

# Mantras and Mudras

*Welcome to the world of Mudras*

## ***Namaskar or Anjali Mudra***

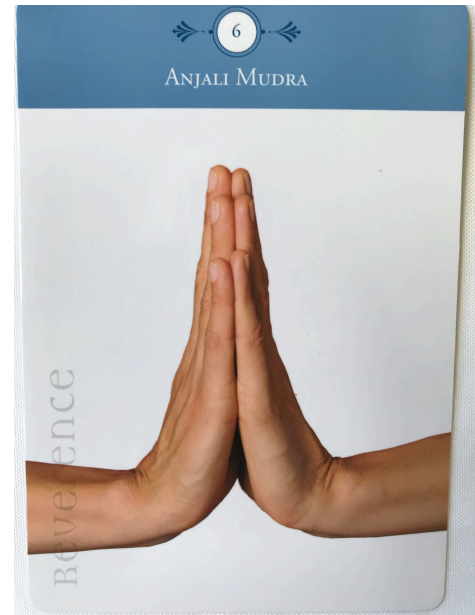
Prayer, Salutation, Reverence

Join the hands palm to palm in front of the chest, with the fingers collected and extended upward. Most often held in front of the Anahata or Agya chakra

Namaskar or Anjali Mudra is used extensively as part of the spiritual cultures on East and West as a gesture of prayer, to show respect, humble oneself, and surrender to the greatness of life. Brings an experience of unity & sacredness, unifying feminine and masculine.

Calming and centering, facilitates connection to the heart and central channel (sushumna-nadi) evokes feelings of humility, reverence and devotion.

It creates harmony, balance, silence and peace of mind.



## ***Dhyana Mudra***

Contemplation, Meditation

One hand resting in the other forming the shape of a bowl and unite the tips of the thumbs. The practice of Dhyana Mudra increases receptivity, presence and alertness. It brings ease, peace of mind and awakens our wisdom.



**Dhyana Mudra ~ Meditation**

## **Hand Mudra~ Hasta Mudra~ Hand positions**

Hasta means Hands, and Mudra has many meanings, symbol.

- . Thumb: Represent cosmic consciousness. Manipura chakra
- . Index finger: Represent individual consciousness. Anahata chakra, Jupiter
- . Middle finger: Visuddha chakra, Saturn, circulation
- . Ring finger: Muladhara chakra, Earth and Sun
- . Pinky: Svadhisthana chakra, Water, Moon and Mercury.

Mudras are gesture or seal that creates energetic shifts. Most mudras involve hands.

Some mudras involve eyes and tongue.

***Khechari mudra:*** roll the tongue upwards and backwards so that the tip of the tongue is in contact with the upper palate.

***Sambavi mudra:*** Eyes rolled up to third eye. Can be practice with eyes closed or open rolled unto third eye. Can be practice with eyes open focussing the awareness to the third eye.

***Nasikagra mudra:*** Gaze to the tip of nose. This mudra activates the pituitary & pineal glands. Increase intuition, clarity, alertness.

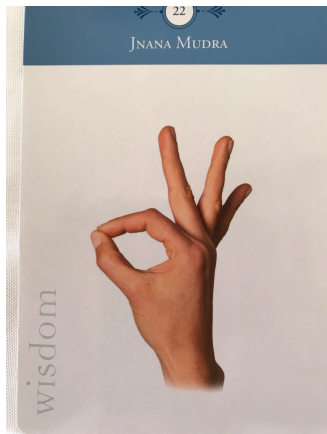
***Lotus Mudra;*** Bring palms in Namaskar mudra in front of the heart center. Allow the ring, middle and index fingers to move apart-forming a lotus. The sides of the pinkie fingers and thumbs are touching.

The practice of Lotus mudra opens and cultivates love and compassion and increase acceptance and surrender. It is a symbol of purity. Settles the mind and awakens the body's self healing power, ignites spiritual devotion.



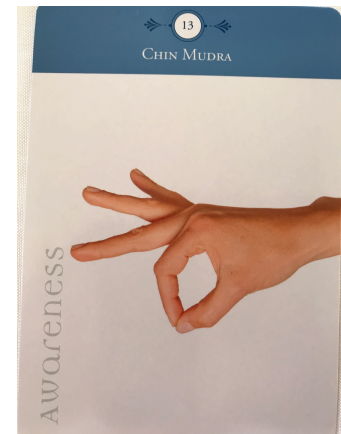
**Lotus Mudra**

**Chin Mudra** *consciousness*



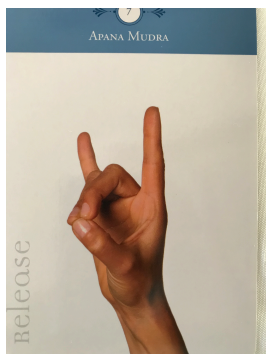
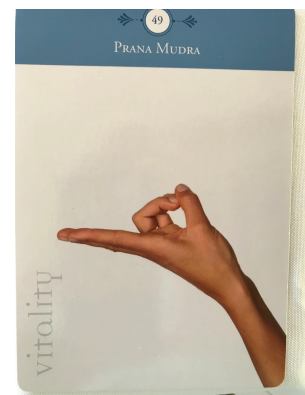
Look the same, they join the thumb with index finger, relaxing the remained fingers. The difference is in the position of the hands. Jnana Mudra is practiced with the palms facing up. Evokes wisdom, lightness, brightness of spirit. Chin Mudra is practiced with palms facing down for a feeling of rootedness. It sharpens the intellect, reduces daydreaming during meditation & lifts depression.

**Jnana Mudra** *wisdom*



**Prana Mudra:** *Energy*

Bring the tip of the ring and pinkie fingers to the tip of the thumb; keep index and middle fingers together and straight. The practice of Prana mudra improves vitality, health, vision. Activates the body self healing potential, improve digestion, and concentration. Strengthens willpower. It gives us courage to start something new and to see things through. In combination with slow breathing , this mudra is stabilizing and calming.



**Apana Mudra:** *Downward moving force*

Join the tips of middle and ring fingers to the tip of thumb. Keep the index and little fingers extended. The practice of Apana Mudra is deeply cleansing and detoxifying. It's good for letting go of what no longer serves you.

# *Mantras*

Mantras take the practitioner into the divine vibrating energy of sound. Repetitive singing of certain sounds are found to create an inner resonance with divine essence.

Mantras allow the mind to become still and clear. Aloud or silent, alone or in groups, Mantra are practiced 12, 27, 54, 108 rounds.

Similar to breath, mantras are useful for anchoring into the present moment, and providing a point a focus. They help you to experience peace.

Man: means heart and Tra: means expansion, liberation. The power of mantra is in the heart. When we chant, we use the energy of the heart to create expansion and liberation.

Mantras from Upanishads and Tantric tradition are in Sanskrit language. Chanting in a different language improves memory, neurological health and brain functions. Mantras have specific energetic signatures and are used for particular situations. There are also universal mantras used as prayers that merge with the sound of silence to expand consciousness.

## 4 Ways to use Mantra

- 1.Out Loud: Vibration of the mantra penetrates the environment shifting the energetic vibration and when done in a group creates a collective energy.
- 2.Softly: Gently, whispering to oneself.
- 3.Silently:the intention is to cancel thoughts & to anchor oneself in stillness.
- 4.Tuning in: Mantra arises within the field of consciousness. Listening to the mantra, not really doing the mantra.

## 4 Aspects of Mantra

1. Bhava: Attitude in which we approach the mantra.
  2. Intention: Purpose of using the mantra.
  3. Essence of sound: Tone of the mantra, it's vibrational quality. Kirtan, singing divine poetry has the power to transform & increase meditative power.
- We have the central pranic energy channel (sushumna) corresponding to the spinal column. To either side of it are the ida and pingala, the energies of the sun and moon. Think of these as the playing strings. These energy channels then connect with 72,000 nadis, energy channels loosely corresponding to the nervous system, that extend throughout the body. Think of these as the

sympathetic strings. Whatever we vibrate in the sushumna begins to set up a sympathetic vibration in the ida and pingala and throughout the nadis that transfer that vibration to all the cells of the body in union with sound.

4.Ucharana: The correct pronunciation of mantra.

Maha Mantra: great mantra.

Bija Mantra are seed sounds with powerful energetic signatures.

Om: Oneness

Om Shanti Shanti Shanti - Om, Peace Peace Peace

Hari Om Tat Sat- All is one, all is sacred, all irrespective of differences, is from the same.

Aham Prema - I am Love;

Aham Prakasha- I am light

Sat Chit Ananda : Truth Consciousness Bliss

Om Mani Padme Hum - mantra of the Buddha of compassion. Let the sacred jewel of my lotus heart shine forth and bring light and joy to the world.

Lokah Samastah Sukhino Bhavantu. May all the beings everywhere be happy and free and may my thoughts, words and actions somehow contribute to that happiness and to that freedom of all.

Om Namo Bhagavate Vasudevaya: I call upon the Divine: I surrender I tune into the cosmos. Krishna Mantra

Chakra Bija Mantra

Lam Muladhara Chakra- Vam Svadhisthana Chakra - Ram Manipura Chakra - Yam Anahata Chakra - Ham Visuddha Chakra - Om Ajna Chakra - Om or silent Sahasrara

Asatoma Sadgamaya Mantra

Om Asato ma Sad Gamaya, Tamaso ma jyotir Gamaya. Mrytyorma Amritam Gamaya Om Shanti Shanti Shanti

Om, Lead us from from ignorance to Truth, from darkness to light from time bound consciousness to eternity. Shanti Mantra Nature of reality

### Gayatri Mantra

Om bhur bhuvah svah Tat savitur varenyam

Bhargo devasya dhimahi Dhiyo yonah prachodayat

Used in the morning for healing, aligning with nature. Call upon the light. Brilliance of enlightenment. Purpose to lead to silence, build a positive mind, and turn attention to light. Minimum 3 rounds, typically 12, 27, 54, 108

### Medicine Buddha Mantra (Tibetan Buddhist mantra for healing.

Om just the first round

Teyata Om

Bekhanze bekhanze Maha , bekhanze bekhanze Radza samudgate So Ha

Calling upon the medicine Buddha, the Healer

### Tara Mantra. (represent abundance of nature)

Om Tare Tu Tare Ture So Ha

### Maha Mrityunjaya

Mantra: Tantric mantra for Shiva. Protection, healing, rounds of 9 to 11

Let me awaken, let me transform effortlessly and without resistance.

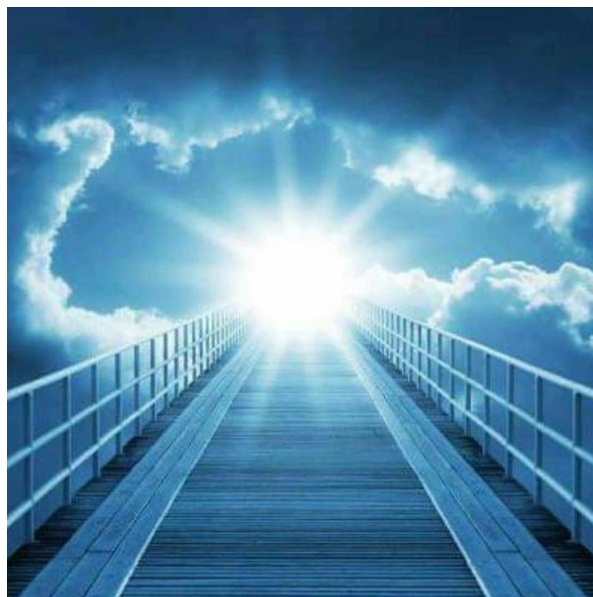
Om Tryambakam yajamahe

Sugandim pushti vardhanam

Urvadu kamiv bhandana

Mrityo mokshyamaamritat

Om Shanti Shanti Shanti - Om, Peace Peace Peace



Hari Om Tat Sat- All is one, all is sacred, all irrespective of differences, is from the same.