

Topic-Yog Mudrâs

3 Bandhas

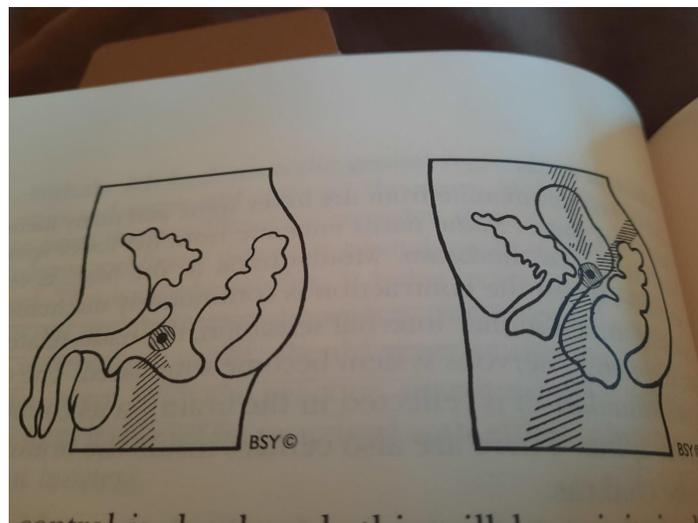
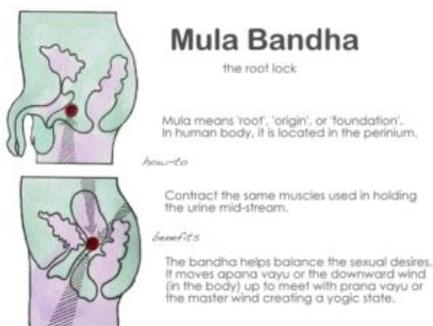
9 Mudras affecting Glands & 13 Mudras affecting Pranas.

Merging of all the mental waves in the force of wind (prana) and focusing them on a specific point in the body is defined as Mudra see Brahman yoga Shakti Versha ??? Mudra may be understood as asana for a longer duration with meditation at a particular point. The mudras are an extraordinary learning indeed, practice of these the beget infinite powers in a person. Human body is a storehouse of Divine Powers indeed and the motor has the tools to explore those Supernatural Powers the same way as we use various tools to dig up diamonds from a mine . The moonrise incredibly enhances the stability and strength of the Mind.

There are three bandhas & 22 Yoga Mudras; their purpose is to attain stability in Yogic way of life and lift the self to the higher planes. These must be learned from the guru, therefore, only the basic information is given here in. Proper practice of the mudras raise pranas up and awakens the Kundalini according to Gherund Sanhita the value of human life exists in Awakening of the Kundalini unless it is awakened, humans and animals are said to be on the same plane.

The mudras are divided into two groups, one strength and glands and the other affect pranas in the body. Each mudra has its own qualities and benefits. Expertise in Asana and three bundles are the prerequisites on the very basis of the mudras. The three bandhas are Mula Bandha, Uddiyana bandha and Jalandhara bandha. Without attaining expertise in asanas and practice of these bandhas no substantial success can be achieved in the mudras.

1. Mula Bandha
2. Uddiyana bandha
3. Jalandhara bandha



Uddiyana Bandha

The abdominal lock

Uddiya means 'flying upward'. It is said to be the best bandha. It is "the elephant that kills the lion named Death."

how-to

Pull the abdominal muscles in and up after the complete exhalation and before the inhalation.

benefits

It massages and tones the heart muscles. It also moves the downward energy in and up toward the chest.



Jalandhara Bandha

the throat lock

Jala means a net or a web. The bandha is the first bandha that a yogi should master

how-to

contract the throat and neck and bring the chin to the chest in the notch between the collar bones.

benefits

The bandha regulates the blood flow to the heart, the neck and head regions. It also guides the upward flow of energy down to fuse with the downward.



MUDRAS AFFECTING GLANDS

1. NABHO MUDRA *
2. KHECHARI MUDRA *
3. TADAGI MUDRA *
4. MANDUKI MUDRA
5. ASHWINI MUDRA *
6. KAKI MUDRA *
7. BHUJANGINI MUDRA *
8. MATANGINI MUDRA
9. VIPARIKARI MUDRA *

Nabho Mudra

A Yogi remains in yoga mudra even while busy and doing anything. The Nabho mudra is practiced by sticking the tongue up with palate and meditating there while breathing normally. The Tongue absorbs the juice hormones secreted by the pituitary gland which stimulates and controls functioning of almost all the other endocrine glands in the body.



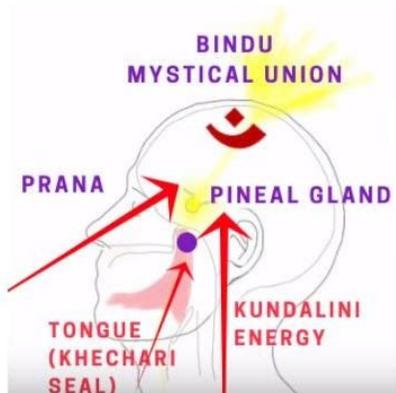
Regular practice of this mudra keeps a yogi free of all diseases

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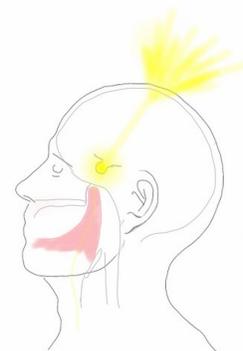
Nabho Mudra - The Sky Gesture | Yogic Way Of Life

Kechari Mudra

Our tongue is joined to its root with a nerve underneath it. This can be cut off under supervision of the Guru, then tongue is drawn out of mouth and slowly pulled with fingers of both hands like milking of a cow. It can be done with a pair of iron tongs as well. With a regular practice, Tongue lengthens so much that it reaches to the point between the eyebrows. Tongue is then entered in kapal

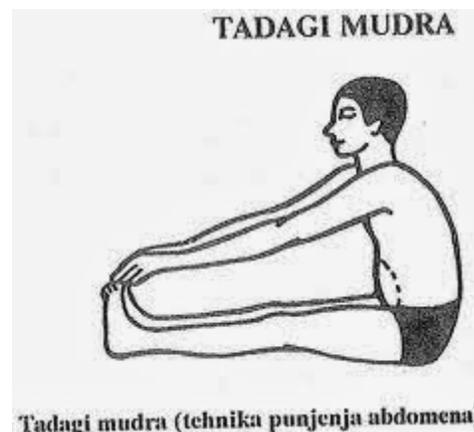


kuhara (The Pitch Lake place where the nasal passages meet at throat behind Uvula) And take a nap words in the passage, fixing the Gaze between the eyebrows, is called khechari mudra. This mudra is accomplished when the tongue starts absorbing the juice secreted from the pituitary gland. Those who mastered this mudra, got no troubles due to hunger, thirst, laziness and drowsiness. Diseases in old age never come to them. It prolongs life as well.

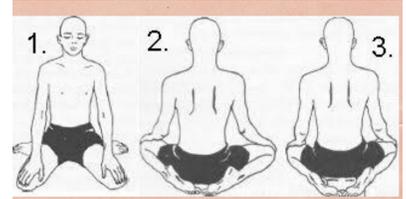


Tadagi Mudra

Breathe out and contract in the stomach making a deep pit while partial breathing goes on, hold it in this way according to the capacity. It activates many glands in the abdomen especially pancreas, it's endocrine secretion insulin is important in the metabolism of sugar in the body. The failure to secrete with sufficient amounts of insulin causes diabetes. With the practice of this mudra one frees from old age and diseases.



Manduki : Move the stem tongue up towards the palate and down like a frog. Activated taste buds the library glands and helps in digestion as well.

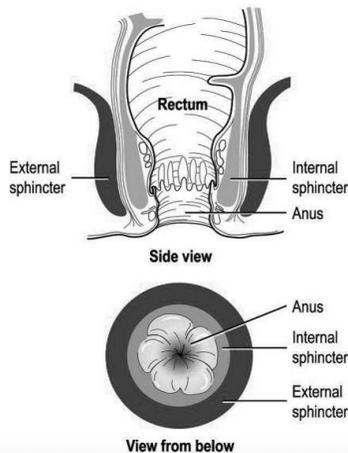


Benefits of MANDUKI MUDRA

- This helps revitalize your whole body. Help boost your emotional and physical health.
- High-level insight can be achieved through this Manduki Mudra.
- Upsurges saliva in your mouth which result in improving the assimilation power. Pranic energy flow will be stable with this Manduki Mudra.
- The throat will get strengthened and the tongue becomes strong.
- Increases the sense of taste.
- Ankles, Knees, and Hips get stretched.

Where are these muscles?

The back passage, or anus, has two rings of muscle around it



bottom view of anus sphincter muscle.

Aswini Mudra

Come in a seated meditation pose like Lotus pose, Easy pose, or Thunderbolt pose and take a few deep breaths to fill air into the stomach. Other postures can be adopted for Ashwini mudra that bring hips together, like the **upward facing dog**.

To begin, inhale fully and hold the breath in, then contract your anal sphincter muscles.

Side



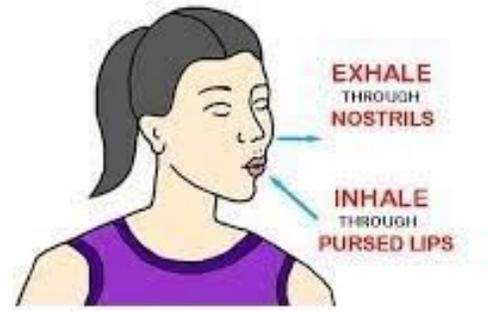
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Kaki Mudra

Kaki Mudra (The Crow's Beak) Sit in a comfortable meditative asana with your back straight and your hands resting on your knees in Chin or Gyana mudra. Close your eyes ..

*Inhale through pursed Lips
&
Exhale through Nostrils .*

KAKI MUDRA THE CROW'S BEAK GESTURE



Bhujangini

(cobra breathing): This mudra mimics the breathing of a snake.

*Sit in a comfortable **meditative posture** , close your eyes and relax the whole body, especially the abdomen. Push your chin forward and slightly upward.*

Try to "drink" the air through your mouth by bringing it into your stomach rather than your lungs, in a series of gulps as if you were drinking. Expand the stomach as much as possible, holding the air inside for a short period of time and then expel it by belching.

*Duration: Do this as many times as you like, although three to five times is enough for many purposes. For specific ailments it can be repeated several times. It can be performed at any time although it is particularly effective when performed after the practice of **shankhprakashana** .*



This practice rejuvenates the walls of the esophagus and the glands that secrete gastric juices. It expands the pharynx and strengthens it.

It deceives the satiety signal in the brain that triggers the need to consume food.

It tones the entire stomach, eliminates stagnant air from this part of the body and helps to eliminate abdominal disorders. The air that is held in the stomach will enable the water-loving aspirant to float for any length of time without sinking.

NOTE: *It is a type of Mana Mudra, i.e. a mudra of the head.*

*Bhujangini mudra is a purifying technique similar to the **shatkarma** practice of vatsara dhauti, with the difference that in vatsara dhauti the air is expelled from the anus instead of belching through the mouth)*

Matangi Mudra

It affects the hypothalamus - autonomous part of nervous system that establishes a state of balance in the body, strengthens digestive organs - Stomach, Liver, Spleen, Gall Bladder, Pancreas & Kidnies, Excited mind, heart, restless legs symptoms, get cured by getting inner Harmony!
अकलदाद, जबड़े के दर्द में इंजेक्शन की तरह दो-तीन मिनट में अपना असर दिखाती है।
Women should cross the left thumb on the right thumb, and vice versa for men.

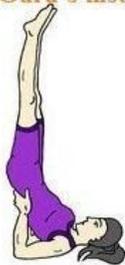
Matangi Mudra नाभि चक्र Setting



Viparikarni

Vipareeta Karani Mudra (reversing attitude)

With the navel region above and the palate below, the sun is above and the moon is below. This is called Viparita Karani, the reversing process. When given by the Guru's instructions it is fruitful practice.
(Chapter -3, Verse 79).



VIPARITA KARANI



VIPARITA KARANI

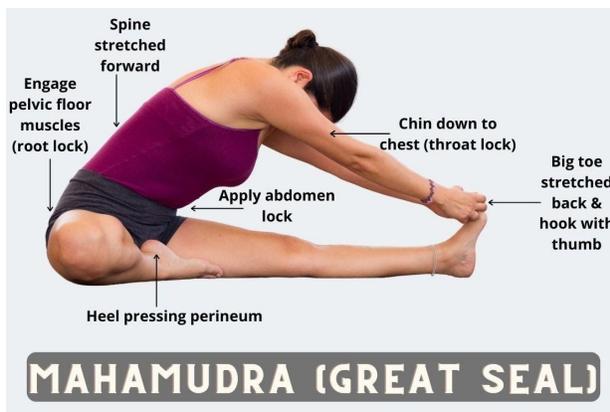


SARVANGASANA

13 Mudras affecting Prana

- Mahamudra
- Mahabandha mudra
- Mahabedha mudra -
- Yoni mudra
- Vajroni mudra
- Shaktichalini mudra
- Shambhavi mudra
- Prithvidharna mudra
- Jaladharna mudra
- Agnidharna mudra
- Vayavidharna mudra
- Akashidharna mudra
- Pashini mudra

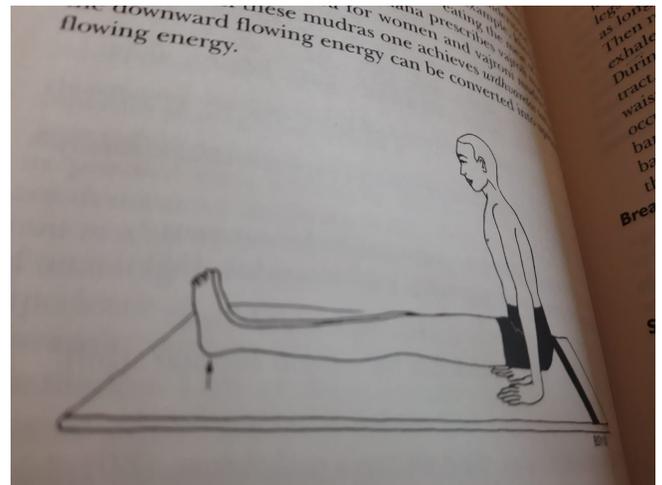
Thus, the mudras and their purpose must be understood well and practiced with full faith under supervision of Guru to get optimum benefit of Hatha Yoga that is self realisation or salvation of the self through awakening of the kundalini - shakti in the Sushumna Nadi or Hridaya that houses the six nerve-centers of pranas and raise up to Sahasrara.



Vajroli Mudra

Stabilizing both hands on the ground, lifting both the legs up, balancing the body on hands and raising up the head also (viksha asana is the prerequisite of this mudra). In the beginning it may be practiced by taking support of the wall. This mudra prolongs life, enhances strength of the body and pranas, it saves semen as well. Some people meditate on the

six nerve centers in this mudra and arise kundalini.



SHAMBHAVI MUDRA

The Shambhavi Mudra opens your third eye.

BENEFITS	HOW TO DO IT:
Opens Third Eye.	1. Close your eyes
Improves communication	2. Meditate and relax
Creates oneness	3. Focus on your third eye chakra (between eyebrows)
Balances brain hemispheres & brainwaves	4. Chant 'OM'
	5. Continue for 5 mins

Shambhavi Mudra



TRATAKA ON CANDLE FLAME



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