

# MUDRAS *for* SPIRITUAL HEALING



## 21

SIMPLE HAND GESTURES *for*  
ULTIMATE SPIRITUAL  
HEALING & AWAKENING

ADVAIT

# **‘Mudras for Spiritual Healing’**

# **21 Simple Hand Gestures for Ultimate Spiritual Healing and Awakening**

*By*

# Advait



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## What are Mudras?

According to the Vedic culture of ancient India, our entire world is made of 'the five elements' called as *The Panch-Maha-Bhuta's*. The five elements being **Earth, Water, Fire, Wind** and **Space/Vacuum**. They are also called the earth element, water element, fire element, wind element and space element.

These five elements constitute the human body – the nutrients from the soil (earth) are absorbed by the plants which we consume (thus we survive on the earth element), the blood flowing through own veins represents the water element, the body heat represents the fire element, the oxygen we inhale and the carbon dioxide we exhale represents the wind element and the sinuses we have in our nose and skull represent the space element.

As long as these five elements in our body are balanced and maintain appropriate levels we remain healthy. An imbalance of these elements in the human body leads to a deteriorated health and diseases.

Now understand this, the command and control center of all these five elements lies in our fingers. So literally, our health lies at our fingertips.

The Mudra healing method that I am going to teach you depends on our fingers.

To understand this, we should first know the finger-element relationship:

Thumb – Fire element.

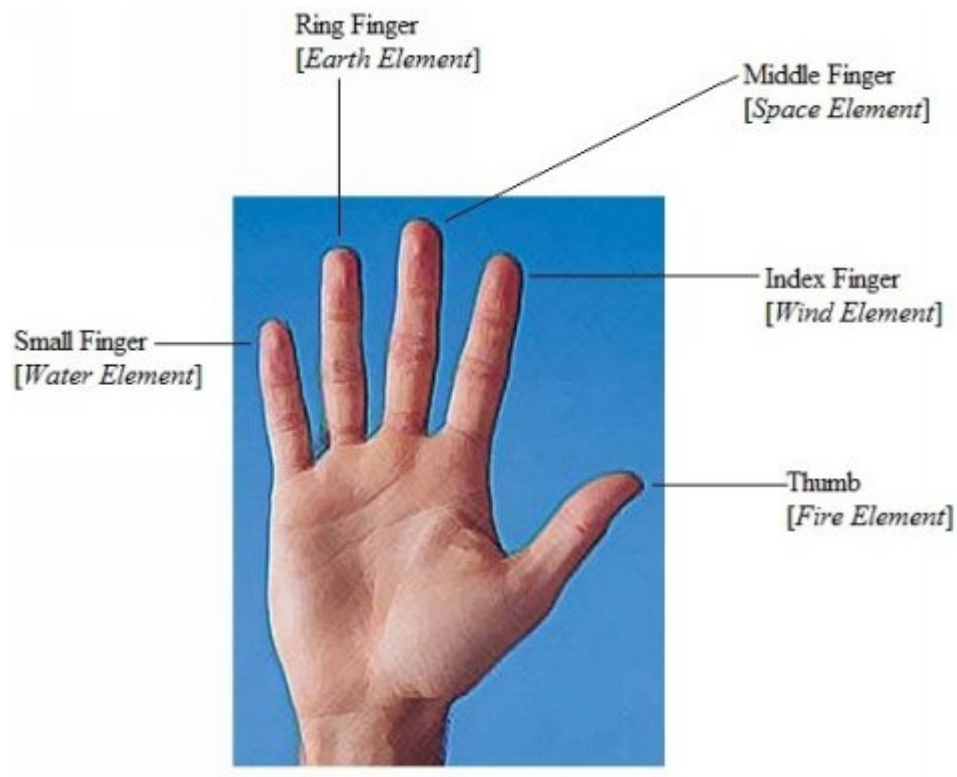
Index finger – Wind element.

Middle finger – Space/Vacuum element.

Third finger – Earth element.

Small finger – Water element.

This image will give you a better understanding of the concept:



When the fingers are brought together in a specific pattern and are touched to each other, or slightly pressed against each other, the formation is called as a '*Mudra*'.

When the five fingers are touched and pressed in a peculiar way to form a Mudra, it affects the levels of the five elements in our body, thus balancing those elements and inducing good health.

**P.S.** The Mudra Healing Methods aren't just theory or wordplay; these are healing methods from the ancient Indian Vedic culture, proven and tested

over ages.

## **Attention!!**

### ***Read this before you read any further***

For the better understanding of the reader, detail images have been provided for every mudra along with the method to perform it.

Most of the Mudras given in this book are to be performed using both your hands, but the Mudras whose images show only one hand performing the Mudra, are to be performed simultaneously on both your hands for the Mudras to have the maximum effect.



## Do you wish to receive Information on Mudras on a regular basis?

Grab this opportunity and get useful information on Mudras, once a week...right into your inbox.

You'll be surprised to know how many serious ailments can be prevented and cured by doing these simple hand gestures.

From Addiction to Arthritis, for improving Digestion to Detoxification, Mudras are extremely effective, even in cases of Cancer and even patients with HIV/AIDS Mudras work like magic.

Subscribe to my '*Mudras Newsletter*' to know more.

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Thanks.

**Advait**



## How to Use These Mudras?

All the Mudras mentioned in this book contribute towards a peaceful mind and enriching our spiritual lives and prowess.

The Mudras in this book when performed regularly induce a special sense of peace and serenity in the practitioner. These Mudras must be performed at a quiet place, sitting alone, preferably during meditation for maximum effect.

If you are not able to meditate while performing these Mudras, at least try and concentrate on your breathing and visualize a *Healing Life Energy* entering your body through your breath while you are performing these Mudras.

Also, understand that it is NOT a hard and fast rule that you should perform all these 21 Mudras back to back in one session.

Take your time, and perform these Mudras at your own pace and convenience.

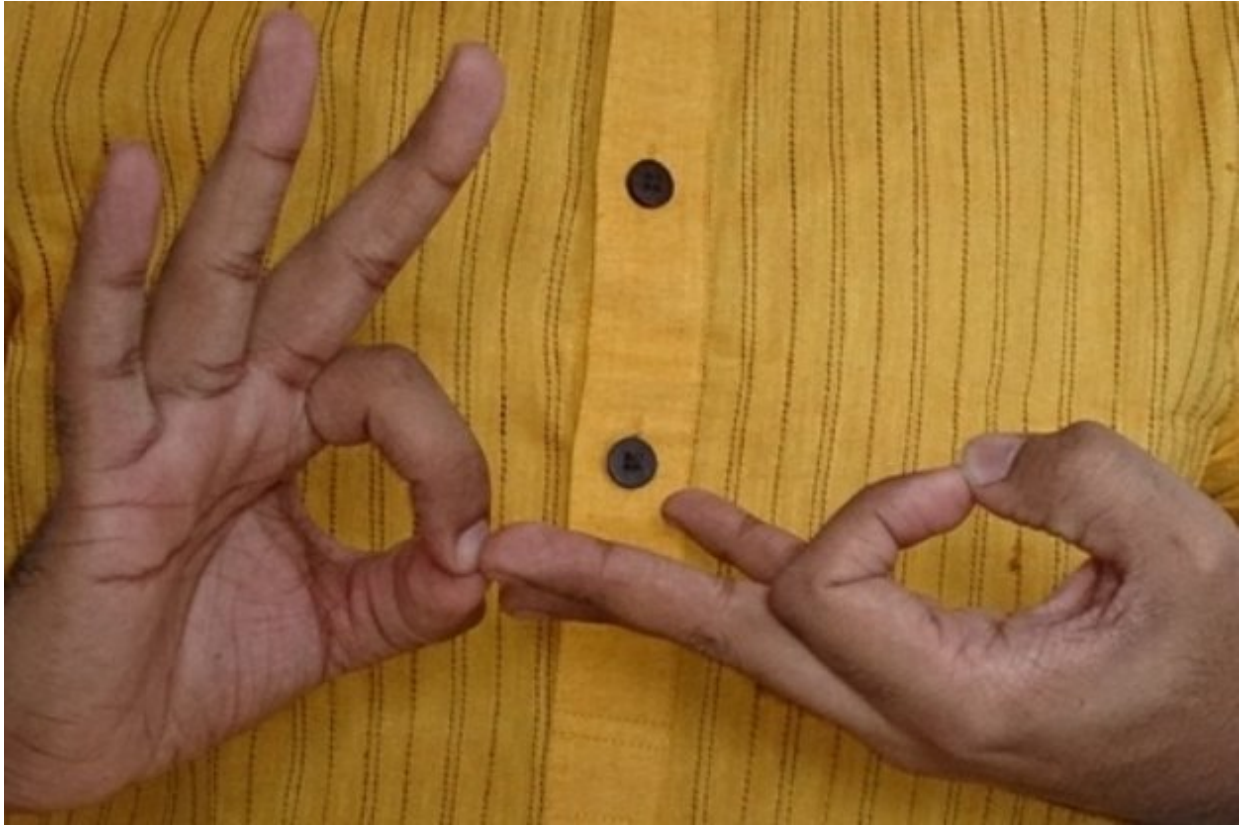
What I would suggest is, to perform these Mudras in a set of 7, daily, thus you would have performed all the essential 21 Mudras in a span of 3 days, and repeating the process continually. It will take only 35 minutes each day (5 minutes for each Mudra) and 35 peaceful minutes for Spiritual Healing & Awakening isn't a tall task.

So, please don't come up with any excuses to avoid them, Mudras are as Easy and Effortless as Spiritual Healing can get.



# Mudra #1

## *Dharmachakramudra / Mudra of Wheel of Dharma*



### **Method:**

This Mudra is to be performed in a seated position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Join the tips of Thumb and Index fingers on both the hands.

With the hands in front of your chest (Heart) touch the tip of the Middle finger of the left hand to the tips of the Thumb and Index finger of the right hand.

Your right palm should face forward while your left palm should face your body.

**Duration:**

This Mudra should be performed for at least 5 minutes and can be performed for 45 minutes at a stretch.

This Mudra should be performed twice a day, once in the morning and once in the evening for best results.



## **Mudra #2**

## *Mushtikamudra / Mudra of Fist II*



### **Method:**

This Mudra is to be performed in a seated position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Raise your palms to chest height facing you.

Now, try to touch the heel of your palms (base of the palm) with the tips of all the fingers with your Thumbs extended upwards.

Now make the palms face each other and then join them together with the thumbs touching each other sideways. (Refer the image)

After forming the Mudra, hold it against your chest.

Relax your shoulders, neck and throat.

### **Duration:**

This Mudra should be performed for at least 5 minutes and can be performed for 25 minutes at a stretch.

This Mudra should be performed twice a day, once in the morning and once in the evening for best results.



## Mudra #3

## *Trishulamudra / Mudra of Trident*



### **Method:**

This Mudra is to be performed in a seated position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Raise your palms to chest height with your palms facing away from you.

Place the pad of the Thumb on the nail of the Little finger and press slightly.

Keep the other three fingers extended upwards and outstretched, as shown in the image.

**Duration:**

This Mudra should be performed for at least 5 minutes and can be performed for 15 minutes at a stretch.

This Mudra should be performed twice a day, once in the morning and once in the evening for best results.



## Mudra #4

## *VyapakAnjalimudra / Mudra of Offering*



### **Method:**

This Mudra is to be performed in a seated position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Now, with your palms facing upwards, curve the hands slightly, like forming a bowl and join the outer edges of your Little fingers. (Refer the image)

Once formed, hold this Mudra in front of your heart like you are making an offering.

### **Duration:**

This Mudra should be performed for at least 5 minutes and can be performed for 45 minutes at a stretch.

This Mudra should be performed twice a day, once in the morning and once in the evening for best results.



## Mudra #5

## *Abhaymudra / Mudra of the Fearless*



### **Method:**

This Mudra is to be performed in a seated position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Raise your right hand in front of your right shoulder, palms facing forward and your fingers extending upwards.

Keep your shoulder relaxed and your hand still.

Place your left hand on your left thigh, palm facing down.

**Duration:**

This Mudra should be performed for at least 5 minutes and can be performed for 40 minutes at a stretch.

This Mudra should be performed twice a day, once in the morning and once in the evening for best results.



## Mudra #6

## *Aadnya Chakramudra / Mudra of Third Eye Chakra*



### **Method:**

This Mudra is to be performed in a seated position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Raise your left hand to chest height with your palm facing away from you.

Form a fist with your left hand, but the Index finger should be sticking up and extended.

Grasp the extended left Index finger with your right hand, and then using your right Thumb, press slightly on the outer corner of the nail of the left Index finger.

**Duration:**

Once the Mudra is formed, place the Mudra in your lap for a couple of minutes, then raise the Mudra in front of your Aadnya Chakra i.e. in front of the space between our eyebrows and concentrate at that point.

Hold the Mudra there for a couple of minutes and then place it back in your lap for a couple of minutes more.



## **Mudra #7**

## *Dhyaanamudra / Mudra of Meditation*



### **Method:**

This Mudra is to be performed in a seated position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Place your left hand in your lap with the palm facing upwards.

Rest the back of the right hand into the left palm. (Refer image)

Now, touch the tips of both the Thumbs together and press slightly.

### **Duration:**

No specific duration, this Mudra can be performed for as long as you like or the entire time you are meditating.





## Mudra #8

*Nirvaanamudra / Mudra of Liberation*







**Method:**

This Mudra is to be performed in a seated position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Cross your hands at your wrists in front of your face, with your left hand crossing over the right hand.

Now, fold/curl down the Little, Ring and Middle fingers of both the hands.

Now, touch the tips of both the Index fingers together, while keeping your Thumbs parallel to each other and touching.

Then, gently bow down your head and let the tip of the index fingers touch the Third-Eye point. (The Third-Eye point is located half a centimeter above the midpoint between the eyebrows.)

Hold for 1 to 2 minutes.

While performing this Mudra, visualize your third eye opening and wherever you see, there is peace and calmness.

**Duration:**

This is a very intense Mudra, it should be performed only for 3 to 5 minutes at a stretch.

This Mudra should be performed twice a day, once in the morning and once in the evening for best results.

\*note: Make it a ritual to perform this Mudra in the morning for best results.



## Mudra #9

## *Dwitiiya Uttarbodhimudra / Mudra of Supreme Awakening II*



### **Method:**

This Mudra is to be performed in a seated position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Clasp your hands together, and interlace the fingers of both the hands together.

Now join the tips of the Index finger as shown in the image and extend the Index fingers as upwards as possible,

Then cross-over the left Thumb on the right Thumb.

(Refer the image)

**Duration:**

This Mudra should be performed for at least 5 minutes and can be performed for 40 minutes at a stretch.

This Mudra should be performed twice a day, once in the morning and once in the evening for best results.



## Mudra #10

## *Yumpaashmudra / Mudra of the Death-Leash*



### **Method:**

This Mudra is to be performed in a seated position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Extend the Index fingers on both the hands while folding the other fingers into the palms forming partial fists.

Now, hook the index fingers together, with the left hand facing up while the right hand facing down.

Hold this Mudra in front of your heart.

**Duration:**

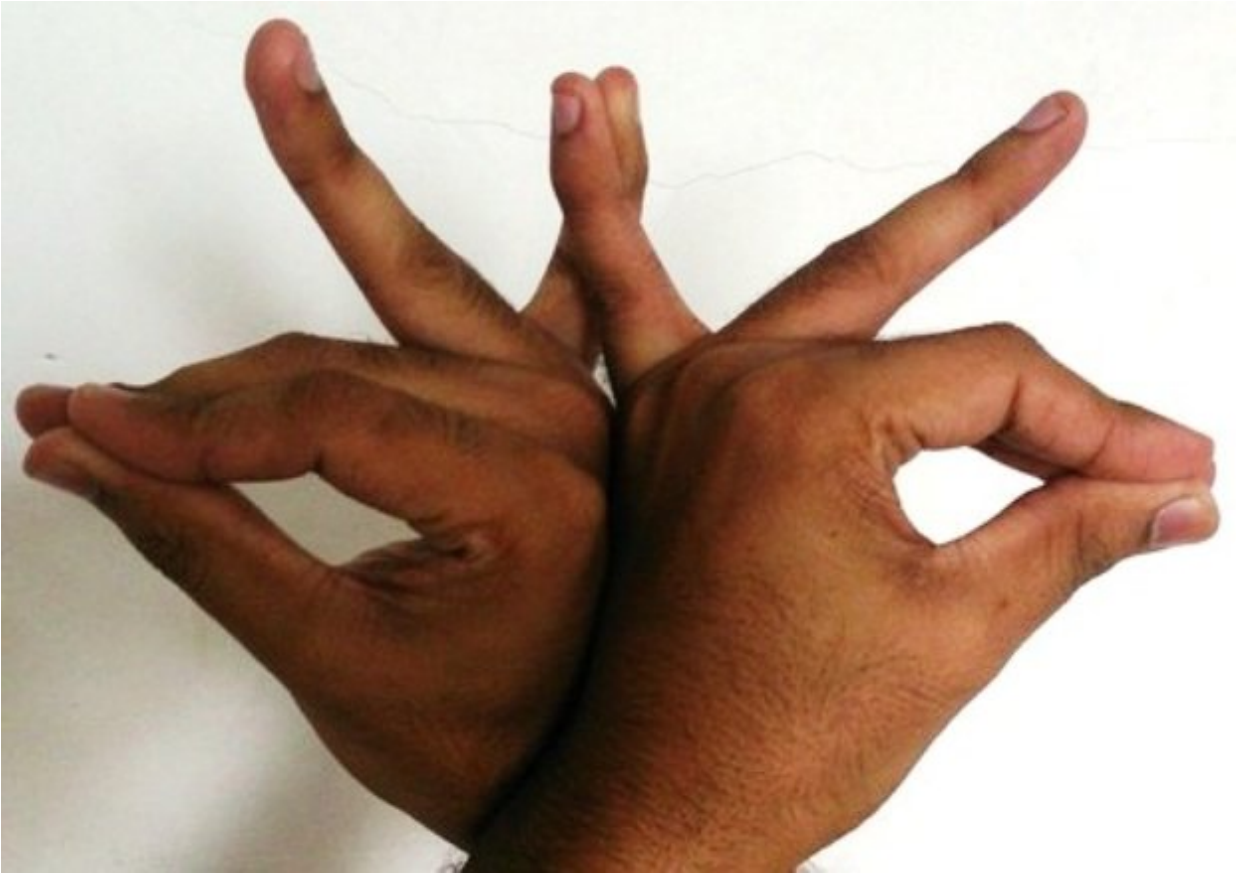
This Mudra should be performed for at least 5 minutes and can be performed for 20 minutes at a stretch.

This Mudra should be performed twice a day, once in the morning and once in the evening for best results.



# Mudra #11

## *Kilakmudra / Mudra of Bondage*



### **Method:**

This Mudra is to be performed in a seated position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Cross your wrists with the back of your palms facing each other.

Now stretch out both the Little fingers, and then hook them with their tips touching and pressing against each other. (Refer the image)

Lift up both the ring fingers, slightly.

Join the tips of the Thumb, Index and Middle fingers on both the hands together.

**Duration:**

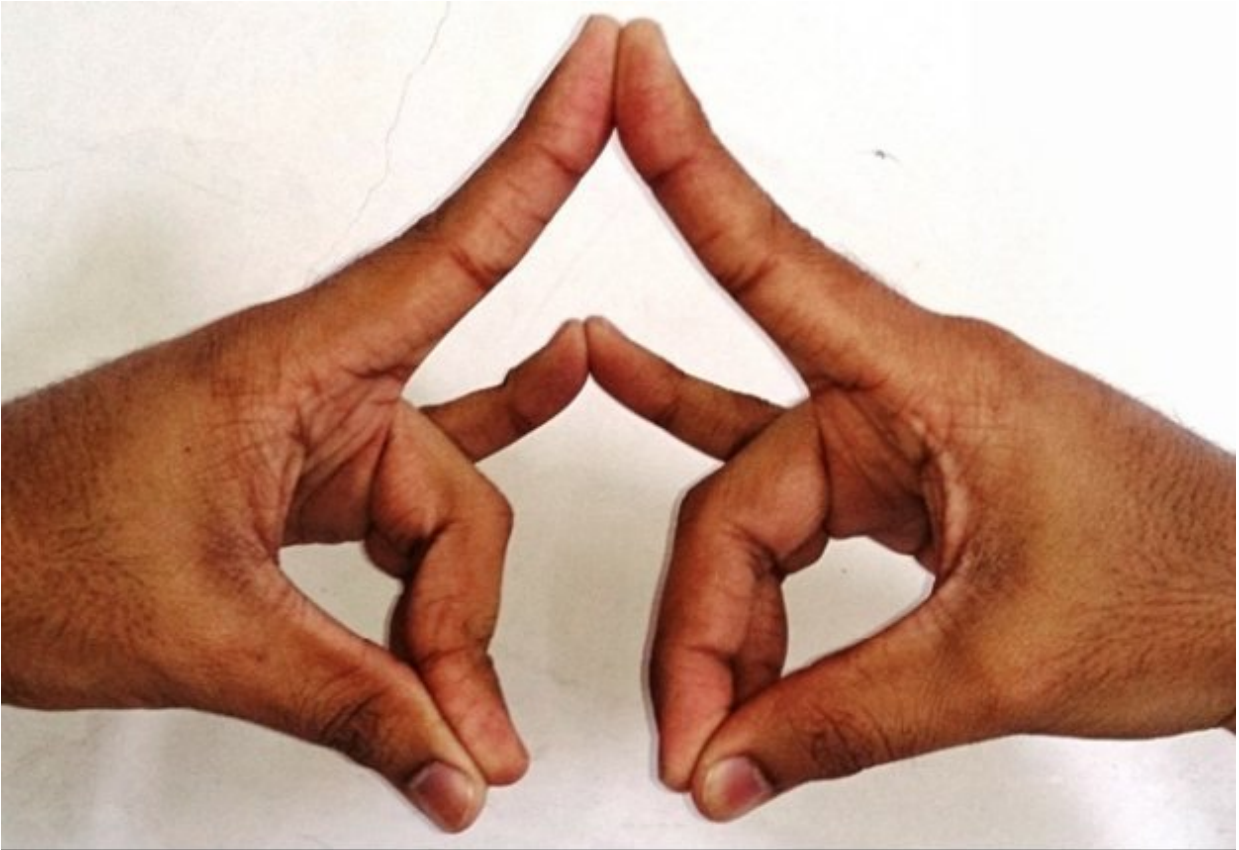
This Mudra should be performed for at least 5 minutes and can be performed for 45 minutes at a stretch.

This Mudra should be performed twice a day, once in the morning and once in the evening for best results.



## Mudra #12

## *Bammudra / Mudra that Binds*



### **Method:**

This Mudra is to be performed in a seated position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

On both your hands join the tips of the Middle finger, Ring finger and Thumb together and press slightly.

Keep the Index finger and Little finger on both hands extended outwards.

Now, join the tips of the Index fingers and Little fingers together as shown in the image.

Hold this Mudra in front of your throat.

**Duration:**

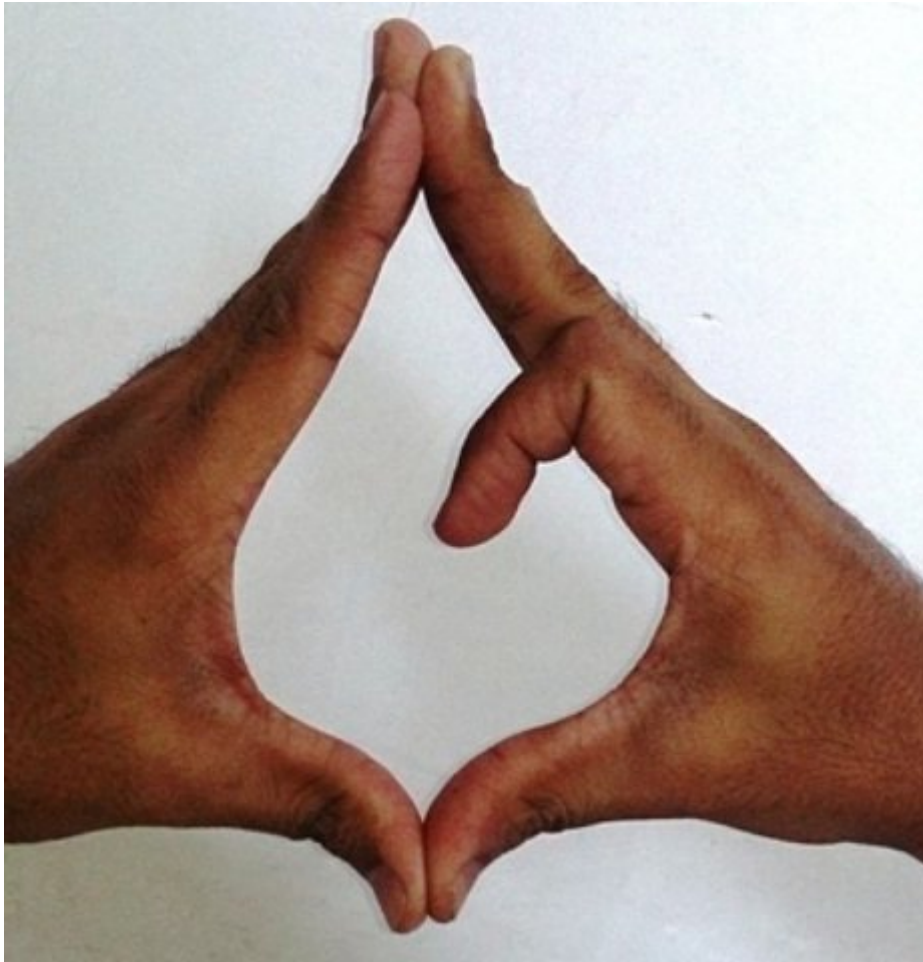
This Mudra should be performed for at least 5 minutes and can be performed for 45 minutes at a stretch.

This Mudra should be performed twice a day, once in the morning and once in the evening for best results.



## Mudra #13

## *Shankhavartamudra / Mudra of Conch II*



### **Method:**

This Mudra is to be performed in a seated position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Hold your palms in front of your chest facing each other.

Now extend all the fingers on both the hands outwards.

Then, touch the tips of all the fingers of one hand to the tips of the respective fingers of the other hand.

Then bend the right Index finger at an angle of 90 degrees at the second knuckle. (Refer the image)

Hold this Mudra in front of your chest.

**Duration:**

This Mudra should be performed for at least 5 minutes and can be performed for 40 minutes at a stretch.

This Mudra should be performed twice a day, once in the morning and once in the evening for best results.



## Mudra #14

## *Tritiya Vaayumudra / Mudra of Wind God III*



### **Method:**

This Mudra is to be performed in a seated position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Keep your palms in front of you, face up.

Touch the base of your Ring fingers with the tip of your Thumbs and press slightly.

Fold the Index, Middle and Ring finger over the Thumb to form a partial fist.

Now, interlock both your Index fingers at the first padding of your Index fingers as shown in the image.

### **Duration:**

This Mudra should be performed for at least 5 minutes and can be performed for 45 minutes at a stretch.

This Mudra should be performed twice a day, once in the morning and once in the evening for best results.



## Mudra #15

## *Chakramudra / Mudra of Wheel*



### **Method:**

This Mudra is to be performed in a seated position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Interlace your fingers together as shown in the image.

Extend both your Ring fingers upwards, then touch the tips of these two fingers and press slightly.

This Mudra is to be held in front of your navel.

**Duration:**

This Mudra should be performed for at least 5 minutes and can be performed for 40 minutes at a stretch.

This Mudra should be performed twice a day, once in the morning and once in the evening for best results.



## Mudra #16

## *Anjalimudra / Mudra of Prayer*



### **Method:**

This Mudra is to be performed in a seated position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Bring together both the palms like the Indian '*Namaste*' gesture. (Refer the image)

Keep your palms in front of your chest.

The fingers must be touching each other, but there should be some hollow space between your palms.

**Duration:**

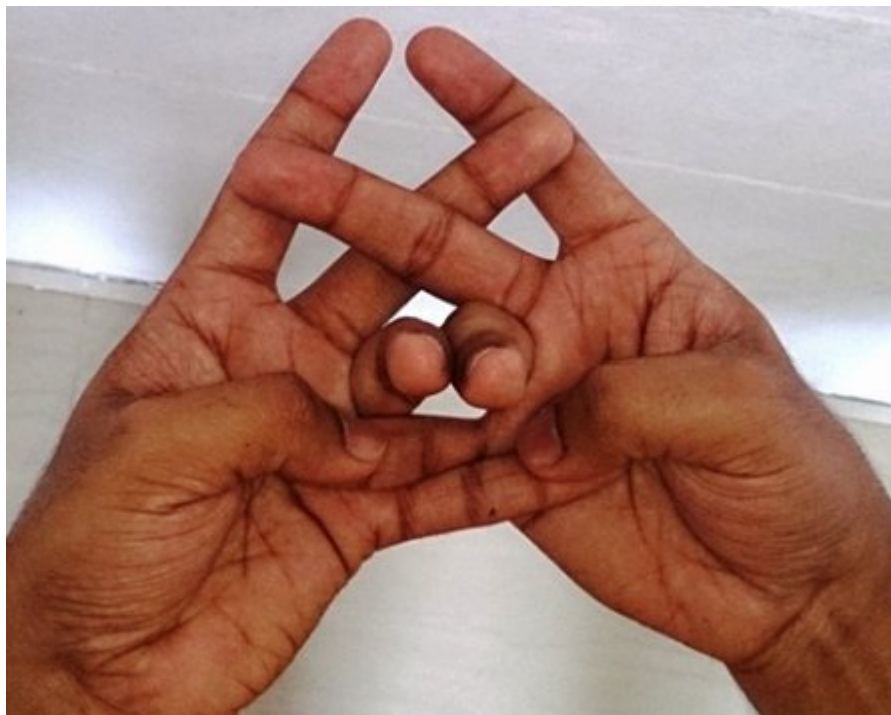
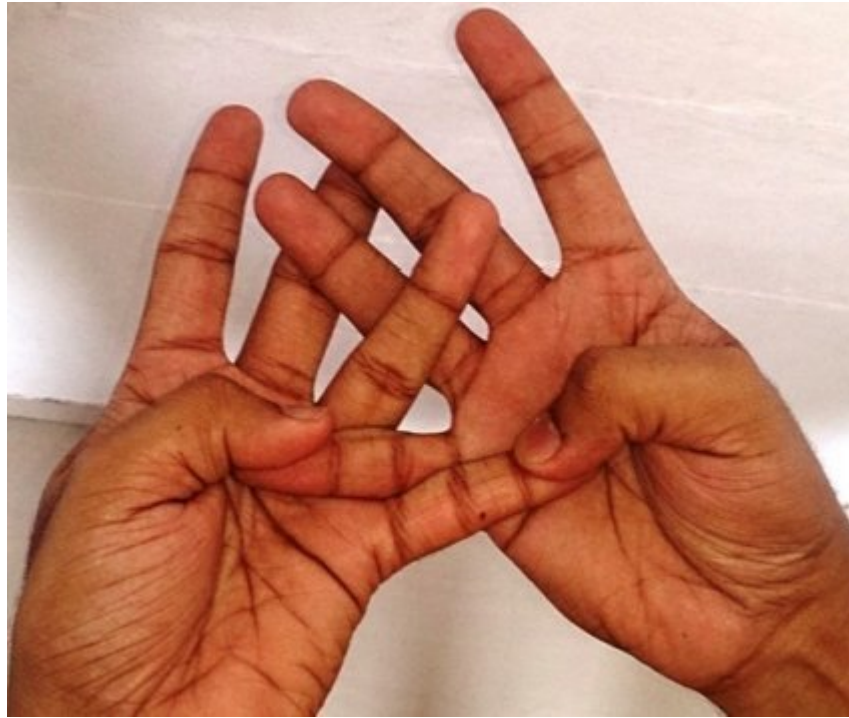
This Mudra should be performed for at least 5 minutes and can be performed for 30 minutes at a stretch.

This Mudra should be performed twice a day, once in the morning and once in the evening for best results.



## Mudra #17

*Mandalamudra / Mudra of Orbit*



**Method:**

This Mudra is to be performed in a seated position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Keep your palms at chest height, facing upwards.

Cross both the Little fingers and press them down with opposite Thumbs.

Keep both the Ring fingers extended and outstretched, pointing upwards and touching each other adjacently.

Then cross both the Middle fingers and press them down with opposite Index fingers.

Hold this Mudra in front of your Sternum.

**Duration:**

This Mudra should be performed for at least 5 minutes and can be performed for 45 minutes at a stretch.

This Mudra should be performed twice a day, once in the morning and once in the evening for best results.



## Mudra #18

## *Vajramudra / Mudra of Lightning*



### **Method:**

This Mudra can be performed while being seated, in a standing position or lying in bed.

Concentrate on your breathing to relax and feel comfortable.

First clasp your hands together.

Then, extend the Index fingers and Thumbs in an upward direction.

The outstretched index fingers should be pressing each other slightly.

Also exert slight pressure by the Thumbs on the Index fingers.

This Mudra is to be held in front of your chest, if you are lying down on your bed.

If you are sitting or standing then hold this Mudra in front of your forehead or above your head.

**Duration:**

This Mudra should be performed for at least 5 minutes and can be performed for 40 minutes at a stretch.

This Mudra should be performed twice a day, once in the morning and once in the evening for best results.



## Mudra #19

*Bhairavmudra / Mudra of the One 'who isn't terrified by Death'*



**Method:**

This Mudra is to be performed in a seated position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Place your right hand on top of your left hand, both palms up.

Keep the fingers together, lightly pressing against each other.

Place this Mudra in your lap.

**Duration:**

This Mudra should be performed for at least 5 minutes and can be performed for 40 minutes at a stretch.

This Mudra should be performed twice a day, once in the morning and once in the evening for best results.



## Mudra #20

## *Purnadnyaanamudra / Mudra of Complete Wisdom*



### **Method:**

This Mudra is to be performed in a seated position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Join the tips of your Index finger and Thumb together and press slightly.

Keep all the other fingers extended outwards as shown in the image.

After forming the Mudras on both the hands, hold the Mudra made by your right hand in front of your heart and rest the Mudra made your left hand on your left knee.

Relax your shoulders.

**Duration:**

This Mudra should be performed for at least 5 minutes and can be performed for 40 minutes at a stretch.

This Mudra should be performed twice a day, once in the morning and once in the evening for best results.



## Mudra #21

## *Kuberamudra / Mudra of God of Wealth*



### **Method:**

This Mudra is to be performed in a seated position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Fold your Little finger and Ring finger into your palm.

Join the tips of your Index finger, Middle finger and Thumb together and press slightly.

Form this Mudra on both of your hands and place your hands in your lap, palms facing up.

**Duration:**

This Mudra should be performed for at least 5 minutes and can be performed for 40 minutes at a stretch.

This Mudra should be performed twice a day, once in the morning and once in the evening for best results.



## Thank You



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60 seconds is all I'm asking for, and it would mean a lot to me.

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**Advait**



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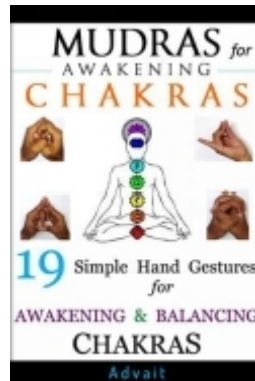
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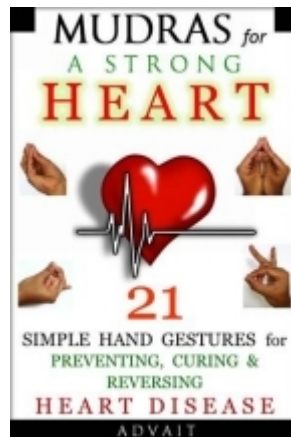
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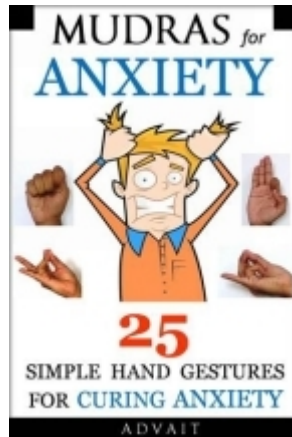
<http://www.amazon.com/dp/B00PFR LGTM>

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Curing Cancer



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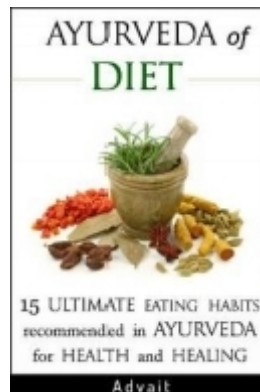
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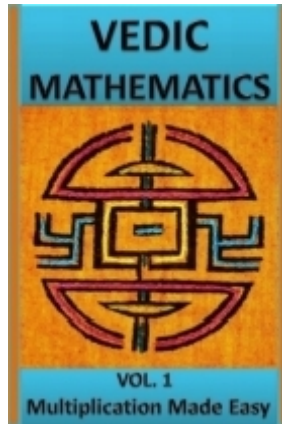
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