance of this mudra first take your seat and sit down at ease. Then touch your ring finger to the tip of the thumb and press it little. Rest three fingers should be held straight and then keep your palm at your knee. This mudra eliminates physical weakness, increases vitality, luster and glow.

Puspaputa (Pushpaputaka) mudra: *Flower basket, handful of flowers, flower casket.*

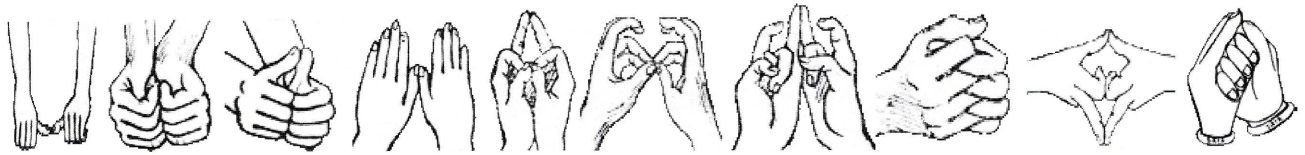
In the performance of this mudra both hands are placed in an open and upwards against the thighs, undisturbed and with the thumbs placed against the outer edge of the index finger.

Rudra mudra:

In the performance of this mudra the tips of index finger and ring finger are placed together on top of the tip of thumb, with other fingers extended comfortably.

Shakti mudra:

In the performance of this mudra, touch the tip of your right ring and pinky fingers to your left ring and pinky fingers. Bend your other fingers lightly over your thumbs. Breathe deeply into your abdomen, all the way into the pelvic bowl. Make the exhalation as slow as possible.

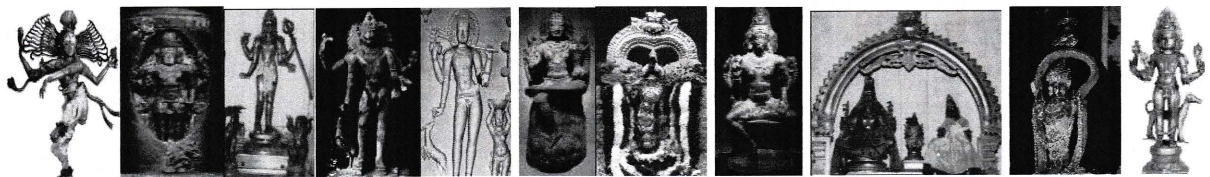


Shambavi mudra: *Eyebrow center gazing.*

In the performance of this mudra, be seated in a relaxed position. Place both hands in the jnana or chin mudra. Direct our gaze upward toward your third eye point. Focus your awareness on your breath. End the mudra when your eyes become tired. Mana mudras form an vital part of **kundalini yoga** as these mudras make use of eyes, ears, nose, tongue and lips.

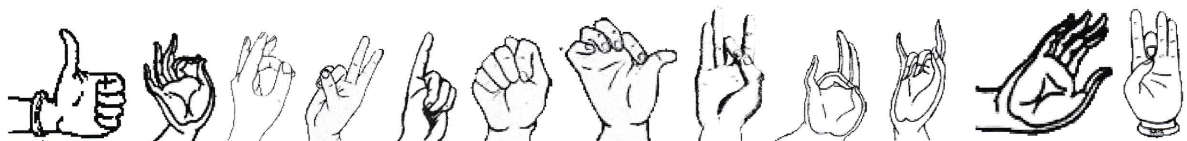
Shankh mudra: *Shell posture, conch.*

In the performance of this mudra the left thumb is held in the right first and then the, left index finger must touch the right thumb. This mudra is useful for the perfect functioning of thyroid.



Shiva linga (shivanlingua) mudra:

In the performance of this mudra, the right hand placed with the thumb extended upward on top of the left hand. The left hand is like a tight bowl with the fingers held together and cupped. Both hands must be held at the abdomen and the elbows pointing outwards and slightly forward.



Surahi (Surabhi) mudra: *Wind.*

In the performance of this mudra, connect the little finger of one hand with the ring finger of the other and vice versa. Similarly, join the forefinger with the middle finger of the other hand and vice versa. Leave your thumbs free. This mudra is successful against Rheumatic pain.

Surya (Ravi) mudra: *Sun posture.*

In the performance of this mudra, be seated at ease with your back and neck in straight position. Join tips of ring fingers at the base of the thumbs and press with the thumbs. The rest three fingers would be straight. Keep your hand at your folded knee, remember to keep palm facing up. Maintain a little pressure in your palm and rest of the hand would be in relaxing position.

Tarjana mudra: *Gesture of Threatening.*

In the performance of this mudra, merely the index finger is kept in raised position while the other fingers are locked up in the fist. This gesture is also called "warning"-mudra

Tarpana mudra: *The performance of homage, offering gesture.*

In the performance of this mudra, the thumb and ring fingers are used. The arms are bent at the elbow with hands raised even with shoulders. The fingers are lightly bent with the fingertip extending towards the shoulders. The palms of the hands face downwards. A mudra frequently shown by Namasangiti. The *Tarpana* mudra is known as the the mudra of offering. In this mudra position we offer a pinch of whatever offering is being made. For example in the *Pitri Shraddha* the offering is sesame seeds in water. Tarpana usually is performed in ceremonies respecting ancestors who have passed on, in respect of any deity.



Tatwa (Tattva) mudra: *Tranquility.*

In the performance of this mudra, take a seat in comfortably with a straight spine and with the elbows bent, bring the hands up and in until they meet in front of the body at the level of the heart. It refers to the establishment of divinity within, and most often indicates those places on the body which are different seats of the various energies.

Udana (Udan) mudra:

In the performance of this mudra, bond the tips of front, middle and ring fingers with the tip of the thumb, while keeping the little finger straight. This mudra increases the flow of energy and *Chetna* in all the parts of body.



Uttarabodhi mudra: *Gesture of supreme enlightenment, perfection.*

In the performance of this mudra, both right and left hands are held at the level of the chest, the two raised index fingers touch one another, the remaining fingers are crossed and folded down. The thumbs touch each other at the tips or are also crossed and folded. This mudra energizes the system and charges it with energy.

Vajrahumkara mudra: *Gesture of HUM.*

In the performance of this mudra, the right hand crosses over the left at the position of the wrist, palms facing inwards towards the chest and usually over the heart. The hands hold the Vajra (thunderbolt, male) and Ghanta (bell, female)

Vajramudra mudra : *Gesture of knowledge fist, six element mudra, fist of wisdom.*

In the performing this mudra, grasp the raised forefinger of the clenched left hand with the clenched right hand, with the tip of the right forefinger touching (or curled around) the tip of the left forefinger. This is also known as the six elements mudra, or the fist of wisdom mudra, for it symbolizes the unity of the five worldly elements (earth, water, fire, air, and metal) with spiritual consciousness. This mudra helps to stimulate the circulation.

Vajrapradama mudra: *Gesture of unshakable confidence.*

The fingertips of the hands are crossed. The fingertips of the hands are crossed, representing unshakable confidence.

Varada (Vara) mudra: *Gesture of granting wishes, charity, generosity, welcome.*

This mudra is always made with the left hand, and can be made with the arm hanging naturally at the side of the body, the palm of the open hand facing forward. The five fingers in this mudra symbolize the following five perfections: generosity, morality, patience, effort, and meditative concentration. This mudra is rarely used alone, but usually in combination with another made with the right hand.



Varun (Varuna) mudra: *Water posture.*

In the performance of this mudra, be seated in a relaxed mood comfortably with your back and neck straight. Join tips of little fingers and thumbs and keep rest three fingers straight. Keep your hand at your folded knee. Keep your palm tight and rest of the hand should be relaxed. This mudra helps to cure skin disorders.

Vajrapradama mudra: *Gesture of unshakable confidence.*

In the performance of this mudra, the fingertips of the hands are crossed. The fingertips of the hands are crossed, representing unwavering confidence.



Vayu mudra: *Wind.*

In the performance of this mudra, turn the index finger so that it touches the soft part of the thumb. The remaining three fingers should remain straight. This mudra is useful to overcome abdominal disorders.

Vitarkka mudra: *Gesture of argument, reasoning.*

In the performance of this mudra, the tips of the thumb and index finger touch each other so that it forms a circle. All other fingers are extended upwards.



Vyaghra mudra: *Tiger.*

In the performance of this mudra the hand held faces downwards forming half moon (Ardhachandra) pose.

Vyan (Viyan) mudra:

In the performance of this mudra, in the tips of front and middle fingers with the tip of the thumb, while keeping the little and ring fingers separate.

Yak: mudra Yak.

In the performance of this mudra, the hands touching at the wrists, left hand Mushthi, right hand Mudrika, making the Mushthi mudra hand.

Hasta (hand mudras) -These mudras are conducive for meditation, and help in internalisation.

Name in Sanskrit	Translation(s) in English
Anjali Mudra	Gesture of reverence
Dhyana Mudra	Psychic gesture of meditation
Vāyu Mudra	Psychic gesture of air
Shunya Mudra	Psychic gesture of void or empty
Prithvi Mudra	Psychic gesture of earth
Varuna Mudra	Psychic gesture of Rain
Shakti Mudra	Psychic gesture of power
Apāna Mudra	Psychic gesture of life force
Gyana Mudra	Psychic gesture of knowledge
Chin Mudra	Psychic gesture of consciousness
Chinmya Mudra	Psychic gesture of knowledge
Dhyana Mudra	Psychic gesture of consciousness
Yoni Mudra	Attitude of the womb or source
Bhairav Mudra	Fierce or terrifying attitude
Hridaya Mudra	Heart gesture

Mana (head mudras) -These mudras are unique in Kundalini yoga, vital in meditation techniques.

Name in Sanskrit	Translation(s) in English
Shambhavi Mudra	Eyebrow centre gazing
Nasikagra Drishti	Nosetip gazing
Khecarī mudrā	Tongue lock
Kaki mudra	The crow's beak
Bhuangini Mudra	Cobra respiration
Bhoochari Mudra	Gazing into nothingness
Akashi mudra	Awareness of inner space
Shanmukhi mudra	Closing the seven gates
Unmani Mudra	The attitude of mindlessness

Kaya (postural mudras) -These mudras combine physical postures with breathing and concentration.

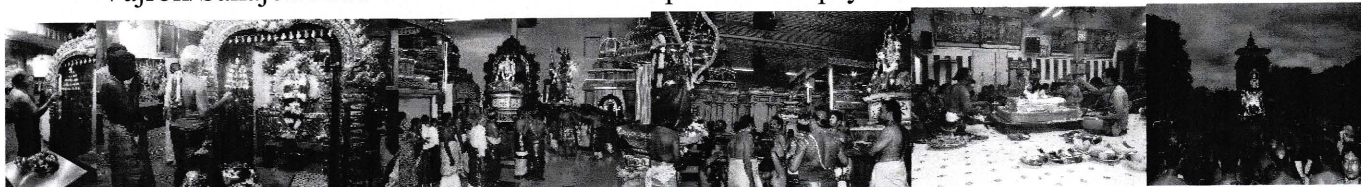
Name in Sanskrit	Translation(s) in English
Prana Mudra	Invocation of energy
Vipareeta Karani Mudra	Inverted psychic attitude
Yoga Mudra	Attitude of psychic union
Pashinee Mudra	Folded psychic attitude
Manduki Mudra	Gesture of the frog
Tadagi Mudra	Barrelled abdomen technique

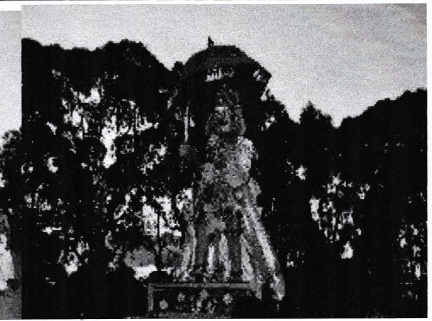
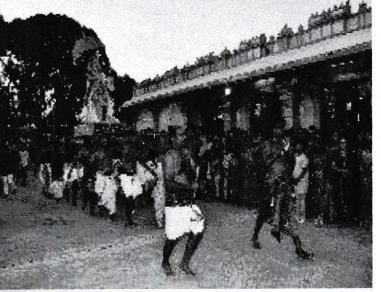
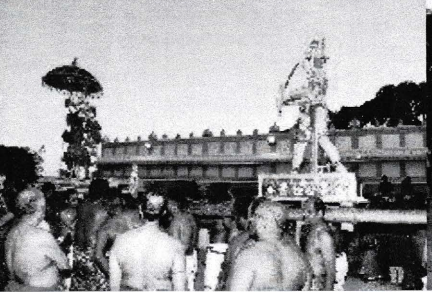
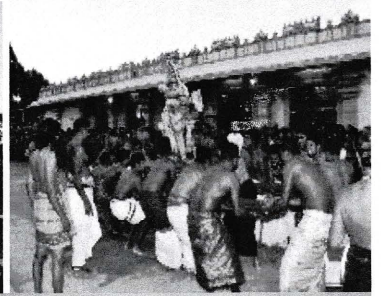
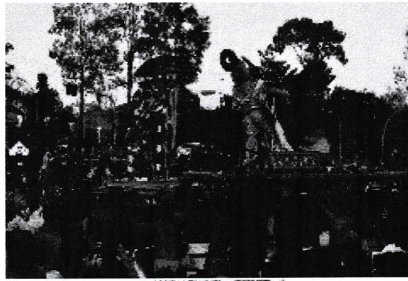
Bandha (lock mudras)-Bandha mudras combine mudra and bandha.

Name in Sanskrit	Translation(s) in English
Maha Mudra	Great psychic attitude
Maha Bheda Mudra	The great separating attitude
Maha Vedha Mudra	The great piercing attitude

Adhara (perineal mudras) -Adhara mudras redirect prana from the lower centres to the brain.

Name in Sanskrit	Translation(s) in English
Ashwini Mudra	Horse gesture
Vajroli/Sahajoli Mudra	Thunderbolt/Spontaneous psychic attitude







Australia, Sydney Murugan temple, Kanthasahti Surasamhara festival, November, 2015