

THE POWER BANK OF THE HUMAN BODY

# yoga mudras



KB JOSHI





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# 1. Yoga Mudras Introduction & Science

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## **Yoga Mudras at a Glance**

“Mudras” are nothing but systematic hand gestures according to Eastern philosophies, culture and Yogic practices. In Sanskrit, Mudras means a posture/pose. Mudra is a Sanskrit word, where ‘mud’ is joy and ‘ra’ is create. It means a gesture which creates joy and cheerfulness. Mudras are looks as closed electrical circuits which can pass energy thought out the bodies. Mudra is in the Hatha yoga, which is one of the parts of Yogas.

In other term, Mudras are an unspoken mode of communication and self-expression consisting of hand gestures and finger postures. It is an external expression of inner determination, suggesting that such unspoken communications are more powerful than the spoken word. Mudras symbolically express inner feelings and inner psychological states. Mudras are capable of giving great powers and intellectual abilities called “Siddhies” on their practitioners.

Mudras are considered a mysterious science. However, mudras are not only give freshness to the health but also provides spiritual gains to the human soul; there are mudras which equally give marvellous value in therapy.

## Creation/Invention of Yoga Mudras

Nobody knows that where and how mudras originated. They have been in use from centuries. They have been found in almost all regions and used by people of all religions. They are natural to the body in daily routine. All that was required was to identify them and scientifically understand the same.

- In the Orient these can be observed as cultural traditions of Hinduism and Buddhism in India, Tibet, China, Japan etc. The paintings in the caves of Ajanta and monuments in the Ellora caves, dating back to 1<sup>st</sup> and 2<sup>nd</sup> centuries shows many mudras.

## Yoga Mudras as Spiritually around the World

Hinduism shows the earliest recorded knowledge and analysis of Mudras. The earliest documentations are found in “*Mantra Shastra*” (the book of chants), “*Upasana Shastra*” (the book of worship and prayers) and the “*Nritya Shastra*” (the book of classical dances). The following section from Srimad Bhagwad Gita mentions that Lord Krishna was in the posture of Gyan Mudra when he gave the knowledge of Gita to Arjuna.

*“Prapannapaarijaataaya totravetre paanaye,  
gyaan mudraaya Krishnaaya geetaamritaaya duhe namah”*

- Swami Mahavir Jain in Jainism and Guru Nanak Devji in Sikhism are always shown in Gyan or Dhyana Mudra.
- Egyptian symbols are a virtual pearl house of mudras. The postures of their kings and queens even as mummies show them holding mudras.
- In Christian art Jesus, John the Baptist and Mother Mary are shown in various different Mudras. Even

today, the sign used by the priests of Catholic Churches while blessing the devotees using “Mahagyan Mudra.”

- In Islam, the spiritual Rotary Dervishes used Hand signs or Mudras for various rites and rituals. Roman art is complete with mudras.

## Spiritual Science

Human being only has that supreme power in their soul, while scientifically gifted by Yoga, can help them to achieve all the three inspiring powers - the physical, mental and spiritual. All that is needed is the supervision and the rules of “Dhyana” (meditation) and “Sadhana” (Practice). There are various supreme sciences for the study of humanity as follows;

<b>Different Vidhyas</b>	<b>Related Science</b>
<i>Brahma Vidhya</i>	: <i>Divine Science</i>
<i>Mudra Vidhya</i>	: <i>Finger posture science</i>
<i>Kayakalpa Vidhya</i>	: <i>Transformation science</i>
<i>Pranvinimaya Vidhya</i>	: <i>Science for curing of sick and defective</i>
<i>Surya Vidhya</i>	: <i>Solar science</i>
<i>Punarjanma Vidhya</i>	: <i>Rebirth science</i>
<i>Deerghayu Vidhya</i>	: <i>Endurance science</i>
<i>Swar Vidhya</i>	: <i>Science of sounds</i>
<i>Rasayan Vidhya</i>	: <i>Transformation science</i>
<i>Mantra Vidhya</i>	: <i>Spiritual chant science</i>
<i>Samyad Preshan Vidhya</i>	: <i>Telepathy science</i>

Mudra Science is an entirely different and independent branch of yoga. This is the science of finger postures, based on Yoga of elements. The sciences that can help raise the human being to achieve almost divine powers and keep the body perfectly right.

## 2. Yoga Mudras Analysis & Functionality

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### **Mudras Analysis**

Good Health is mostly defined as “A state of complete physical, mental and social well-being without disease or weakness.”

Mudras must be practiced sincerely as like yoga and after gaining full knowledge of the same. If Mudras practice wrongly or with partial knowledge, desirable result will not be achieved. Everybody should know the basic principles and understanding of Mudras. Like any Yoga, Mudras are natural way of healing, as intended by nature. Mudras will not give instant result like pills, while some Mudras do give instant relief, for permanent and long term gains they should be done with sincerity and confidence. Gains from all Yogic procedures are permanent and achieved by natural working of the body, mind or spirit.

The physical body is made up of five elements namely - Air, Water, Fire, Earth and Sky (air - the tiny intercellular spaces in the human body). Imbalance of these elements interrupts the immunity system and causes disease. Deficiencies in any of these elements can be made up by connecting one part of the body with another in a particular manner through Mudras.

When a finger representing an element is brought into contact with the thumb, that element is brought into balance. Therefore the disease caused by the imbalance is cured. Mudras create electromagnetic currents within the body which balance the various constituting elements and restore health condition. The joining of fingers creates an effect on the human body.

Five fingers and related five elements;

1. *Thumb* - *Fire*
2. *Index figure* - *Air / wind*
3. *Middle figure* - *Sky / space*
4. *Ring figure* - *Earth*
5. *Little figure* - *Water*

## **Mudras Functionality**

The fingertips of every living being have many focused spirit root endings which are free energy release points. According to Science, around every tip there is a concentration of free electrons as like around protons. By touching together fingertips or the finger



**5 Elements**

tips to other parts of the palms this free energy known as “Prana” is redirected back into the body through specified channels and back up to the brain.

This energy travels through the various nerves, which can open the various chakras. Keeping the hands on the knees stimulates the Gupta vein and makes the energy start from the “*Mooladhara Chakra*.”

Thus, the pressure applied on the nerve and the psycho-neural routes formed by the mudras to help in balancing the five basic elements. This balancing of the elements and redirection of the internal energy which effects the changes in veins, ligaments and physical organs that brings the body back to a healthy state.

Different Mudras provide a different ‘end strain’ on the nerves system by different fold of fingers. The advantage of Mudras is that the pressure to be applied on the nerves is automatic and controlled by the shape and size of the fingers and not by external agencies.

Mudra Yoga is also a science based on the principles of the Indian Medical Science (Ayurveda) which lays down three factors primarily responsible for the body’s ills, *Vata* (wind), *Pitta* (bile) and *Kapha* (Phlegm).

10 types of Vayus (Winds) circulate through the nerves of the human body and can be controlled with Mudras.

Some of the main ‘Vayus’ (Main Winds) are as follows;

<b>Different Types</b>	<b>Related Concentrated Body Parts</b>
<i>Pran Vayu</i>	: Mouth, Central nose, Central Navel, Heart
<i>Apan Vayu</i>	: Regenerative organs, Knees, Sides Stomach
<i>Vyan Vayu</i>	: Eyes, Ears, Shoulders, Ankles, Throat
<i>Udan Vayu</i>	: Hands and Feet
<i>Saman Vayu</i>	: Contributes other vayus

The rules to keep these Vayus in good order are known as “*Panchmukhi Pranopasana*” and use the Mudras to achieve their end levels.

Mudras produce potential power to the body. Mudras help to link between brain and body. However, the effectiveness of the Mudras not only depend on the practices, but it is also depends on eating habit, diet, life style of a person etc.

Yoga mudras should be practiced with using both hands together, which creates loop and closed entity. Usually 5~45 minutes required to do practice every day by using appropriate mudras, with proper finger pressure and touch including sitting position and breathing.

Those who are beginner in this field must first have to choose peaceful place where there is no any kind of noisy disturbance and mind can be concentrated on breathing system.

#### Why are Mudras Required for Human Body?

1. It can be used to release our pain and discomfort.
2. To make body in a smooth harmonic condition where energy can be passed throughout the body and provide positive force to our soul.
3. For removing tiredness of body and stressed condition of mind, mudras will facilitate the sound sleep and cool mind-set.
4. Increase mental level with positive attitude. Increase self-esteem and encourage positive thinking.
5. Increase concentration while doing meditation along with mudras.
6. It will control the mental, spiritual, emotional and physical level of a person.

Mudras are specific hand gestures that help to connect and convert it in to different energies that are present in the various Chakras. Performing the different Mudras helps to regulate the pathways though which Prana or the life force flows throughout the body.

This kind of potential energies will produce and it gives the proper nutrition to related body parts as well as mind and soul also. This invisible energy will work as like electromagnetic waves. In short, Yoga Mudras, body organs, Spirituality, positive mind status, different body chakras all are connected with each other and generate potential power.

## 3. Yoga Mudras – Science & Spiritual Power

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### **Yoga Mudras as a “Scientific Spiritual Power”**

By the knowledge of five fingers of human hand, Tatva Yoga Mudra can be done as an independent yoga.

Mudra is a very exact and scientific yogic meaning by which one can develop or even change, one's internal or external dispositions viz. mental (anger, emotional disturbance, intelligence etc.), spiritual (concentration, meditation) or physical (in various diseases, illnesses).

Mudras can bring amazing changes in mental level, spirituality, body and improvements for human beings. Mudras can help in speedily balancing the elements of the body.

Mudras will affect changes in veins, tendons, glands, sense organs, etc.

Mudras need not requires any prior preparation. They can be done at anytime, anywhere and under practically any conditions, except some of the mudras.

Mudras are like accurate remote control switches bringing fast and effective changes. It helps to bring actual permanent changes. A constant practice of Mudras can stop or slow down the destructive changes in the human body.

It can help develop a good, socially friendly, non-violent, religious and well-mannered character.

Some Mudras can balance the elements of the body within 45 minutes; some react within a few seconds in the human body.

The ancients believed that there were 24 diagnostic elements, the Gayathri mantra has 24 words, the Jains have 24 Tirthankaras, and Sanatana Dharma has 24 avatars. The 24 words of the Gayathri Mantra have a special relationship with 24 mudras known as GAYATRI MUDRAS. They have different names and formations. Majority main Mudras have been covered in this book.

Mudras awaken the cosmic energy and help to bond between the atma (soul) and the Paramatma (the cosmic soul).

## 4. Yoga Mudra's General Guidelines

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Yoga Mudras will develop the energy in the body; it is always beneficial if we provide continuous and concentrated breathing within hand mudras practice. "Sukhasan," "Padmasan" or "Vajrasan" sitting is the best for getting potential result of doing Yoga Mudras. Take deep rhythmic breathe, if possible do any spiritual mantra chant or can chant of mantra "So-hum" means 'ॐ'.

Inhale and exhale for same duration and rhythmic flow. This process should be progressively increased. For example, if 30 minutes of meditation then break it in 10 minutes of different progressive speed of chanting or inhaling. First 10 minutes (slow speed), then 10 minutes (medium speed) and last 10 minutes (fast speed). Breathing exercise will increase freshness of mind and relaxing body.

We can also chant the mantra sound "So-hum." Chant "so," when inhale and "**hum**" on exhale.

At primary stage there will be some difficulties like sitting in "Padmasan" or "Vajrasan," rhythmic breathing or chanting mantra. But it will be habitual after some times.

During this rhythmic process, one should focus the mind on heart beats and concentrate eyes at the "Gyan Chakra" or center between eyes.

## **Guidelines for Mudra Practicing:**

1. Mudra should be practiced in sitting position either in meditation pose or sitting on chair with keeping the straight back.
2. Practice should not be done full stomach.
3. Mudra's practice can be discontinuing in case of uneasiness or pain in any part of the body or mind could not be concentrated.
4. It is important to know the benefits & contraindications of the Mudra before we start it.
5. Mudra's must be done by pressing right points in the hands.
6. Optimum benefits can be achieved by practicing Mudra with both hands.
7. It is important to be regular and consistent in practicing to get desire and permanent results.
8. One should not continue practicing the same Mudra after achieving results, if mudra is done to cure particular diseases.
9. Mudras can be practiced spiritual for healing, should be practiced 45 minutes to have victory over the Mudra.

## 5. Yoga Mudras: Different Types

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1. Gyan Mudra
2. Vayu Mudra
3. Shunya Mudra
4. Apan Vayu or Hridaya Mudra
5. Apan Mudra (Mudra of Digestion)
6. Surya Mudra
7. Pran Mudra (Mudra of Life)
8. Prithvi Mudra (Mudra of Earth)
9. Varuna Mudra (Mudra of Water)
10. Aakash Mudra
11. Shankh Mudra
12. Meao Mudra
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14. Lung or Asthma Mudra
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16. Back Mudra
17. Kubera Mudra / Wealth Mudra
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20. Garuda Mudra
21. Dharmachakra Mudra
22. Varada Mudra

23. Anjali Mudra
24. Bhumisparsha Mudra
25. Vajrapradama Mudra
26. Vitarka Mudra
27. Lotus Mudra
28. Pushpaputa Mudra
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30. Mukula Mudra
31. Joint Mudra
32. Vajra Mudra
33. Samana Vayu Mudra
34. Mrigi Mudra (Deer face mudra)
35. Linga Mudra
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38. Bhramara Mudra
39. Uttarabodhi Mudra
40. TSE Mudra
41. Mahasirs Mudra
42. Mushti Mudra
43. Matangi Mudra
44. Makara Mudra
45. Abhaya Mudra
46. Detoxification Mudra
47. Ganesha Mudra
48. Kaleswara Mudra
49. Dynamic Mudra
50. Ushas Mudra
51. Pushan Mudra

## 6. Yoga Mudras: How to do and Advantage

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Different types of Yoga Mudras and Speciality

### 1. Gyan Mudra:

Bring the index finger tip to contact with thumb tip with some gentle pressure, while keeping the other 3 fingers free as like sketch. Palm position should be upside or front side towards sky.



Time duration:

No specific time duration for this mudra. We can practice by sitting, standing or lying on bed whenever and wherever can be done. During this stage, concentrate on your heart beat and breathing.

Speciality:

- Reduce stress and depression level.
- Sleeplessness will be controlled.
- Sharpen the brains.
- Control on emotional instability.

- e. Effective in mental illness, happiness and the intellect developments.
- f. Increase memory, improve knowledge and I.Q.
- g. Good concentration and meditation.
- h. Improves positive thoughts & attitudes and removes negative thoughts within 3 weeks of time period.
- i. Best for curing headache while doing this mudra with piece of mind and melodious music.
- j. Cures diabetes, stress & strain and control the blood pressure.
- k. Reduces anger, jealousy, and brings happiness & satisfaction. It's symbol representing the union of "Shiva-Shakti."
- l. It will remove laziness or idleness.

## 2. Vayu Mudra:

Bend the index finger and put it at the root of thumb as like sketch. Lock the index finger with thumb and apply some gentle pressure.

Time duration:

This mudra can be done up to 45~48 minutes. Please do it as per the need.



For better results practice it up to two months. Mudra should be stopped, when the trouble released from stomach.

Speciality:

- a. This mudra is used to release unwanted gas/air within a 10~15 mins.
- b. Back pain, stomach pain, parallelism pains can be released.
- c. Body pain, neck pain, knee and joint pains can be reduced.
- d. Reduces gastritis, gas problem, flatulence, indigestion etc.
- e. 80% of pains are generated in the body due to air/wind. This mudra will control all related pains.
- f. It cures the impurities of the blood and controls the heart diseases.
- g. It will correct the disorder of the gas / air in the stomach.

### **3. Shunya Mudra:**

Put the middle finger tip at the bottom of the thumb by applying a mild pressure, keeping the other fingers straight. Please do not use this mudra while walking and eating.

Time duration:

Practice it for 40 to 60 minutes in daily

routine until to be cured from the disease. Mudra should be stopped, when the trouble released from stomach.

Speciality:

- a. Ear infection like fungus can be removed.
- b. Ear pain can be released.



- c. It is useful in throat infections and cures thyroid problems also.
- d. It will remove undesirable sounds from the ear.

#### 4. Apan Vayu or Hridaya Mudra:

The tip of the middle finger and ring finger touch the tip of thumb, and the index finger touches the bottom of thumb and little finger remains straight. It's a combination of Apana Mudra and Vayu mudra. Regular practice of this mudra will prevent heart attacks, palpitations, depressions and heart pains. This mudra is best for heart patients and BP patients.



Time duration:

This mudra can be done twice in a day at least 16 minutes at a time.

Speciality:

- a. Curing heart diseases, if mudra performed regularly.
- b. Heart attack can be avoided.
- c. Curing eye cap problems.
- d. Releases gas accrued in the stomach, relieves pressure and migraine.
- e. Nervous system control, blood circulatory system balancing, excretory system and neutralizes the negative pressure.

- f. Control on vata, pitta, and Kapha.
- g. Removes rigid pain and joint pains quickly.
- h. Cure for heart blockages issues.

### **5. Apan Mudra (Mudra of Digestion):**

Touch the middle finger and ring finger with top of the thumb by providing gentle pressure. Keep the little finger and index finger upside straight. Do it by both hands.

Time duration:

It can be done up to 40 minutes in the morning and evening. More sweating and excess urination may happen.



Speciality:

- a. Strengthens the stomach region strongly.
- b. Controls gas problems and Diabetes.
- c. Removes kidney stones, strengthens the kidneys and removes blockages in the urinary path.
- d. Remove dental pain.
- e. Controls high blood pressure.
- f. Pregnant women can do this mudra during course of pregnancy, if the women practice this up to delivery time, delivery will become comfortable and natural.
- g. High heat of the body can be removed as a result of sweating.

Care:

This Mudra should not be used by pregnant women before completing 8 months. After that only 10 minutes practice may be done by 3 to 4 times a day, which will assure safe normal delivery.

## 6. Surya Mudra:

Keep the ring finger's tip at the bottom of the thumb and lock the ring finger with thumb and apply little pressure as like figure.

Time duration:

Practice the same daily twice for 10 to 15 minutes.



Speciality:

- a. Controlling cholesterol in body and helps to reduce weight.
- b. It reduces nervousness.
- c. It sharpens the centre in thyroid gland.
- d. Balances the body and obesity and reduces the body weight.
- e. Rises heat in the body for good digestion.
- f. It makes a person energetic like sun.
- g. It will control Diabetes, cholesterol and liver related problems.
- h. Decreases severe headache and tension.

## 7. Pran Mudra (Mudra of Life):

Join the tips of little finger & ring finger with the thumb and apply little pressure.

Time duration:

It can be done at any place or any time, it will be useful by doing min. 12 minutes to max. 45 minutes, this mudra can be done.



Speciality:

- a. This mudra will increase self-confidence.
- b. It will increase Pran energy.
- c. It will help the body for increasing energy and to sustain in the poor condition of food or water.
- d. It will improve the eye vision and mobility of eyes.
- e. Will power can be increased.
- f. It reduces the locks in blood vessels. Regular practice will be helpful to activate the veins.
- g. It improves resistance.
- h. Reduces eyes related diseases.
- i. It bridges the vitamin deficiency and weakness.

## 8. Prithvi Mudra (Mudra of Earth):

Touch the tips of ring finger with thumb by applying gentle pressure. Keep the remaining fingers straight. Do it by both the hands.

Time duration:

Prithvi mudra can be done for 24 minutes at a time or as per requirement maximum up to 45 minutes. It has no particular time duration. It can be practiced any time.



Speciality:

- a. Strength increases in the body and removes weakness. If one under weighs, then gain body weight can be gained.
- b. Reduces body pain, makes the body tough and healthy.
- c. Increases the vitamin consumption in the body thereby develops a glow on the face.
- d. Improves digestion power and removes higher fat related diseases.
- e. Increases concentration of mind.
- f. Increases the good qualities like kindness, openness, patience in the person.
- g. Removes cold and fat.
- h. It helps to increase the weight for weak people.
- i. It improves the appearance of skin and makes the skin glow.

### 9. Varuna Mudra (Mudra of Water):

Tip of little finger touches the top of thumb at that time other three fingers will remains straight.

Time duration:

This mudra can be done for 24 minutes at a time or as per requirement max. up to 45 minutes. It has no particular time duration. It can be practiced any time.

Speciality:

- a. Improves the quality of blood due to shortage of water.
- b. It gives freshness to the body.
- c. It's a one kind of miracle mudra for skin diseases, removes skin shining dullness, creasing, dryness, blood illness or diseases.
- d. It controls the water contains in body and result in clarity of blood.
- e. It maintains water level in the body and prevents all diseases which come through low level of water.



## 10. Aakash Mudra:

This mudra is to be done by joining together the tips of the thumb and the middle finger.

Time Duration:

Anytime and anywhere this mudra can be done, having 30 to 45 minutes every day or can say thrice a day for 10~15 minutes. Better result can be achieved between 02:00 to 06:00 AM/PM, if it can be done by this time.

Speciality:

- a. It will help to remove bones weakness.
- b. Helps to develop marvellous productive thoughts.
- c. Remove hearing problem.
- d. Remove head ache (migraine), chest pain (asthma / infection) and ear problems (due to infection).
- e. Control in high blood pressure and irregular heart-beats.



Care:

During walking this mudra should be avoided. The persons who have “*Vaata prakruti*” (constitution) should have to do this mudra in a very controlled level.

### 11. Shankh Mudra:

Close the left thumb with the four fingers of right hand. Let the thumb of the right hand touch the middle finger tip of the left hand. Now hold the mudra at your chest area and chant “*Oum.*”



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