

# MUDRAS

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**25 ULTIMATE TECHNIQUES  
FOR SELF HEALING**

**Advait**

**‘Mudras’**  
**25 Ultimate techniques for Self-  
Healing.**

*By*  
*Advait*



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

Hi, I am Advait,

I am and wish to remain a life-long student of *Ayurveda* , *Yoga* and *Mudra Vigyaan*. During the course of my study, work and research I come across many priceless gems in the field of Vedic Health & Healing, almost daily.

You'll be surprised to know how many serious ailments can be prevented and cured by using some basic ingredients available in our kitchen pantry or doing these simple hand gestures (Mudras) or by simple Yoga exercises.

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Thanks.

**Advait**



## The Mudra Healing Methods.

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 our 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.

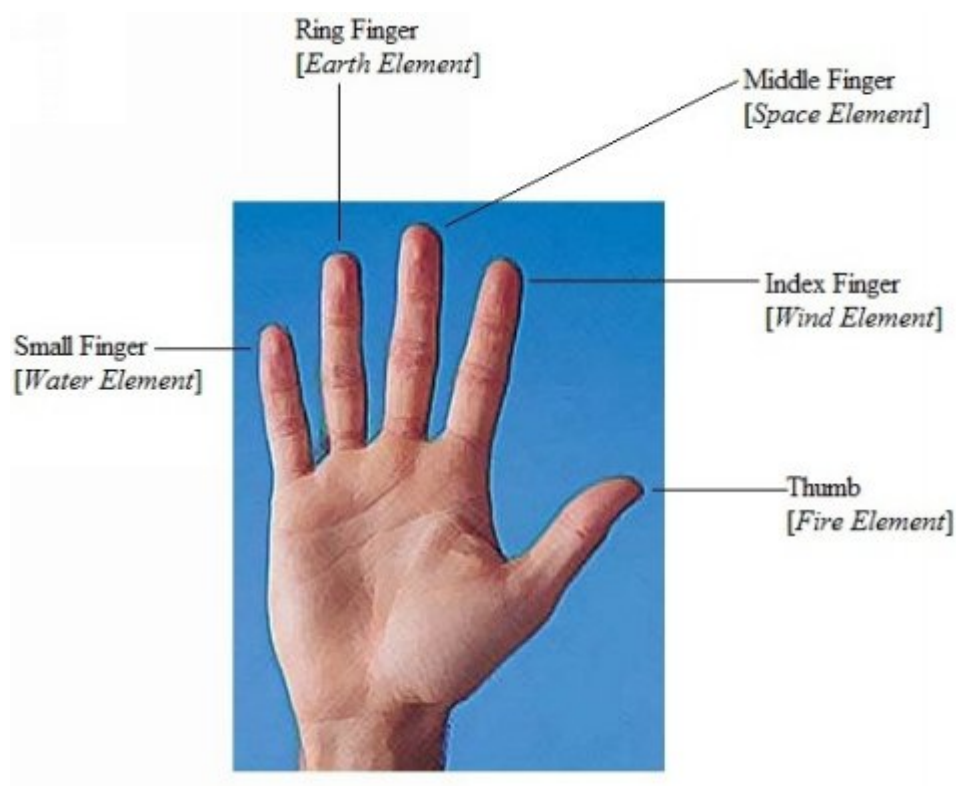
Index finger – Wind element.

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.

To get the most out of this book, first go through all the Mudra's listed in the book. Note down the Mudra's which you think would be the most useful for you, and practice those Mudra's as instructed in the book.

**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!!**

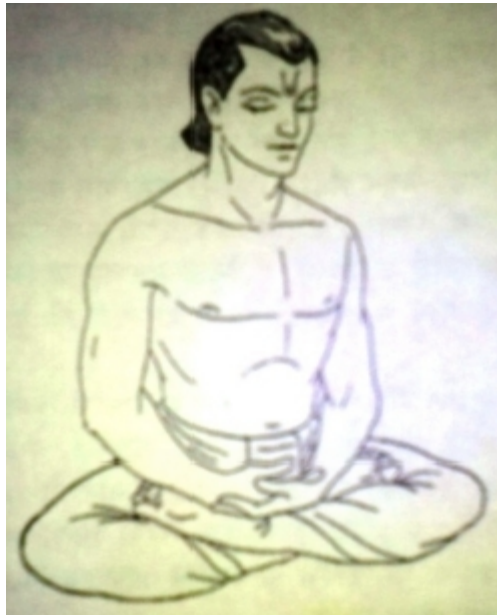
### **Read this before you read any further**

For the better understanding of the reader, a detail image/sketch has been provided for every mudra along with the method to perform it, but the image given is only of the right hand performing the Mudra.

The Mudras shown in this book are to be performed simultaneously on both your hands for the Mudras to have the maximum healing effect, only exception being the *Prushtamudra* (Mudra #20) and other Mudras requiring both your hands to form a Mudra.



## #1. *Dhyanamudra* / Meditation Mudra



**Method:**

Sit comfortably in a position as shown in the image.

Your head, neck and spine should be in straight alignment.

Close your eyes and mouth.

Place your right hand on your left hand with both palms facing upwards. (as shown in the image)

Now, concentrate on your breathing.

Feel all the energy being drawn into your body when you inhale and imagine all the debris being thrown out of your body when you exhale.

Keep concentrating on your breathing.

**Duration:**

15 – 20 minutes preferably in the morning, or whenever you get time.

**Uses:**

Helps in increasing concentration. (a very useful Mudra for students)

Frees you from all the stress and tensions.

**Note:**

Choose a silent place to perform this Mudra, and concentrate on your breathing only.



## #2. *Dnyanmudra* / Knowledge Mudra



### **Method:**

Sit in a comfortable position.

Your head, neck and spine should be in straight alignment.

Now, touch the tip of your thumb with the tip of your index finger and press slightly.

Keep all the other fingers straight as shown in the image.

(Thumb represents the fire element while the index finger represents the wind element, this mudra brings together the fire and wind elements.)

**Duration:**

No time limit for this Mudra and it can be done at any time you wish.

**Uses:**

Helps in attaining a peaceful mind.

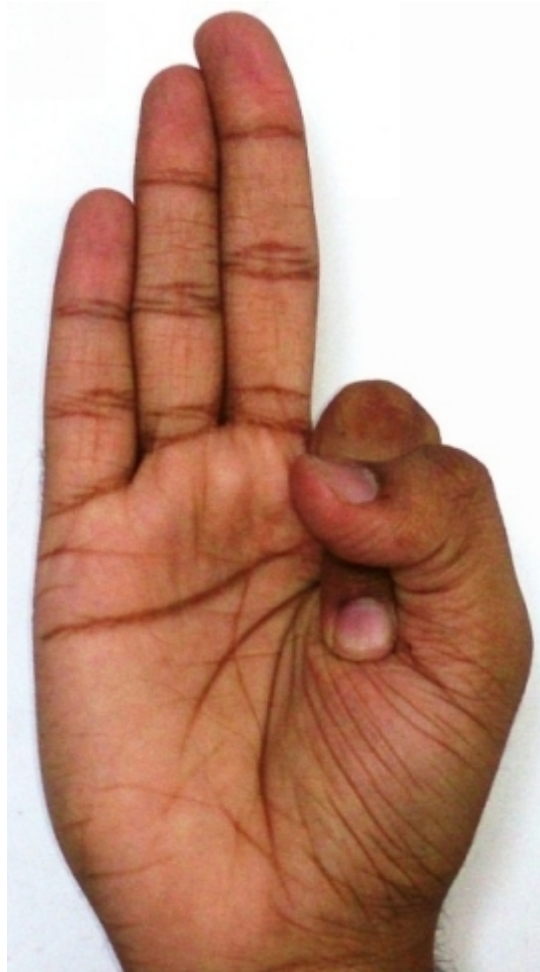
Increases concentration.

Sharpens your brain thus increasing intelligence.

This Mudra should be practiced frequently and for longer durations by anyone who is facing any kind of psychological disorders.



### #3. Vaayumudra / Wind Mudra



**Method:**

Touch the base of your thumb with the tip of your index finger as shown in the image.

Slightly press your thumb on the bent index finger.

Keep all the other fingers straight as shown in the image.

(here the fire element presses the wind element)

**Duration:**

For 15 minutes, 3 times a day.

The duration can be increased to 30 - 35 minutes depending upon the seriousness of the ailment.

**Uses:**

This Mudra helps in reducing the increased wind element.

Helps in trembling and shivers .

Helps in arthritis and joint pains .

Helps in maintaining a proper Blood Flow .

Helps in reducing.gases .

**Note:**

Performing a ‘ *Pranamudra* ’ after the ‘ *Vaayumudra* ’ enhances its effects.



#### #4. *Akashmudra* / Sky Mudra



**Method:**

Touch the tip of your thumb with the tip of your middle finger.

Keep all the other fingers straight as shown in the image.

(here we bring the fire element and the space element together.)

**Duration:**

No time limit for this Mudra and it can be done at any time you wish.

**Uses:**

This Mudra is especially useful for people with Heart Disorders .

Performing this Mudra regularly strengthens your bones .

In cases of a locked jaw , this mudra works as a charm.

This Mudra should be regularly performed by people with Heart disorders and Bone disorders .

**Note:**

People with Heart disorders should perform the *Akashmudra* followed by the *Apanvaayumudra* . This enhances the effects of both the Mudra's.



## #5. Shunyamudra / Zero Mudra



### **Method:**

Touch the base of your thumb with the tip of your middle finger as shown in the image.

Slightly press your thumb on the bent middle finger.

Keep all the other fingers straight as shown in the image.

(here the fire element presses the space element)

**Duration:**

Performing this Mudra for 1 hr. each day yields best results.

**Uses:**

This Mudra works like a charm in any kind of ear disorder .

This Mudra has the power to reduce post birth deafness .

This Mudra strengthens the bones .

This Mudra strengthens the gums .

This Mudra is also useful in Thyroid disorders .

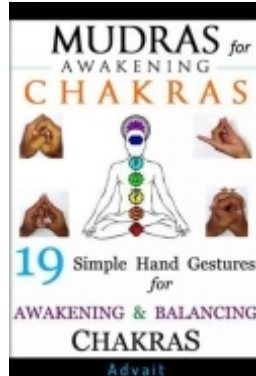
**Note:**

DO NOT PERFORM THIS MUDRA IF YOU DO NOT HAVE ANY OF THE ABOVE LISTED DISORDERS.



## Other books on Mudras by Advait

Mudras for Awakening Chakras: 19 Simple Hand Gestures for Awakening & Balancing Your Chakras



<http://www.amazon.com/dp/B00P82COAY>

Mudras for Spiritual Healing: 21 Simple Hand Gestures for Ultimate Spiritual Healing & Awakening



<http://www.amazon.com/dp/B00PFYZLQQ>

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## #6. *Prithvimudra* / Earth mudra



### **Method:**

Touch the tip of your thumb with the tip of your ring finger and press slightly.

Keep all the other fingers straight as shown in the image.

(here we bring the fire element and the earth element together.)

**Duration:**

15 to 30 minutes, and it can be done at any time you wish.

**Uses:**

Performing this Mudra regularly reduces physical weakness .

If you want to gain weight this Mudra is for you.

This Mudra is helpful in improving digestion .

After doing this Mudra you will feel and look extremely fresh .

If you are feeling down, this Mudra will elevate your mood .



## #7. *Suryamudra* / Sun Mudra



### **Method:**

Touch the base of your thumb with the tip of your ring finger as shown in the image.

Slightly press your thumb on the bent ring finger.

Keep all the other fingers straight as shown in the image.

(here the fire element and the earth element are brought together, it also means we are burning all the contamination induced by the earth element)

**Duration:**

15 minutes in the morning and 15 minutes in the evening, daily, for best results.

**Uses:**

This Mudra is very helpful in maintaining weight and size . If you want to keep your weight in check and maintained do this Mudra regularly.

This Mudra helps improve digestion .

It helps in reducing Cholesterol .

This Mudra is especially useful for people suffering with **DIABETES** , since this Mudra helps in keeping our pancreas healthy.

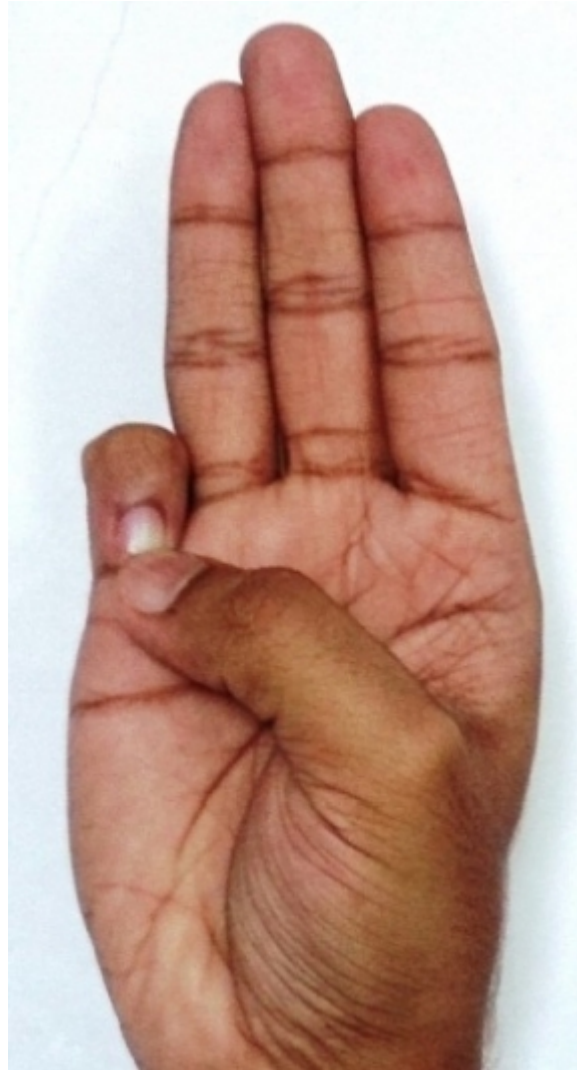
Also, this Mudra was found helpful in sharpening brain functions in a recent study.

**Note:**

An underweight and physically weak person should not practice this Mudra; also, prefer not to do this Mudra when temperatures are very high.



## #8. *Varunmudra* / Wind Mudra



### **Method:**

Touch the tip of your thumb with the tip of your small finger (pinkie finger) and press slightly.

Keep all the other fingers straight as shown in the image.

(here we bring the fire element and the water element together, which means we are burning away all the contamination and internal debris induced by the water element.)

**Duration:**

15 to 20 minutes and only when you suffer from the ailments which this Mudra cures.

**Uses:**

This Mudra is extremely useful when you are suffering from Diarrhea and similar Gastro-intestinal disorders .

Since this Mudra balances the water element in our body, it's a very helpful Mudra in any type of Skin disease .

Also this Mudra reduces swelling of the intestine .



## **#9. *Rukshamudra / Dry Mudra***



### **Method:**

Try to touch the base of your thumb with the tip of your small finger as shown in the image.

Slightly press your thumb on the bent small finger.

Keep all the other fingers straight as shown in the image.

**Duration:**

No specified duration.

**Uses:**

This Mudra is useful for people to sweat a lot, this mudra helps the body to retain water.

There are no other specific uses of this Mudra. It is found that, if you have to pee but for some reason you can't go, performing this Mudra will reduce the bladder pressure and you can hold it in for a bit longer.



## **#10. *Apaanmudra / Mudra of Downward Force***



### **Method:**

Touch the tip of your thumb with the tip of your middle finger and the tip of the ring finger, and press slightly.

Keep the index finger and the small finger straight as shown in the image.

See to it that you are completely relaxed while performing this Mudra.

### **Duration:**

No specific time restrictions. Perform this Mudra whenever you feel like, and for best results do this mudra for 45 minutes at a time.

### **Uses:**

This is a cleansing Mudra , all the waste elements trapped in our body are driven out through our sweat, urine and stool.

This Mudra is extremely useful if you are having any Gastro-intestinal disorders , acidity and are feeling constipated .

This Mudra is useful for Diabetic patients as it also helps in cleansing the pancreas.

This Mudra also helps in cleaning your throat of the cough.

This Mudra helps to induce sweating to cool down the body temperature in some diseases if needed.



## Other books on Mudras by Advait

Mudras for Sex: 25 Simple Hand Gestures for Extreme Erotic Pleasure & Sexual Vitality



<http://www.amazon.com/dp/B00OJR1DRY>

Mudras for Weight Loss: 21 Simple Hand Gestures for Effortless Weight Loss



<http://www.amazon.com/dp/B00P3ZPSEK>

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## *#11. Apaanvaayumudra*



### **Method:**

Bend the index finger and touch the root of your thumb with its tip.

Now touch the tip of your thumb with the tip of your middle finger and the tip of your ring finger and press slightly.

Keep the small finger straight as shown in the image.

**Duration:**

This Mudra should be performed based on the ailment you need to cure, no specific time limit.

People with heart disorders should perform this Mudra regularly for at least 45 minutes per day.

**Uses:**

This Mudra is the First Aid in Heart Attack .

This Mudra should be performed until medical help arrives in case of a heart attack.

This Mudra is especially helpful for people with Asthma and Hypertension .

Perform this Mudra for 5-7 minutes before going up the stairs , you will not feel tired after climbing up the stairs.

This Mudra is also helpful in case of Migraine .



## *#12. Mahashirshamudra / Mudra of The Great Head*



### **Method:**

Touch the tip of your thumb with the tip of your index finger and the tip of your middle finger, press slightly.

Touch the centre point of your palm with the tip of your ring finger.  
Keep the small finger straight as shown in the image.

**Duration:**

No specific time limits for performing this Mudra.

**Uses:**

This Mudra helps in curing headache .

This Mudra should be performed for de-stressing your Neck, Back and Spine .

Also helpful in cases of Indigestion .

This Mudra is also helpful on relaxing and calming down your Eyes .



### #13. *Aatmanjalimudra* / Prayer Mudra



**Method:**

Bring together both the palms like the Indian *Namaste* gesture.

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 during Meditation.

**Uses:**

This Mudra helps in maintaining a balance and proper co-ordination between the Right and the Left hemisphere of the Human brain.

It helps in increasing the concentration for meditation.

Also, it calms down your mind and helps in reducing any confusion you might have.



## *#14. Praanamudra / Life Mudra*



### **Method:**

Touch the tip of your thumb with the tip of your ring finger and the tip of your small finger.

Keep the index finger and the middle finger straight as shown in the image.

### **Duration:**

No specific time limit for performing this Mudra.

It is especially helpful if performed for 10 minutes, after lunch and dinner.

**Uses:**

This Mudra helps in reviving the *Prana-Shakti*.

This Mudra helps in digestion, hence is advised to perform after your meals.

It helps in enhancing the Immune system of the body.

If you are having any trouble sleeping, this Mudra helps cure Insomnia.

Being well and healthy isn't all about physical health but also about psychological health and well being, and this Mudra is the key to maintain that psychological well being.

It's found that this Mudra has proved especially helpful to Cancer patients and AIDS patients performing this Mudra regularly.



## #15. *Shankhamudra / Conch Mudra*



### **Method:**

Make a fist with your right hand.

Insert the thumb of your left hand into that fist.

Flatten the rest of the four fingers of the left hand on the fist.

Now touch the tip of the index finger of the left hand, with the tip of the thumb of the right hand.

This will form a *Shankha* /Conch like structure.

Refer the above image for more clarity.

After 2.5 minutes exchange the Hands.

(Perform this Mudra by holding the hands in front of your chest)

### **Duration:**

For 5 minutes at a time, for at least 3 times a day.

**Uses:**

This Mudra is for curing problems with your voice.

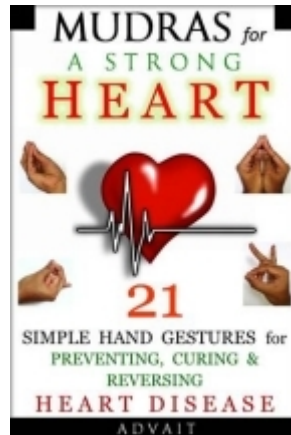
This Mudra is effective in Tracheal, Thyroid and Tonsils disorders.

This Mudra also has an effect on the stomach; it aids in digestion, and helps in various intestinal disorders.



## Other books on Mudras by Advait

Mudras for a Strong Heart: 21 Simple Hand Gestures for Preventing, Curing & Reversing Heart Disease



<http://www.amazon.com/dp/B00PFRLGTM>

Mudras for Curing Cancer: 21 Simple Hand Gestures for Preventing & Curing Cancer



<http://www.amazon.com/dp/B00PFO199M>

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## *#16. Lingamudra / Mudra of Divine Masculine*



### **Method:**

Clasp the fingers of both of your hands as shown in the image.

Keep the Thumb of your left hand straight and erect.

(This Mudra is about bringing all the five elements together, with the fire element ruling them all. )

### **Duration:**

It's a highly effective Mudra, yet a very strong one.

Don't overdo it; perform this Mudra according to the ailment, and not for more than 5-7 minutes at a time.

**Uses:**

This Mudra creates a lot of heat in the body, so don't overdo it.

This Mudra is extremely effective in cough and cold.

Also it is very helpful in curing Lung disorders.

This Mudra is used to burn the excess fat in one's body.

(This Mudra creates so much heat that you will sweat even in winter)



## *#17. Shaantmudra / Calm Mudra*



### **Method:**

Touch the tip of your thumb with the tip of all the other fingers as shown in the image and press slightly.

Now touch the root of the nose above the lips with the middle finger and press slightly and let the other fingers touch the nostrils.

Sit steady while performing this Mudra, don't move at all.

### **Duration:**

This is the Anger Management Mudra; perform it when you feel angry till you start feeling calm again.

**Uses:**

This Mudra is the Anger management mudra.

It calms you down and helps in reducing the stress.



## **#18. Jalodarnashakmudra / Anti-Oedema Mudra**



### **Method:**

Bend the small finger and touch the side of the root of the thumb, with the tip of the small finger.

Now press the small finger with your thumb slightly, as shown in the image.

### **Duration:**

Depending upon the ailment, keep performing the Mudra every now and then until you are cured.

**Uses:**

This mudra brings the Water element and the Fire element together, hence this Mudra helps in burning away excess water, therefore this Mudra is useful in various Oedemic disorders.



## ***#19. Achamanmudra / Mudra of Reservoir***



### **Method:**

Make a bowl with your palm, by bringing all the fingers together as shown in the image.

### **Duration:**

No specific duration.

### **Uses:**

Create the bowl with your palm, put a spoonful of water in it, and drink that water from the wrist end of the palm and without making any sound while

taking the sip.

Perform this before you start eating your meals.

This helps in proper digestion of the food you eat.



## #20. *Prushtamudra / The Health Mudra*

*Right Hand:*



*Left Hand:*



### **Method:**

*Right hand* : join the tip of the thumb, middle finger and small finger together, while keep the index finger and ring finger straight.

*Left hand* : bend the index finger and press the tip of the thumb on the nail of the index finger slightly as shown in the image.

**Duration:**

15 minutes a day while sitting in a relaxed position.

**Uses:**

Effective in disorders of the back caused due to wrong posture.

This Mudra helps in relaxing the discs of the spine.



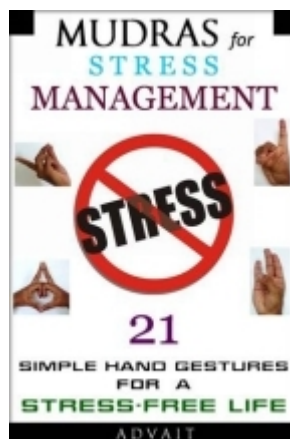
## Other books on Mudras by Advait

Mudras for Anxiety: 25 Simple Hand Gestures for Curing Your Anxiety



<http://www.amazon.com/dp/B00PF011IU>

Mudras for Stress Management: 21 Simple Hand Gestures for a Stress Free Life



<http://amazon.com/dp/B00PFTJ6OC>

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## *#21. Antarchaitanyamudra / Mudra of Inner Glow*



This Mudra is also called as the ‘Samputa Mudra’ (Samputa = Bud)

### **Method:**

It’s a modified form of the ‘Prayer Mudra’.

Touch the tip of the fingers of your right hand with the tip of the fingers of your left hand as shown in the image.

Make hollow space between both the palms.

Now, take this formation in front of your eyes, and look through the hollow space and concentrate on your breathing.

**Duration:**

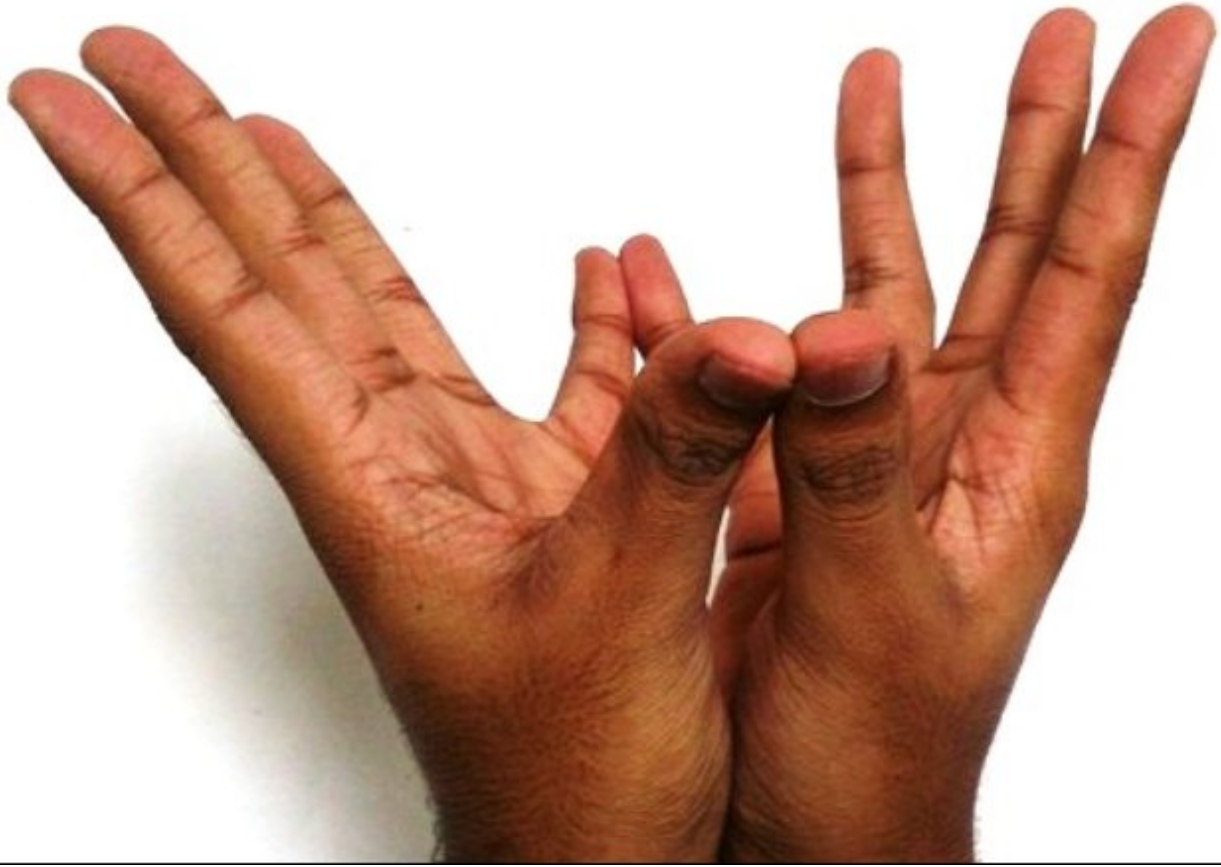
No specific time limit.

**Uses:**

It's a Spiritual Mudra, which helps in increasing your concentration.



## *#22. Pankajmudra / Lotus Mudra*



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### **Method:**

Touch the thumb and small finger of the left hand to the thumb and small finger of the right hand.

Join the base of both the palms together.

Stretch all the other fingers outwards and keep them straight.

Refer the image above.

### **Duration:**

Maintain this Mudra for four deep breaths, then close the fingers together like a lotus bud for four deep breaths and again stretch out the fingers and perform this Mudra for four deep breaths.

Repeat 4-5 times.

**Uses:**

It's a Spiritual Mudra, which helps in increasing your concentration and helps in meditation.

This mudra especially helps if you are feeling depressed and lonely.



## #23. *Dhenumudra / Mudra of Cow*



### **Method:**

Touch the tip of the small finger of the left hand to the tip of the ring finger of the right hand.

Touch the tip of the middle finger of the left hand to the tip of the index finger of the right hand.

Touch the tip of the ring finger of the left hand to the tip of the small finger of the right hand.

Touch the tip of the index finger of the left hand to the tip of the middle finger of the right hand.

This is a bit confusing; refer to the image for clarity.

**Duration:**

For 15 minutes, 3 times a day.

**Uses:**

This Mudra is very useful for people having Arthritic disorders.



## *#24. Naagamudra / Mudra of Serpent*



### **Method:**

Intersect both the palms as shown in the image above, and press the thumb of the right hand with the thumb of the left hand slightly.

### **Duration:**

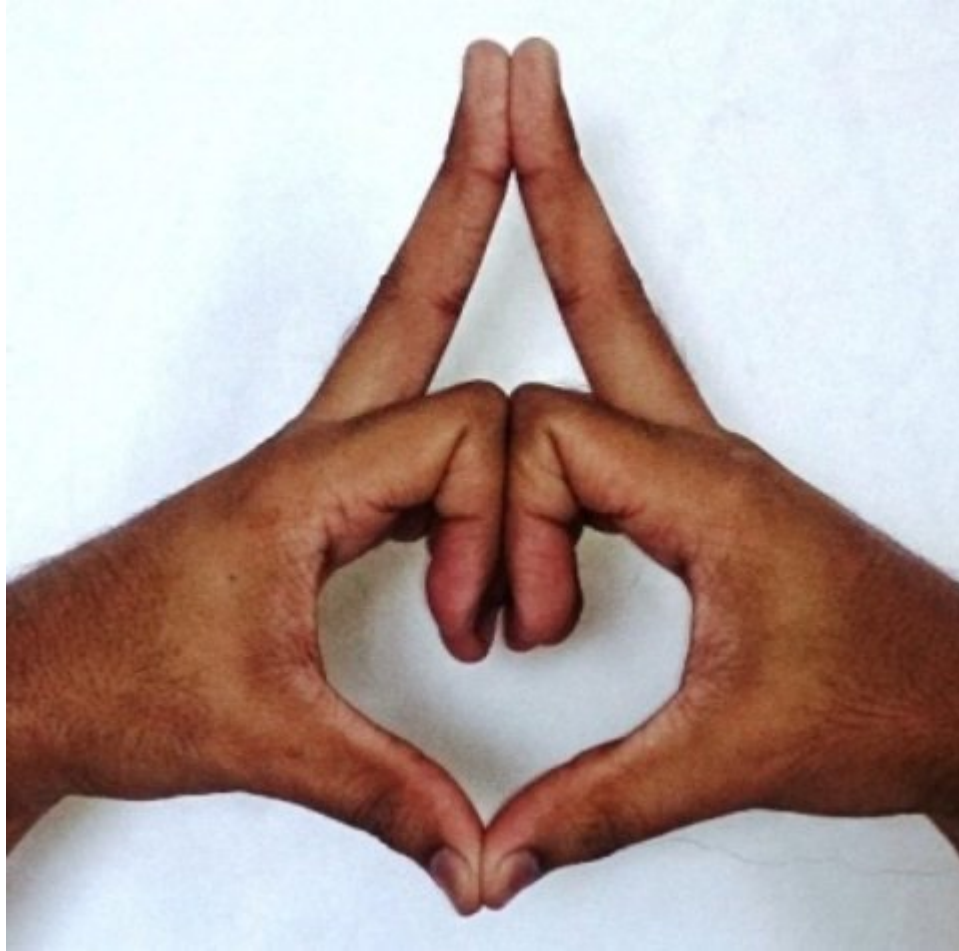
No specific time limit.

**Uses:**

It's a spiritual Mudra that is used for activating the *Muladharchakra* / base chakra in the human body.



## *#25. Kalleshwarmudra / Mudra of Lord of Time*



### **Method:**

Touch the tip of the middle finger of your left hand with the tip of the middle finger of your right hand.

Touch the tip of the thumb of your left hand with the tip of the thumb of your right hand.

Keep the middle fingers and thumbs stretched and straight.

Bend the other fingers and let them touch each other at the joints, as shown in the image.

**Duration:**

No specific duration for performing this Mudra.

**Uses:**

Helps in attaining a peaceful mind.

Increases concentration.

This Mudra is helpful in improving digestion.

If you are feeling down, this Mudra will elevate your mood.



## Other books on Mudras by Advait

Mudras for Memory Improvement: 25 Simple Hand Gestures for Ultimate Memory Improvement



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I am and wish to remain a life-long student of *Ayurveda* , *Yoga* and *Mudra Vigyaan*. During the course of my study, work and research I come across some priceless gems about Vedic Health & Healing almost daily.

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Thanks.

**Advait**



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