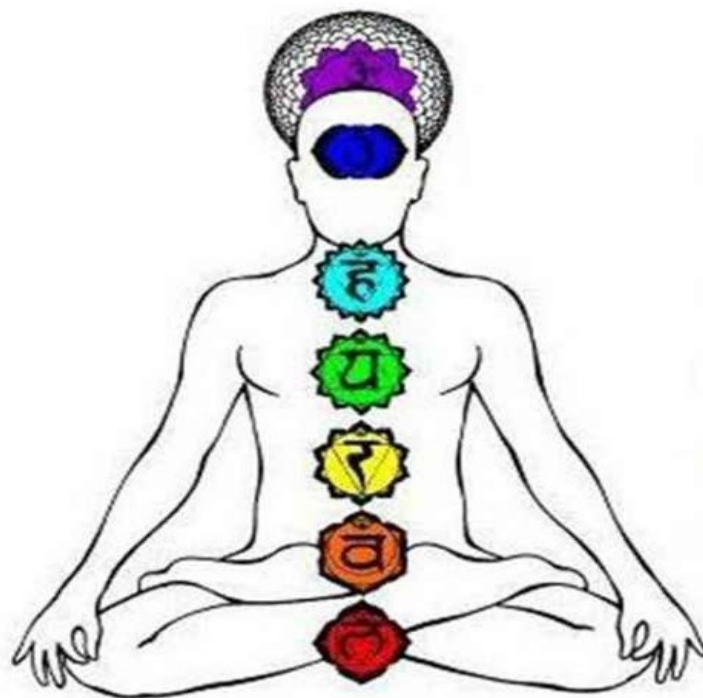


MUDRAS *for* AWAKENING CHAKRAS



19 Simple Hand Gestures
for
AWAKENING & BALANCING
CHAKRAS

Advait

‘Mudras for Awakening Chakras’

19 Simple Hand Gestures for Awakening & Balancing your Chakras

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.

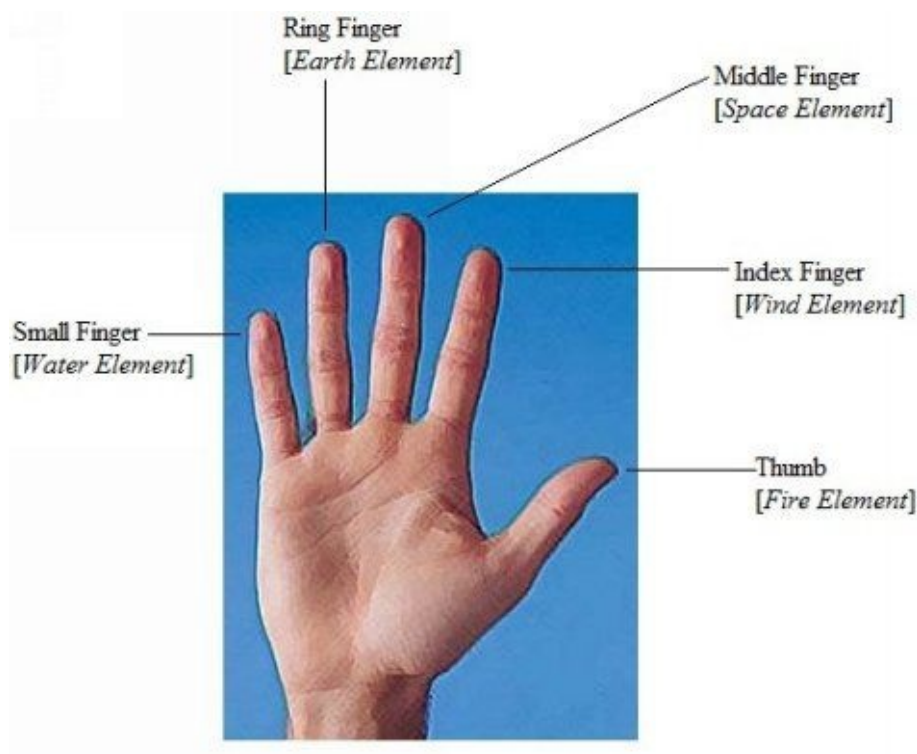
Index finger – Wind element.

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.

Important

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?

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.

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.

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

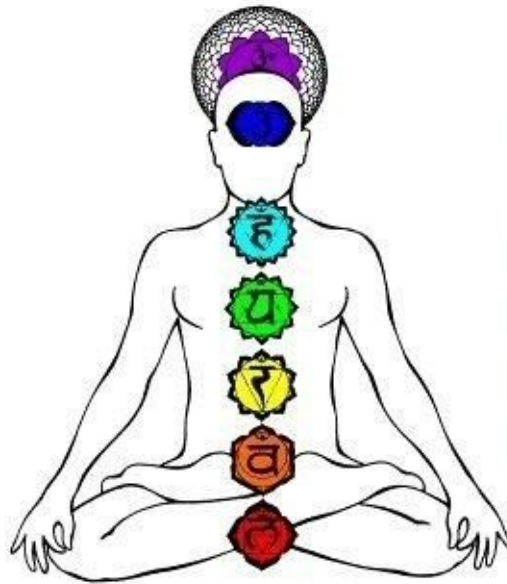
From Addiction to Arthritis, for Improving Digestion to Detoxification, Ayurveda & Mudras are extremely effective. In cases of Cancer and even in patients with HIV/AIDS they work like magic.

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

To subscribe, [Click Here](#)

Thanks,
Advait

What are Chakras?



7. The Crown Chakra

6. The Third Eye Chakra

5. The Throat Chakra

4. The Heart Chakra

3. The Solar Plexus Chakra

2. The Sacral Chakra

1. The Base/Root Chakra

I want to keep this book absolutely fluff free, so, I will not talk about how Chakras are the metaphysical entities that are essential for spiritual awakening and how they take you closer to The Divine One and keep you at peace. All I want to do is to make you understand that by awakening and balancing your Chakras you will achieve everlasting health, physically and emotionally and that this book is the best Medical Insurance you ever bought!

“Energy can neither be created nor can it be destroyed, it only changes from one form to another.”

The Human body needs energy to sustain life, this essential energy is obtained in two ways:

The Physical mode – The food we consume and the air we breathe cause a physical combustion of food and the assimilation of essential nutrients which provide us with the energy we need for survival.

The Meta-physical mode – The Omnipresent Universal Life energy is absorbed or channeled into our body.

This Universal Life energy enters the human body at Seven specific points, located on the spine, these points are THE CHAKRAS.

Simply put, The Seven Chakras are the inlet energy taps of the human body.

All these Chakras are associated with certain Glands and Vital Organs and the energy entering the Chakras is lead to them for proper functioning and nourishment.

If a Chakra is Closed, Blocked or Un-Balanced then these Vital Organs and Glands are malnourished leading to further complications and diseases. (Both on a physical and meta-physical level)

For example: If The Anaahat Chakra (The Heart Chakra) is blocked or unbalanced then the person is prone to cardiovascular disorders and also to emotional instability.

A person whose Chakras are awakened and in a balanced state will be in the best of his health. Also, a consistent harmony between the Chakras will induce a feeling of prosperity, well being and satisfaction. Such a person can only look forward to spiritual awakening and eternal bliss.

Now, let's get down to business, and awaken & balance your Chakras.

Muladhaar Chakra / The Root Chakra



Sanskrit Name:

मूलाधार चक्र - Muladhaar chakra

English Name:

The Root Chakra

Symbol:

Lotus with four petals.

Colour:

Red.

Location:

It is Located at the base of the spine.

Element:

Earth element.

Glands it Controls:

Gonads and Adrenal Medulla.

Organs it Controls:

Rectum, Kidneys, and Organs in lower abdomen.

Food that nourishes this Chakra:

Red Meat, Spinach, Spices and Pepper.

The Root Chakra is located at the base of the spine, hence the name. It is associated and responsible for the health of the digestive track, intestines and the lower abdominal organs. When this Chakra is balanced, you will feel at peace, confident and secure.

Mudras for Awakening & Balancing Muladhara Chakra / The Root Chakra

While performing these Mudras, Concentrate on your breathing and visualize a ray of bright Red light entering your Root Chakra and the Chakra glowing in a bright Red Luminescence.

MuladhaarChakramudra / Mudra of Root Chakra





Method:

This Mudra has to be performed in a seating position.

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

Join both the palms together like in the Indian salutation ‘Namaste’.

Then interlace and bend the Ring fingers and the Little fingers of both the hands (see to it that the fingers are folded inwards, within the palms).

Extend out the Middle fingers and join the tips of both the Middle fingers and press slightly.

Now join the tips of the Index fingers to the tips of the Thumbs, forming interlocking circles (Refer the image).

This Mudra is to be held in front of your pubic bone.

While you are doing this Mudra, simultaneously keep contracting your Perineal floor muscle (Refer the image).

(Don’t keep the muscle contracted but keep clenching and relaxing this muscle continuously)

Duration:

This Mudra should be performed till you feel tired by clenching and relaxing your Perineal muscle. Take rest then repeat a couple of times.

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

Mushtimudra / Mudra of Fist



Method:

This Mudra has to be performed in a seating position.

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

Touch the tip of your thumb to the base of the Ring finger and press slightly.

Close all the other fingers over the Thumb to form a fist.

(Refer the image)

Form this Mudra on each hand and rest the fists against the lower belly.

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.

Gadamudra / Mudra of Spear



Method:

This Mudra has to be performed in a seating position.

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

Form two interlacing rings by touching the tips of your index fingers with the tips of your thumbs as shown in the image.

Keep the Middle fingers straight and pointing upwards, and then touch the upright middle fingers to each other.

The final step is to interlace the ring fingers and the little fingers together, and bend them in the second knuckle such that their tips point downwards.

This Mudra should be held in front of your lower abdomen and not at chest height.

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.

Svadhistaana Chakra / The Sacral Chakra



Sanskrit Name:

स्वाधिष्ठान चक्र - Svadhistaana Chakra

English Name:

The Sacral Chakra

Symbol:

Crescent moon within A Lotus with 6 petals.

Colour:

Orange/Vermilion

Location:

Sacrum. (Lower Abdomen region)

Element:

Water.

Glands it Controls:

Sexual glands. (Testes and the Ovaries)

Organs it Controls:

Organs from the lower abdomen region, mainly the reproductive organs.

Food that nourishes this Chakra:

Milk and dairy products, Melons, Bananas, Honey, Chocolate, Butter and Red Wine in Moderation.

The Sacral Chakra is located on the spine at the sacral level, hence the name. It is associated and responsible for the health of the sexual organs and Urinary system. When this Chakra is balanced, you will feel free and joyous and you will exude an amazing sexual confidence.

Mudras for Awakening & Balancing Svadhishthaana / The Sacral Chakra

While performing these Mudras, Concentrate on your breathing and visualize a ray of bright Orange light entering your Root Chakra and the Chakra glowing in a bright Orange Luminescence.

Svadhishthana Chakramudra / Mudra of Pelvic Centre Chakra



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.

Join both the palms together like in the Indian salutation 'Namaste'.

Then interlace and bend the Ring fingers and the Little fingers of both the hands within the palms.

Cross the Middle fingers over the Index fingers.

Touch the tip of the Middle fingers to the tip of the Thumbs and press slightly.

Press the heels of both the palms together.

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.

Shaktimudra / Mudra of Divine Feminine



Method:

This Mudra has to be performed in a seating position.
Be seated comfortably in an upright posture and concentrate on your breathing to relax.
Keep your palms facing each other in front of your chest.
Then touch the tips of both your Little fingers and press slightly.
After that, touch the tips of both your Ring fingers and press slightly.
Fold your thumbs in to your palms
And, cover up the folded thumbs curling down your Index and Middle fingers into your palms.

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.

Kaamjayimudra / Mudra to Conquer Lust



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.

Touch the tip of the Index finger to the nail of your Thumb and press slightly.

Curl down the remaining three fingers, and press them together (not too tight).

Refer to the image for more clarity.

Duration:

This Mudra does not have a specific duration; it should be performed till the desired results are achieved.

****Note***

The Kaamjayi Mudra was used by ancient Indian Maharshi's and Yogi's to suppress their sexual desires.

*****Important***

Don't overdo this Mudra, you sexual desires are a healthy part of your relationships. There's nothing

to feel guilty about your sexual desires.

Manipur Chakra / The Abdominal Chakra (The Solar Plexus Chakra)



Sanskrit Name:

मणिपूर चक्र - Manipur Chakra

English Name:

The Abdominal Chakra / The Solar Plexus Chakra.

Symbol:

Downward pointing triangle within A Lotus with 10 petals.

Colour:

Yellow

Location:

Solar Plexus. (Just beneath the Diaphragm)

Element:

Fire. (Since it is related to digestion)

Glands it Controls:

Adrenal Glands and the Pancreas.

Organs it Controls:

Organs of the digestive system.

Food that nourishes this Chakra:

Fish, Chicken, Eggs, Oranges, Papaya, Apricots, Carrots.

The Solar Plexus Chakra is located on the spine at a level just beneath the diaphragm, hence the name. It is associated and responsible for the health of Stomach, Liver, Pancreas and the Spleen. When this Chakra is balanced, you will feel satisfied and an affectionate adoration towards your loved ones and it induces a feeling of being in control.

Mudras for Awakening & Balancing Manipur / The Abdominal Chakra

While performing these Mudras, Concentrate on your breathing and visualize a ray of bright Yellow light entering your Root Chakra and the Chakra glowing in a bright Yellow Luminescence.

ManipurChakramudra / Mudra of Solar Plexus Chakra







Method:

This Mudra has to be performed in a seating position.

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

Place your palms adjacent to each other, facing down.

Now slide your right Index finger over your left Index finger, then under the left Middle finger and then rest it over the left Ring finger. (I know it sounds very confusing, please refer the adjoining images for more clarity.)

Now curl in your left Middle finger, pressing the down the right Index finger.

The next step is to curl in the right middle finger so that it presses down the left Index finger, but see to it that the tip of the left Index finger is over the right Ring finger. (refer the image)

Now join the tips of both the Ring and Little fingers together and press slightly.

Then join the tips of both the Thumbs together and press slightly.

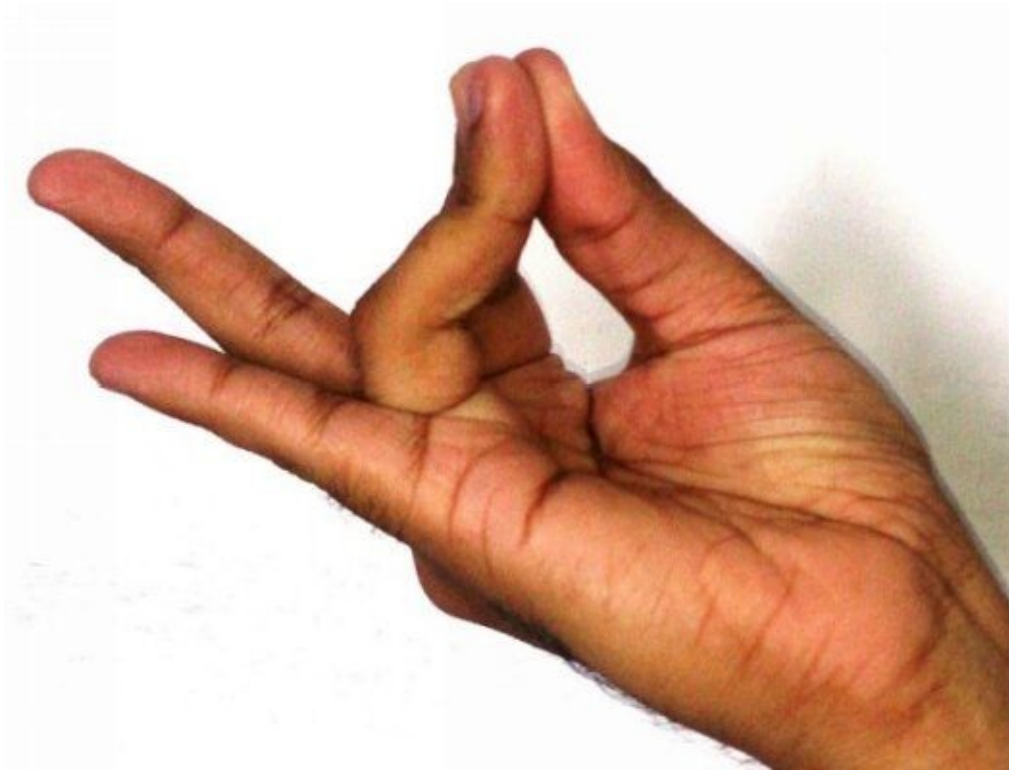
Hold the Mudra in front of your solar plexus.

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.

Rudramudra / Mudra of Lord Shiva



Method:

This Mudra has to be performed in a seating position.

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

Place your hands on your thighs with your palms facing upwards.

Touch the tip of your Thumb with the tip of your Index finger and the tip of the Ring finger, press slightly.

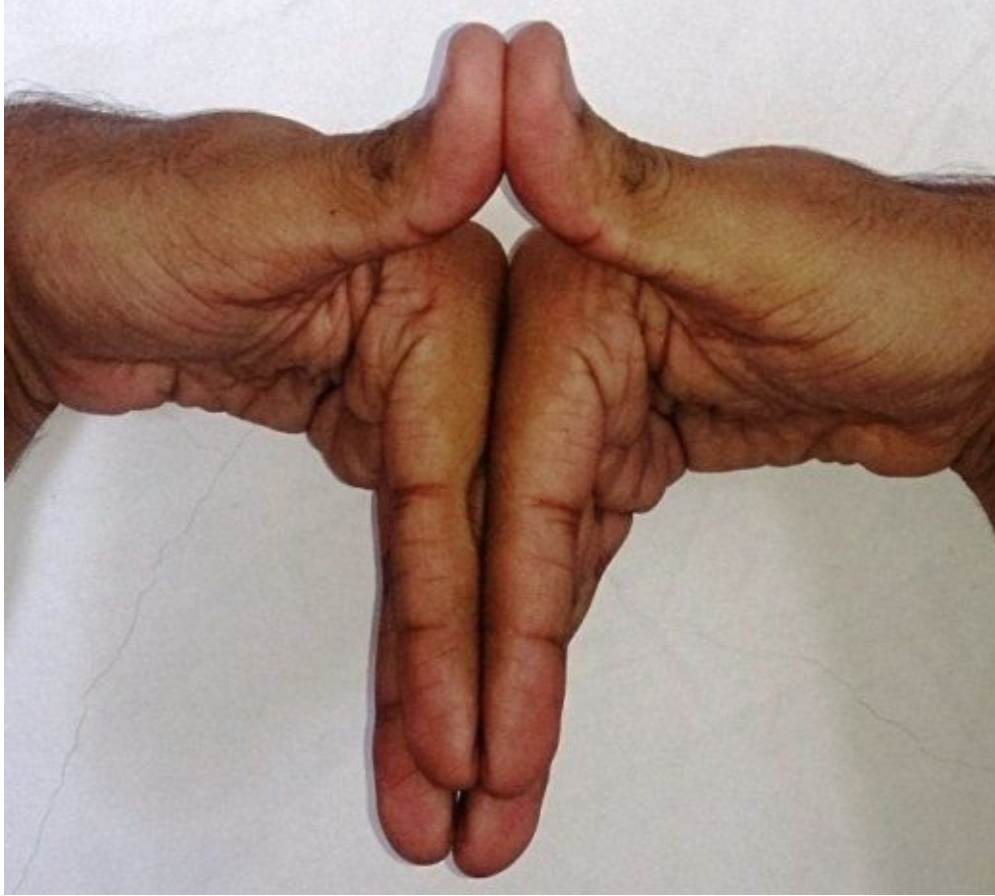
Refer the image for more clarity.

Duration:

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

If you are serious about losing weight then this Mudra should be performed at least 4 times a day.

Adhomukhmudra / Mudra that Faces Down



Method:

This Mudra has to be performed in a seating position.

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

Now bring both your palms in front of you, the palms should be facing downward.

Join the tips of both your Thumbs and press slightly.

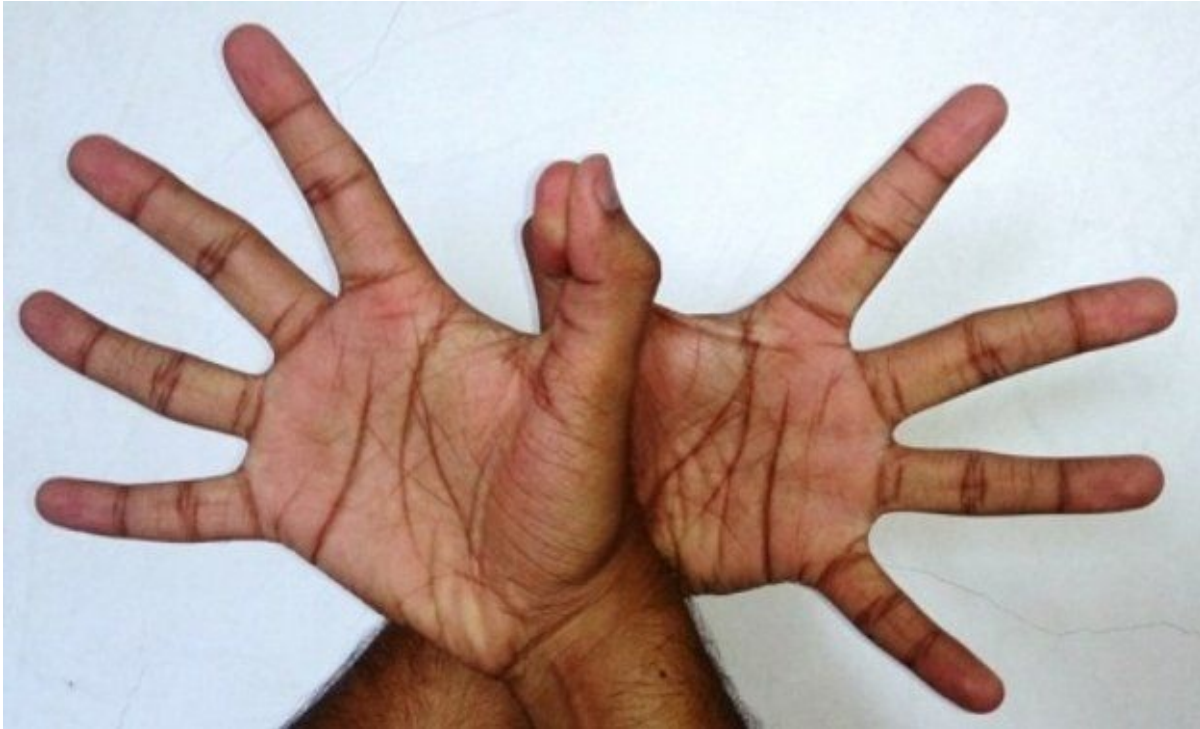
All other fingers should be pointed downwards and outstretched in such a way that all the nails are resting on each other. (refer the image)

Duration:

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

Perform this Mudra for not more than 5-7 minutes at a time, and a total of 3-4 sessions per day.

Garudamudra / Mudra of Eagle



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.
- Bring both your hands in front of your chest, palms facing the chest.
- Cross the hands with the right hand crossing over the left hand and interlock the Thumbs at the first padding. (Refer the image)
- Keep all the other fingers extended and outstretched.
- Create a firm pressure between the pads of the Thumb.

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.

Surabhimudra (Dhenumudra) / Mudra of Cow



Method:

This Mudra has to be performed in a seating position.

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

Touch the tip of the Little 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 Little 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)

Then join the tips of both the Thumbs together and press slightly.

Hold this Mudra in front of your chest.

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.

Anaahat Chakra / The Heart Chakra



Sanskrit Name:

अनाहत चक्र - Anaahat Chakra

English Name:

The Heart Chakra

Symbol:

Six pointed star within a Circular flower with 12 petals.

Colour:

Green.

Location:

Chest.

Element:

Air.

Glands it Controls:

The Thymus Gland. (It is responsible for a sound Immune system.)

Organs it Controls:

Heart, Lungs, Upper limbs, Organs of the Circulatory system and Immune system.

Food that nourishes this Chakra:

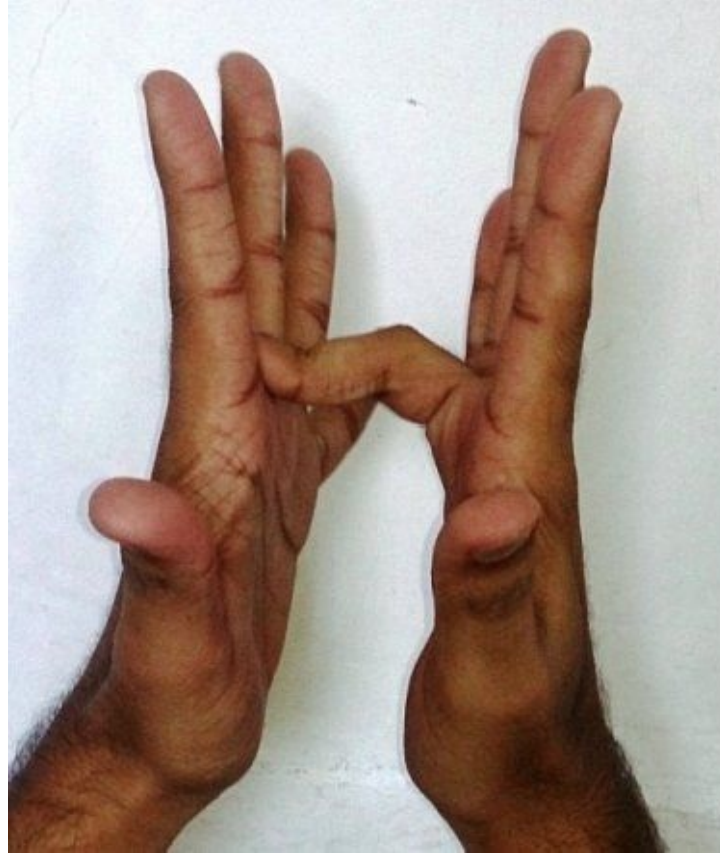
Cherries, Strawberries, Whole Wheat, Unpolished Rice, Soya bean, Green Leafy Vegetables (especially Spinach).

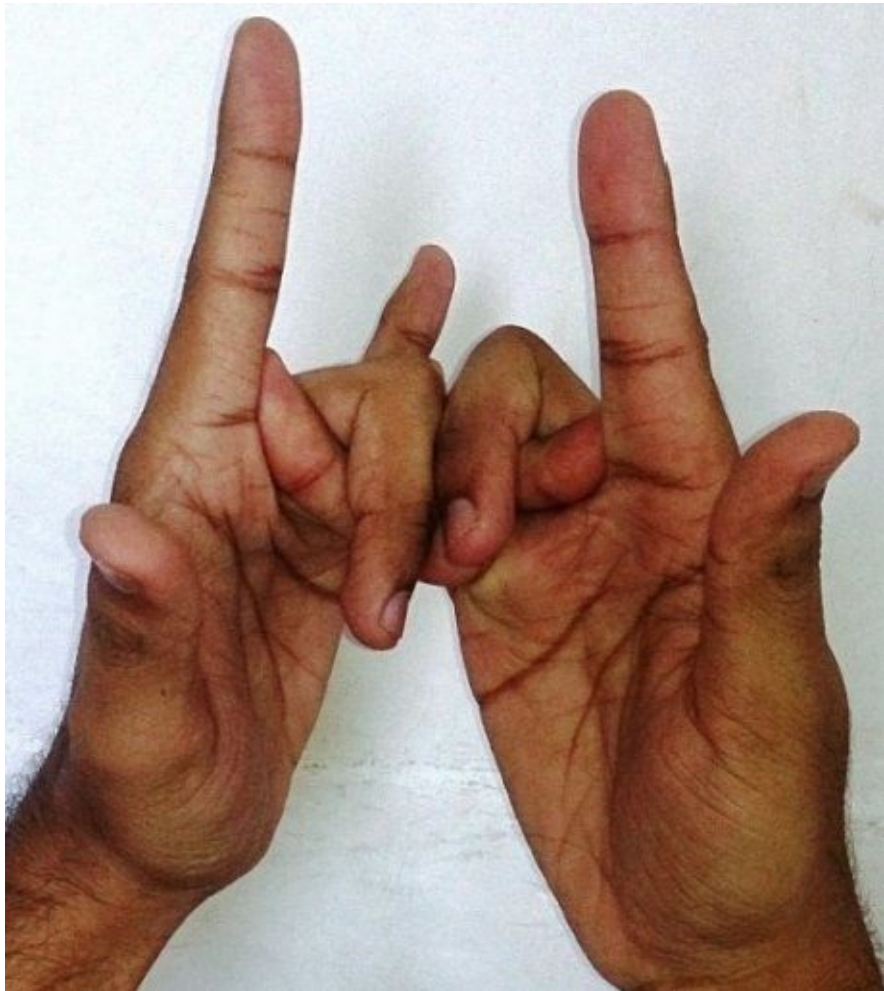
The Heart Chakra is located on the spine at the level of the Heart, hence the name. It is associated and responsible for the cardiovascular health and the health of the respiratory system and also keeps the immune system healthy. On an emotional level this Chakra is about affection, love, care and romance. This Chakra enables one to give and receive pure love.

Mudras for Awakening & Balancing Anaahat Chakra / The Heart Chakra

While performing these Mudras, Concentrate on your breathing and visualize a ray of bright Green light entering your Root Chakra and the Chakra glowing in a bright Green Luminescence.

AnaahatChakramudra / Mudra of Un-struck Hymn





Method:

This Mudra has to be performed in a seating position.

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

Place the right Ring finger on the web between the Index and Middle finger of the left hand.

Place the left Ring finger on the web between the Index and Middle finger of the right hand.

Curl down both the middle fingers to wrap and press down the respective Ring fingers of the opposite hands.

Now join the tips of both the Index and Little fingers together, outstretch them and press slightly.

Then join the tips of both the Thumbs together, outstretch them and press slightly.

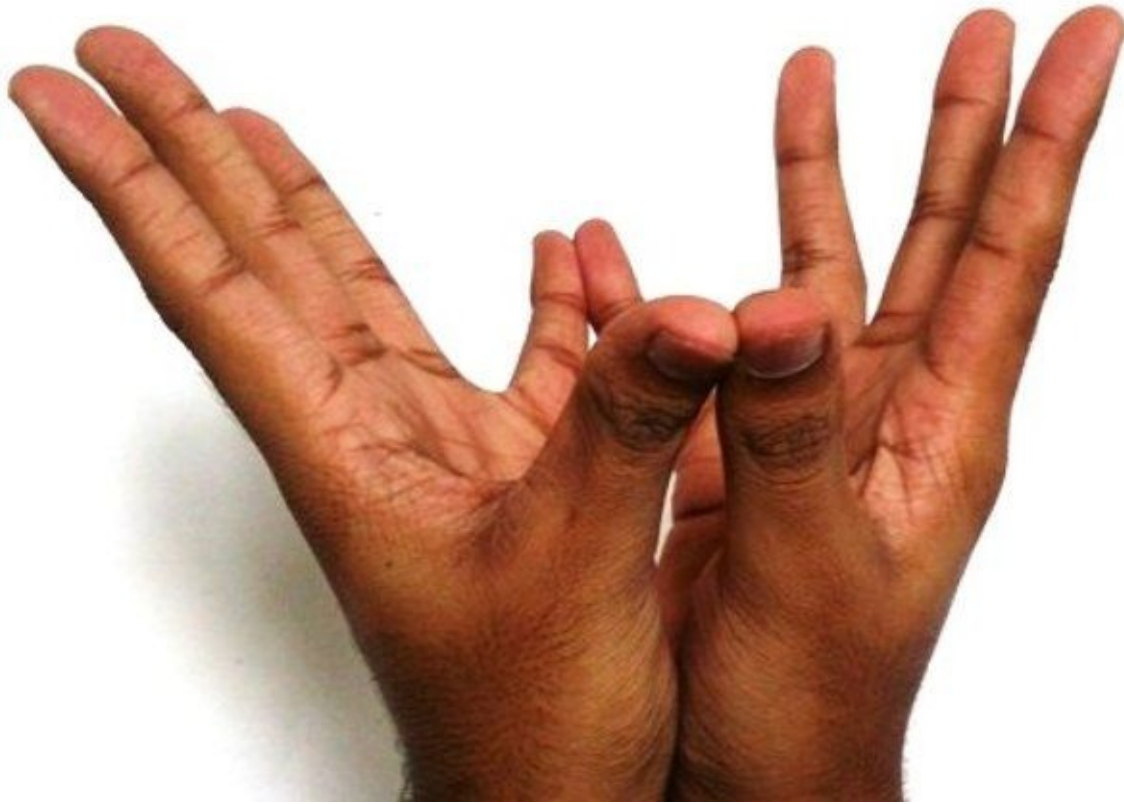
This Mudra is to be held in front of your chest.

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.

Padmamudra (Pankajmudra) / Mudra of Lotus



Method:

This Mudra has to be performed in a seating position.

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

Touch the Thumb and Little finger of the left hand to the Thumb and Little 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.

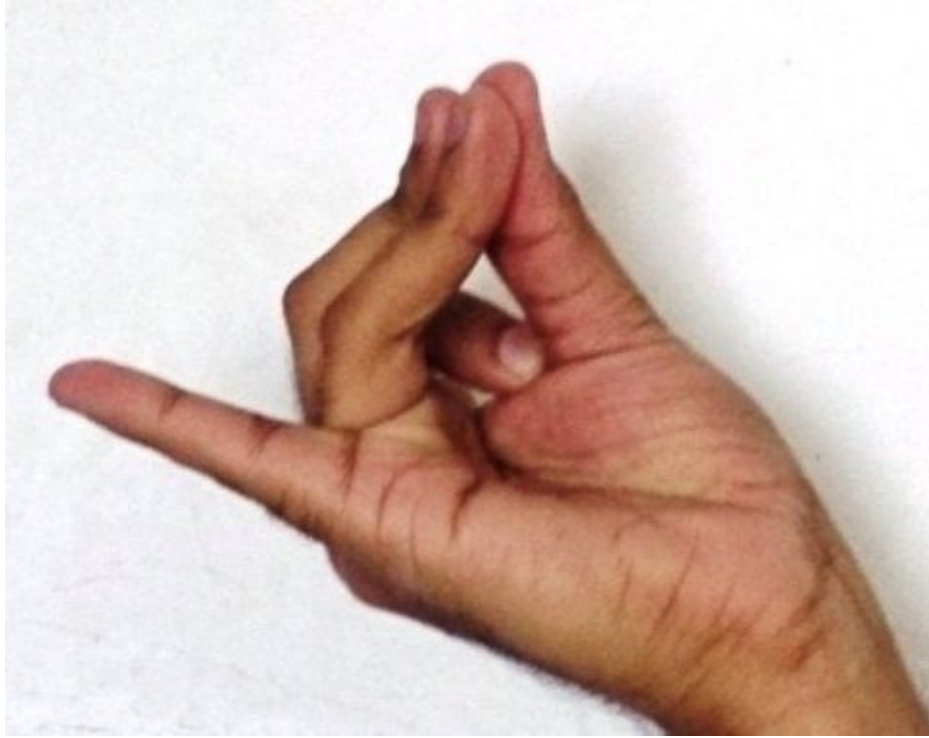
This Mudra should be held in front of your chest.

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.

Mrutsanjivanimudra(Apaanvaayumudra) / Mudra of Resurrection



Method:

This Mudra has to be performed in a seating position.

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

Touch the base of your Thumb with the tip of the Index finger and press slightly.

Then, touch the tips of the Index finger, Middle finger and Thumb together.

Keep the Little finger extended outwards.

Perform the Mudra's on both your hands and place them on your thighs.

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.

Vishuddha Chakra / The Throat Chakra



Sanskrit Name:

विशुद्ध चक्र - Vishuddha Chakra (Vishuddhi = Purification)

English Name:

The Throat Chakra / The Chakra of Purification

Symbol:

A Circle housed within a downward facing Triangle, which is housed in a flower with 16 petals.

Colour:

Blue / Turquoise

Location:

Throat.

Element:

Sound. (The base element is 'Air', since air when modulated creates sound)

Glands it Controls:

Thyroid

Organs it Controls:

Throat, Neck and other Oral organs.

Food that nourishes this Chakra:

Mushrooms, Bananas, Kelp, Wheat Grass juice.

The Throat Chakra is located on the spine along the throat, hence the name. It is associated and responsible for the health of the Throat, Neck and the Thyroid Gland. When this Chakra is balanced, it induces proper growth and you will feel aware about the people around you and you will feel active creatively.

Mudras for Awakening & Balancing Vishuddha Chakra / The Throat Chakra

While performing these Mudras, Concentrate on your breathing and visualize a ray of bright Blue light entering your Root Chakra and the Chakra glowing in a bright Blue Luminescence.

VishuddhaChakramudra / Mudra of Throat Chakra



Method:

This Mudra has to be performed in a seating position.

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

Join the hands together as in the Indian salutation, 'Namaste'.

Now, interlace the Middle, Ring and Little into the palm (Refer the image)

Then, create two interlocking rings with the Index fingers and Thumbs 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 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.

Granthitamudra / Mudra of Glands



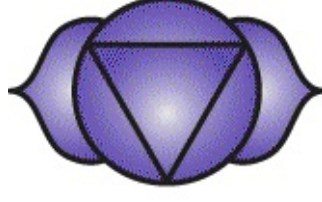
Method:

This Mudra has to be performed in a seating position.
Be seated comfortably in an upright posture and concentrate on your breathing to relax.
Clasp both your hands together as shown in the image.
Note that the left index figure is on top of the right index finger.
Now, join the tips of the Index finger and Thumb of the respective hands together.
Hold this Mudra in front of your Throat.

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.

Aadnya (Ajna) Chakra / The Third Eye Chakra



Sanskrit Name:

आज्ञा चक्र - Aadnya Chakra

English Name:

The Third Eye Chakra

Symbol:

A Lotus with two petals.

Colour:

Violet / Indigo.

Location:

Half a centimeter above the midpoint between the two eyebrows.

Element:

Light.

Glands it Controls:

Pineal Glands.

Organs it Controls:

Eyes, Ears, Nose and Brain.

Food that nourishes this Chakra:

Wheat, food stuffs rich in Vitamin E and Vitamin A, Sprouts.

The Third Eye Chakra is located at the point of the third eye, hence the name. It is associated and responsible for the health of the eyes and the entire nervous system. When this Chakra is balanced, you will feel an insightful awareness and also feel very clairvoyant.

Mudras for Awakening & Balancing Aadnya Chakra / The Third Eye Chakra

While performing these Mudras, Concentrate on your breathing and visualize a ray of bright Indigo light entering your Root Chakra and the Chakra glowing in a bright Indigo Luminescence.

Nirvaanamudra / Mudra of Liberation



**Method:**

This Mudra has to be performed in a seating 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:

1 to 2 minutes.

Mahashirshamudra / Mudra of The Great Head



Method:

This Mudra has to be performed in a seating position.
Be seated comfortably in an upright posture and concentrate on your breathing to relax.
Touch the centre of the palm with the tip of the Ring finger.
Join the tips of the Index finger, Middle finger and Thumb together.
Keep the Little finger extended outwards.
(Refer the image)
Perform this Mudra on each hand and place the hands in your lap.

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.

Sahasraar Chakra / The Crown Chakra



Sanskrit Name:

सहस्रार चक्र - Sahasraar Chakra (Sahasraar = A Thousand Petals)

English Name:

The Crown Chakra

Symbol:

A Lotus with Thousand petals.

Colour:

Multicolored or sometimes White.

Location:

Just above the Crown of the skull.

Element:

Space.

Glands it Controls:

The Entire Central Nervous system.

Organs it Controls:

Cerebrum, Spinal Cord and Organs of the Nervous System.

The Crown Chakra is located on the crown of the skull, hence the name. It is associated and responsible for the health of the pineal glands and the nervous system. When this Chakra is balanced, you will feel extremely satisfied and blissful. It is the most spiritual Chakra.

Mudras for Awakening & Balancing Sahasraar Chakra / The Crown Chakra

While performing these Mudras, Concentrate on your breathing and visualize a ray of bright White light entering your Root Chakra and the Chakra glowing in a bright White Luminescence.

Sahastraarmudra / Mudra of Thousand Petals



Method:

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

Concentrate on your breathing to relax and feel comfortable.

Raise your hands at chest height, with your palms facing down.

Now, join the tips of both the Index fingers together and press slightly.

Then, join the tips of both the Thumbs together forming a Triangle. (Refer the image)

Keep all the other fingers extended and outstretched.

Once you have formed this Mudra, raise the Mudra at a height of around 6 inches above your head.

And now visualize as if a shower of light and energy are entering the top of your head through the triangle formed in the Mudra.

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.

Forming a Routine

Every Mudra that I have mentioned in this book has to be performed for at least five minutes for best results.

But, to perform all the 19 Mudras for at least 5 minutes will eat up a little over 1 and a 1/2 hrs of your time every day and many of you might not be able to take off that much time every day from your busy schedules and chores.

Understand that **it is NOT a hard and fast rule that you should perform all these 19 Mudras back to back in one session.**

What I would suggest is, perform any one (1) Mudra pertaining to each of the seven Chakras daily. Thus, you'll have to take out only a minimum of 35 minutes every day.

(Make sure that you perform all the 19 Mudras at least thrice in a week.)

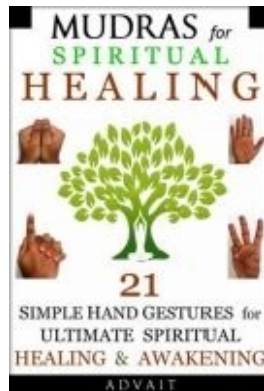
The beauty of Mudra Health and Healing Techniques is that Mudras can be performed at any time and place: while stuck in traffic, at the office, watching TV, or whenever you have to twiddle your thumbs waiting for something or someone.

So, please don't come up with any excuses to avoid them, Mudras are as Easy and Effortless as Chakra Awakening and Balancing could get.

Other books on Mudras by Advait

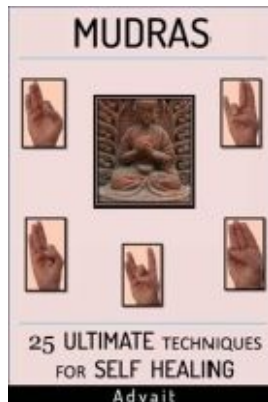
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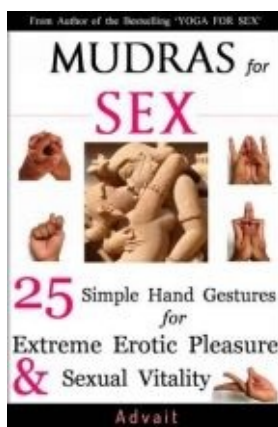
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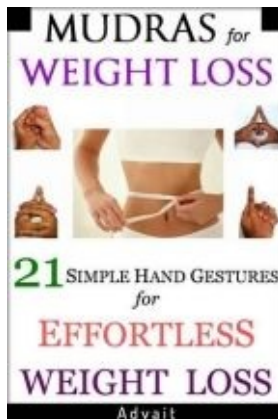
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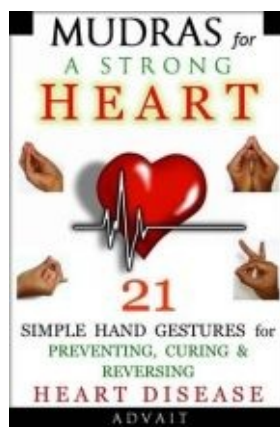
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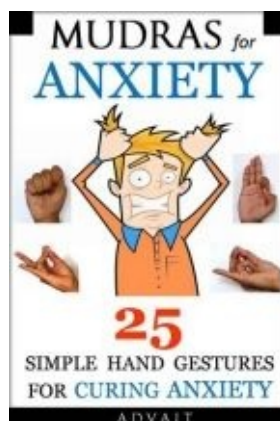
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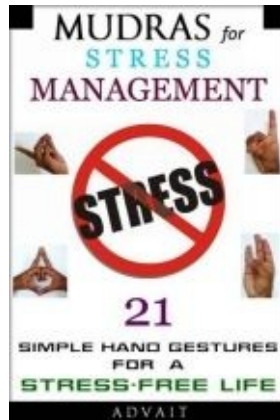


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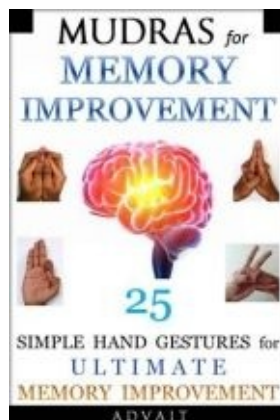


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Thank You so much.

All the best,

Advait

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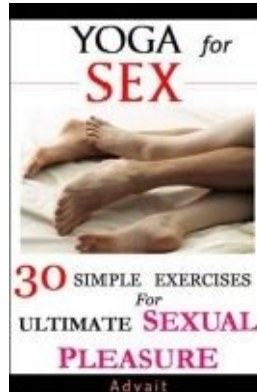
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Advait

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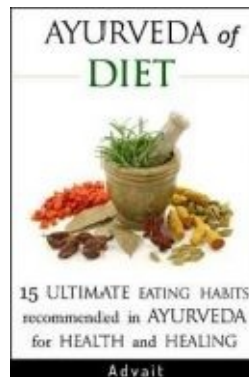
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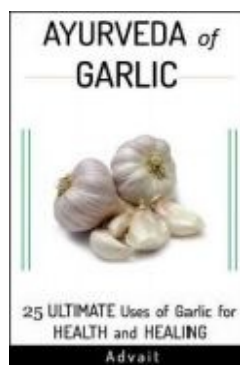
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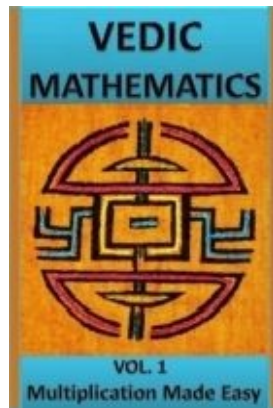
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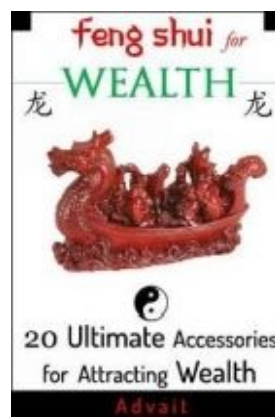
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Mudras for Awakening Chakras: 19 Simple Hand Gestures for Awakening and Balancing Your Chakras

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