

## **Meditation... Towards a Stress Free Life**

### **Meditation: What it is!!!**

An ordinary person may consider meditation as a worship or prayer. But it is not so. Meditation means awareness. Whatever you do with awareness is meditation. "Watching your breath" is meditation; listening to the birds is meditation. As long as these activities are free from any other distraction to the mind, it is effective meditation.

Meditation is not a technique but a way of life. Meditation means a cessation of the thought processes. It describes a state of consciousness, when the mind is free of scattered thoughts and various patterns. The observer (one who is doing meditation) realizes that all the activity of the mind is reduced to one.

A Tibetan Lama was being monitored on a brain scan machine by a scientist wishing to test physiological functions during deep meditation. The scientist said - "Very good Sir. The machine shows that you are able to go very deep in brain relaxation, and that validates your meditation". "No", said the Lama, "This (pointing to his brain) validates the machine!".

These days it is commonly understood to mean some form of spiritual practice where one sits down with eyes closed and empties the mind to attain inner peace, relaxation or even an experience of God. Some people use the term as "my gardening is my meditation" or for jogging or art or music, hence creating confusion or misunderstanding.

The word meditation is derived from two Latin words: meditari (to think, to dwell upon, and to exercise the mind) and mederi (to heal). Its Sanskrit derivation 'medha' means wisdom.

Many years ago meditation was considered something just not meant for modern people, but now it has become very popular with all types of people. Published scientific and medical evidence has proved its benefits, but it still needs to be much understood.

Traditionally, the classical yoga texts, describe that to attain true states of meditation one must go through several stages. After the necessary preparation of personal and social code, physical position, breath control, and relaxation come, the more advanced stages of concentration, contemplation, and then ultimately absorption. But that does not mean that one must perfect any one stage before moving onto the next. The Integral yoga approach is simultaneous application of a little of all stages together.

Commonly today, people can mean any one of these stages when they refer to the term meditation. Some schools only teach concentration techniques, some relaxation, and others teach free form contemplative activities like just sitting and awaiting absorption. Some call it meditation without giving credence to yoga for fear of being branded 'eastern'. But yoga is not something eastern or western as it is universal in its approach and application.

With regular practice of a balanced series of techniques, the energy of the body and mind can be liberated and the quality of consciousness can be expanded. This is not a subjective claim but is now being investigated by the scientists and being shown by an empirical fact.

### **Expert Views About Meditation:**

Here is what some experts (from different schools of meditation) have got to say –

#### **Swami Satyananda Said:**

“**Yoga** is meditation and meditation is yoga - Never forget it". Yoga and meditation can both be seen as processes and goals.”

#### **According To Swami Chinmayananda:**

“**Meditation** has been glorified as the most sacred vocation. Humans alone are capable of the highest effort, by which they can hasten their own evolution. In preparing ourselves for meditation, we should first acquire the ability to look within. You must learn to go about your daily routine and uninterruptedly watch the mind...Let it be a silent observer of the workings of your inner life and estimate the motives, intentions and purposes that lie behind your thoughts, words and deeds. ”

Meditation has often been misunderstood as thinking or contemplation. But it is not so,

**As Swami Bhajananda** (Former Editor of the journal Prabuddha Bharat and trustee of Ramakrishna Mission) says:

“**Meditation** is not an entirely independent discipline but a stage in concentration common to almost all spiritual paths. In every path, the aspirant begins with a large number of thoughts in the mind. These gradually become reduced, and the aspirant reaches a stage when they exists only one thought in the mind. ”

Self realization is possible when science blends with spirituality...

#### **As Vethathiri Maharishi a spiritual teacher says:**

“**Meditation** is a scientific method of enhancing the capacity of the mind. It fixes the mind on one's magnetic force, enhancing the ability to focus. This is the key to self realization. ”

#### **Others:**

“**The** whole purpose of meditation is to make you aware of your kingdom, to make you aware of your highest potential.”

“**Meditation** is the study of attention. Attention is cognitive phenomenon. Meditation is the capacity of the brain to attend to something over a period of time.

## **How To Meditate:**

There are two types of meditation - active and passive.

Active meditation relates to activities of everyday life such as walking, working, eating etc. This in fact is the aim of Yoga, to experience a meditative state in everyday life which has the effect of increasing performance manifold as the work is done with more efficiency and energy.

To achieve active meditation, passive meditation is required which involves taking time out to be seated and perform Meditation Techniques or practices. This is called passive as it involves withdrawing ourselves in calm, sitting postures to achieve a meditative state that can help us in our active life.

The aim of all passive meditation techniques is to still the mind from wavering and distracting thoughts and gradually make it one pointed.

Passive Meditation Techniques though of many kinds, essentially have the same modus operandi:

**Stage 1:** Introversion: Involves seating postures and awareness on an object. This has the effect of calming the mind and making it 'receptive' to see what's inside.

**Stage 2:** Introversion leads to the free flow of thoughts, visions, complexes, memories etc. from the lower mind. Our passions, fears, doubts and desires arise and we are now in a position to observe these and remove the undesirable content from our minds forever.

**Stage 3:** Having observed the lower mind, we are now in a position to explore the subconscious realms. It is here that real meditation begins. Our limitless storehouse of energy and knowledge starts manifesting itself.

**Stage 4:** Self realization: As these stages are transcended, supreme bliss is attained.

As you will see in the Meditation Techniques section, there are many mediation methods known today. Some are best for beginners; others are better tackled after a few years of experience. So to just give you a starting point the following method can be followed:

1. Choose a time when you are not likely to be disturbed.
2. Settle down in a place which has fresh air. If you so desire, having some incense around you will relax you. You may sit in any of the meditative poses depending on your comfort level, and to stay in that pose for a desired duration of time.
3. Begin by learning to focus on something non-threatening. This will relax you, break your stress response.
4. Concentrate on a subject that appeals to you- it could be a flower, a word, or the flame of a candle.
5. Notice how your thoughts wander. Don't attempt to control them. Observe them with detachment.

Within a few weeks, you will notice a marked difference in your capacity to focus. This is the stepping stone to awareness.

## Difficulties During Meditation

Many people sit down to meditate, but find it difficult to do so, because either they don't prepare themselves enough, or they don't really know what's it all about.

**Some difficulties usually faced are:**

- **Mind Goes Haywire:**

If the mind is not disturbed it is spontaneously blissful, just as water. It is by nature transparent and clear. The mind in meditation can be compared to a jar of muddy water- the more we leave the water without interfering or stirring it, the more the particles will sink to the bottom, letting the natural clarity of the mind shine through. **So take care not to impose anything on the mind.** When you meditate there should be no effort to control, to be peaceful...

- **Body Become Restless And Back Become Sore:**

This happens due to lack of preparation. It becomes difficult to sit for a long duration in the same pose as the body is not used to it. This is where yoga comes in - by which a person can prepare his body to remain in a particular meditative pose for the desired duration of time. According to Integral yoga a **routine of asans, yoga nidra and pranayam should be followed prior to meditation.**

- **Expectation Are Too Much:**

If you think meditation means instant peace or that it shall clear the hassles of the mind in minutes then you are wrong. The state of meditation does not mean a warm, fuzzy feeling, a mind full of loving thoughts. If you hope meditation will cure incurable diseases in several weeks, again you shall be wrong. The first thing about meditation is that **you should not have any expectations.** Every person comes with a different mind set when starting meditation. One person may be close to inner space and others may be years away from basic relaxation. There shall be doubts and confusions, all of which will be solved by practice and dedication in time.

- **Which Method Is Best Suited To Me:**

There are plenty of methods some for beginners, some for experienced, some for intellectual, some for devotional or mystical kind of person. So the only way to find out the best method suited to you, is to learn yoga under the guidance of an experienced teacher who will be able to guide you about a method, you may adapt **depending on your lifestyle, your ability and your need.** But then trial and error has done no harm and you can go ahead and find out for yourself what suits you best.

- **Experience Of Duality In Your Life:**

Many mediators have a dualistic kind of existence. Some people love doing meditation but find that for many hours in the day they are unconsciously working against the very thing they are trying to achieve in their quiet times. If harmony is not created in the personality, then self control and self-discipline will create more conflict rather than peace of mind. A person shall have to **develop a harmonious relationship between his personality and his lifestyle.**

## **Meditation...Its Benefits:**

### **Meditation An Enrichment To Your Soul:**

While a meditative state is the natural outcome of yoga and the spiritual benefit of meditation is supreme bliss or enlightenment, these words are unlikely to be understood by many. However, progress towards meditation and meditative techniques have several benefits at the gross body or material level:

- Improvement of body luster and general health-When your mind focuses on a particular part of the body, the blood flow to that part increases and cells receive more oxygen and other nutrients in abundance. Today, many of the film stars and fashion models include meditation in their daily regimen.
- Improvement in concentration - Many of the athletes and sports professionals regularly employ meditation methods. Studies have found a direct correlation between concentration exercises (meditation) and the performance level of sports professionals. Meditation strengthens the mind; it comes under control and is able to provide effective guidance to the physical body to effectively execute all its projects. Psychological Exercises are a powerful way of improving concentration and improving mental strength.

### **Health Benefits Of Meditation:**

Though meditation is usually recognized as a largely spiritual practice, it also has many health benefits. The yoga and meditation techniques are being implemented in management of life threatening diseases; in transformation of molecular and genetic structure; in reversal of mental illnesses, in accelerated learning programs, in perceptions and communications beyond the physical, in solving problems and atomic and nuclear physics; in gaining better ecological understanding; in management of lifestyle and future world problems. Some benefits of meditation are:

- It lowers oxygen consumption and it decreases respiratory rate.
- It increases blood flow and slows the heart rate.
- Increases exercise tolerance in heart patients.
- Leads to a deeper level of relaxation.
- Good for people with high blood pressure as it brings the B.P. to normal.
- Reduces anxiety attacks by lowering the levels of blood lactate.
- Decreases muscle tension (any pain due to tension) and headaches.
- Builds self-confidence.
- It increases serotonin production which influences mood and behavior. Low levels of serotonin are associated with depression, obesity, insomnia and headaches. Also reduces activity of viruses and emotional distress
- Helps in chronic diseases like allergies, arthritis etc.
- Reduces Pre- menstrual Syndrome.
- Helps in post-operative healing.

- Enhances the immune system. Research has revealed that meditation increases activity of 'natural-killer cells', which kill bacteria and cancer cells.

### **Benefits Of Meditation On Women's Health And Pregnancy:**

- **Identity of your own – besides daughter, wife, mother etc:**

Women begin life as someone's daughter, and then someone's lover, wife, someone's mother. Yes, but who am I- who am I really? Not only does a woman need an understanding of her body but also needs to connect with the essence of her true self. A true self, which is an identity beyond everyday change- beyond gender, beyond fluctuations of hormones, beyond family expectations and other superimposed personality patterns. Discovering this true self is not as easy. Just when you know who you are, it all changes again. The process of self discovery involves, stripping off false layers of identity, going back through all the conditionings, realizing- "I am not that, and not that, and not that", an emptiness out of which arises the realization - "Ah ha! I am that". The place for this self discovery is not the psychiatrist's couch, the matrimonial bed, the mother's group, or even a yoga retreat, but within your own private meditation times.

- **Resolve Phobias:**

Meditation can help to resolve the deepest of neuroses, fears and conflict which play their part in causing stress and ill health.

- **For Mothers-to-be:**

Meditation puts mothers in tune with their babies. Manta Japa is especially appropriate for pregnant women. After birth, daily meditation becomes a precious time to refocus and make sense of the many new thoughts and feelings which can be running through your mind, brought about by the events of childbirth and new motherhood.

### **What Meditation Is Not?**

Meditation is sometimes quite misunderstood and does not usually fit the bill as sometimes people perceive it to be.

### **Meditation Is Not Contemplation:**

Contemplation involves thinking about a concept, engaging your mind in enquiring about a certain idea. But when you meditate, you don't ask the mind to think about a concept, but go beyond thought.

### **Meditation Is Not Hypnosis Or Autosuggestions:**

In hypnosis, a suggestion is made to the mind, there is an attempt to programme, manipulate or control the content of the mind. But when you meditate, you simply observe the mind and let it become quite and calm, exploring and experiencing the deeper levels of your being.

### **Meditation Identifies with Religion:**

Meditation does not belong to any culture or religion. It is a simple method of exploring the inner dimensions of life. Some religions employ meditative practices as part of their rituals, meditation itself is far removed from any set of beliefs or the distinctions of class or creed

### **Meditation Does Not Mean Instant Peace:**

## **MEDITATION TECHNIQUES:**

There are a number of meditation techniques for effective meditation. Different cultures have different mediation techniques, but one thing is certain - meditation is universal. The different techniques are suited to different personality types. While some techniques are concentrative, involving focusing, other techniques are expansive such as 'Vipassana' meditation which allows for the free flow of thoughts and their observation.

**Presented** below are some of the common meditation methods. Only a brief insight is provided and meditation should be learnt under the guidance of a Guru.

### **Mantra Meditation**

Mantra, literally meaning 'revealed sound', means a sound or combination of sounds which develop spontaneously. In mantra meditation, specific sounds are repeated (japa) to achieve a meditative state. A Mantra is a grouping of sound vibrations which have an effect on the mental and psychic consciousness. Although traditionally given by a Guru, in the absence of a Guru, the practitioner may choose his mantra. An important criterion for mantra selection is that it must appeal to the mind fully when spoken verbally. Mantra chanting creates powerful vibrations which are said to be directed to the right "*chakras*" to attract divine forces. This process is said to mysteriously heal the spiritual, physical & psychological body. It is important that when the mantra is chanted, the words and their rhythm must be enjoyed and one must surrender oneself to this experience. Mantras do not have any specific meaning. Their power lies not in the meaning of the word but through the vibratory effects of the sound that they produced when spoken verbally or mentally. In fact, a Mantra should not be confused with religion. Just because a mantra refers to a Hindu God, it does not mean that it cannot be said by a Christian. Also, a Mantra should not be translated as this has the effect of altering the sound vibrations wherein lies the strength of the Mantra. Repetition of a Mantra forms the basis of Mantra Meditation. Mantras for spiritual evolution should be practiced for a fixed amount of time each day. Repeating a mantra too much may not be right for sensitive or psychic people as it may affect them adversely. Generally, if you repeat a mantra for about 10 minutes every day, then, within a few days you will know whether the vibrations feel right for you. Transcendental Meditation (TM) introduced by Maharshi Mahesh Yogi is also a form of Mantra Meditation where the participants are provided their personal Mantra. Mantra Meditation is the easiest and safest form of meditation and can be practiced by anyone at anytime and under any conditions. The most common way of practicing mantra Meditation is Japa. Japa (literally means 'rotate') is performed by repeating a mantra in sync with the rotation of a **Japa Mala**. A Japa Mala is a rosary of 108 beads where each bead is turned after the mental or audible recitation of the mantra. Using a Japa Mala for Mantra Meditation is very effective as it provides an anchor to bring the mind back as it experiences wavering thoughts. The Mantra combined with the Japa Mala provides tangible anchors to which the thoughts are directed back as they spin out of control. That is why; Japa Meditation is one of the most recommended forms of meditation for the beginner.

**Steady gaze (Trataka):**

Trataka (to gaze steadily) has been followed by most religious systems including Christianity and Sufism. In Trataka, a steady gaze is performed on an object. While, it strictly comes under the category of a yoga cleansing technique, effective trataka practice takes one to the shores of meditation.

Trataka means steady gazing. It is a very simple and beautiful Meditation Technique.

**Method:**

In this a regular candle is used, however any other object of choice can be used. The candle is set up at an arm's distance, level with eyes, and steady gazing is first done with the eyes open. After some time, the eyes are closed, and the after image of the flame is 'gazed at' with eyes closed at the eye brow center. Try not to move through out the practice. Relax your breath, let it lengthen, deepen.

This open gazing of the flame and then with the eyes closed is alternated a couple of times before concluding the practice.

If using a candle for Trataka, the gaze should be fixed at the wick tip and not on the flame.

**Caution:**

If practicing Trataka on a Candle flame, do not continue the practice for more than a month or two at a stretch as it may lead to damage of the retina.

**Benefits:**

It improves the optic function, both external and internal, such as poor eyesight and visualization abilities.

It helps develop concentration and mental resolve.

Develops the ability to maintain one-pointed ness in amongst the noise and distractions of daily life.

Develops the psychic eye that is the ability to "see" or understand what is inside and beyond the obvious. It develops the power of Intuition.



### **Chakra Meditation:**

Chakras means "wheel" and represent the major nerve plexi which branch off the spinal cord to serve the major organs of the body. Chakras represent a different level of energy manifestation and consciousness development.

Chakra Anusandhana means "discovery or search of the chakras". It is a simple way for beginners to explore the chakras self-tutored. It helps in awakening them gently, and in a balanced integrated way

### **How To:**

It can be done sitting, or lying.

Close your eyes, adjust your body, clothing.

Let the breath relax, slow and deepen, but do not control it.

After a few minutes of settling in, commence Ujjayi pranayam, and carry on for some time

Now bring awareness to the spinal passage, such that **awareness of breath is from bottom to top**, Spend a few minutes establishing this inner breath pattern up and down. Ascending with inhalation, descending with exhalation.

Begin to locate chakras within that channel. Need not pin point the exact location, just focus on general area. Try to feel the location of each station and mentally repeat its name as you pass by it. On your way up mentally repeat from Mooldhara to Ajna, and way down reverse the order.

Just before finishing let go of breath sound, then names. And chant mantra 'Om' 3 times.

### **Precautions:**

Awakening of Chakra can have its side effects. Excessive mental energy can be a problem with those who do not have abundant physical activity.

Never meditate on one Chakra without qualified guidance. It can lead to an imbalance and cause personality problems.

## The Seven Chakras:

**Chakras**  
It means  
Located at  
Frontal trigger point  
Bodily system it governs  
Attributes it governs in body  
Conditions due to afflicted chakra



### **Mooladhara**

Root place

In women at the cervix, and in men at the perineum

Nose tip

Excretory system (anus, rectum, colon) skeletal system, sense of smell, legs, cervix  
Survival, basic life force, material attachment, fear of death, good rhythm and dance,  
fearlessness, procreation, maintenance of family lineage, responsive to stimuli of labor  
Laziness, constipation, depression, suicide, violence, obsession, Cancers, fearfulness, biting,  
kicking others, obsessive attachment to money, fear of childbirth, unresponsiveness to trigger  
of labor

### **Swadhistana**

Place of ones abode

Tip of coccyx (last bony part of spinal column)

Pubic bone

Urinary system (kidneys, bladder etc.), Reproductive system (eggs, ovaries, fallopian tube,  
uterus in women & testes, sperm, prostate gland, penis in men)  
Sense of taste, a balanced sex drive, ability to analyze, fearlessness of water, high fertility

Aversion to pain, genital inhibitions, obsession or addiction to sex, blockages of orgasm, fear of deep water, urinary disorders, fertility disorders, poor sense of taste, poor genital health

### **Manipura**

City of sparkling jewels

Spinal column (lumbar junction of L1 and T12 vertebrae)

Navel centre

Digestive system (stomach, liver, gall bladder, pancreas, small intestine), sympathetic and parasympathetic systems, adrenal glands

Power, ego, good physical strength, self confidence, healthy digestion and assimilation  
Excessive egotism, ruthless ambition, bullying, hunger for power, body worship, digestive ailments, shaky nerves, fear of challenge, poor stamina, low self confidence, becoming somebody's door mat or slave

### **Anahata**

Unstuck

Spinal column (T8) at the centre of the chest

In line with the nipples

Cardiovascular system, muscular system, spleen, respiratory system, skin, thymus gland, chest, upper back, hands, and the arms

Emotions, relationships, love, ability to express oneself - poetry, music, fine arts etc.  
Respiratory disorders, heart problems, low auto-immunity, fear of loneliness, emotional imbalance, and inability to maintain friends

### **Vishudh**

Purification

Spinal column (at C7 vertebrae)

Pit of throat

Thyroid, parathyroid glands, function of throat (voice, ears, sense of hearing)  
Transformation of thoughts to speech, well pitched speaking or singing, acute sense of hearing  
Thyroid imbalance, vocal restriction, inability to comprehend.

### **Ajna**

Command

Mid centre of the brain, top of the spinal cord

Mid eyebrow centre at crown of head

Autonomic nervous system, pineal gland, pituitary gland

Sense of intuition (sixth sense), higher level of mind and wisdom beyond normal intellect  
Headaches, psychoses, schizophrenia, loss of reality, sleep disturbances, fantasy

### **Sahasrara(also known as God, Allah, Heaven, Parmatama, Supreme Love, Infinity etc)**

One thousand

Various positions by different texts, usually at the base of scalp (fontanelles)

Seen as the aura of sainthood or enlightenment, radiating light in all directions around the head

No specific bodily system. Overall control of the brain

**Vipassana Meditation:**

Vipassana means "insight" -to see things as they really are, through a process of self-observation. It means insight into your own nature which enables one to recognize himself the cause of suffering and eliminate it.

**Method:**

It is usually done in a course of 10 days, when the participants refrain from reading, writing, and even talking (except discussing difficulties faced during meditation with the teacher). Set aside 15 minutes. Find a quiet place. Sit down cross-legged on the floor or a chair with a straight back. Become aware of your breath. Take a mental note of whatever feeling you are experiencing. Open your eyes slowly after 10 or 15 minutes and get up gradually. Do not worry if you do not get any great insights in your first session. Try to be aware of your senses and emotions and their impact on you.

**Benefits:**

It is free of rites. Allows one to study sensation in the body like cold, pain, itching etc. One develops wisdom.

**Raja Yoga Meditation:**

Raja yoga meditation fills the yogi with super-sensuous joy or bliss which is the highest and the most ennobling experience. The bliss elevates the mind and raises the yogi above carnal pleasures, and moulds his bad habits. A Raja yogi establishes a relationship with God. He withdraws from all the superfluous and avoidable worldly activities. He spends minimum time and resources on his personal comforts and devotes maximum energy for noble cause i.e. spiritual awakening of his fellow-beings.

**Zazen:**

It refers to Zen meditation as was done by Buddha.

**Method:** In this you sit in lotus position with back straight to allow free movement of the diaphragm. The chin is tucked in and the weight of the body equally distributed on both the legs.

**Benefits:** It is a way to discipline life, and makes one realize how much valuable time is wasted each day.

**Nada Yoga:**

Plug the ears with the thumbs as in Yoni mudra and concentrate on the internal body sounds. At first the sounds will be faint and will progressively become louder. By listening to this sound mind becomes internally focused. Very beneficial meditative object.

## **Meditation....Poses and Styles**

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Yoga has two very important meditative postures - Padmasana (Lotus Pose) and Siddhasana (Adepts Pose). These postures are great tools for effective meditation. They help in calming the nervous system as well as help in attaining physical, mental, emotional, and spiritual stability.

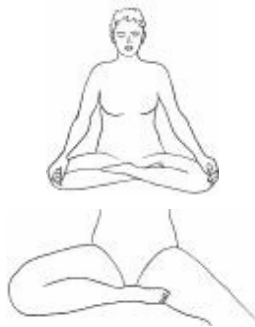
### **Padmasana (Lotus Pose):**

In the seated position, first carefully place the right foot onto the left thigh. Then take hold of the left foot and place it onto the right thigh. Keeps the body erect with both knees touching the floor? The hands are to be placed either with hands or wrists resting on the knees, or the hands placed between the heels, the right hand resting in the left hand.



### **Siddhasana (Adepts Pose):**

From the sitting position, first bend the left leg and place the heel at the perineum. Then, bend the right leg and place the heel against the pubic bone, or just above the genitals. The body is kept erect with the hands placed as in Padmasana.



**Mukthasana or Guptasana:**

First sit with the legs stretched forward. Bend the right leg at the knee, and place the right heel against the pubic bone, now bend the left leg and place the left heel above the right heel and close to the pubic bone. In this position, both the perineum and genitalia are free from pressure. Rest the hands on the knees.

**Swastikasana (Ankle lock Pose):**

The word 'Swastika' means prosperous in Sanskrit, and is said to bring prosperity, success, and good health to the practitioner. It is done in the following manner: Stretch the legs in front of you. Bend the right leg at the knee, and place the right heel against the groin of the left thigh so that the sole will be lying in close contact with the thigh. Now bend the left leg and place it against the right groin. Insert the toes of the left foot between the right calf and thigh muscles. Now both feet can be seen to lie between the calves and thigh muscles. The hands are placed in Padmasana.

**Sukhasana (Easy Pose):**

This asana is achieved by simply crossing the legs and keeping the head and trunk erect. The hands are placed as in Padmasana.



**Vajrasana:**

Sit upon the heels, keep the trunk, neck and head straight. Keep the knees together with the palms of the hands resting upon the knees, or with the right hand resting in the left hand upon the lap?



## **Mudras**

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The physical body is made up of five elements namely - Air, Water, Fire, Earth and Aakash (ether - the tiny intercellular spaces in the human body).

Imbalance of these elements disrupts 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 start electromagnetic currents within the body which balance various constituting elements and restore health. The joining of fingers creates an effect on the human body.

### **Five Fingers for Five Elements**

\* **Thumb**

Fire

\* **Index**

Air

\* **Middle**

Aakash

\* **Ring**

Earth

\* **Little**

Water

### **Gyan Mudra**

Effective in cases of mental ailment, imparts happiness, the intellect develops, and memory is sharpened.

#### **Method:**

Join the tips of the index finger and thumb and keep the other 3 fingers stretched and



joined.



### **Shoonya Mudra**

Relief in diseases and pains relating to the ear.

#### **Method**

Press the middle finger on the base of the thumb and keep the thumb on middle finger. Keep the other three fingers straight...

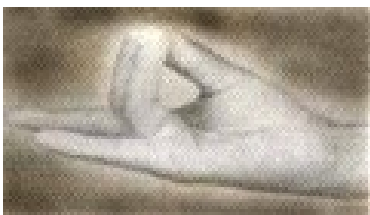


### **Apaan Mudra**

Helps in clearing the body by elimination of waste matter from the mouth, eyes, ears, nose etc. Helps when urine is obstructed, reduces constipation.

#### **Method**

Join the tip of the thumb with the tip of middle and ring finger, keeping the other finger straight.



### **Prana Mudra**

Helps in pumping the life force into your body. Beneficial for all types of diseases. Imparts special power to the eyes.

#### **Method**

Join the tip of the thumb with tip of little and ring finger. Keeping other two fingers straight



### **Vayu Mudra**

Helps in diseases like arthritis, trembling in Parkinson's disease. Better results obtained if practices after Prana mudra.

#### **Method**

Press the index finger on the base of thumb and keep the thumb on the index finger. Let the other fingers be straight.



### **Prithvi Mudra**

Makes body sturdy. One experiences happiness.

#### **Method**

Join the tip of the thumb and ring finger.

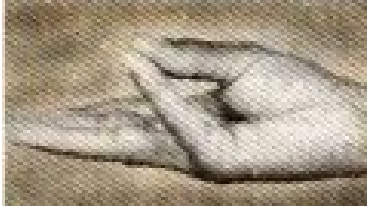


### **Varun Mudra**

Improves the deteriorated quality of blood due to shortage of water & gives freshness to the body.

#### **Method**

Join the tip of the thumb and little finger.

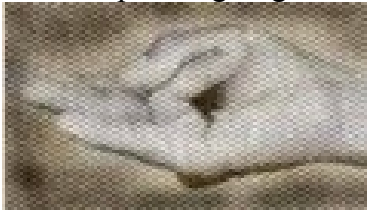


### **Surya Mudra**

Reduces weight of your body.

#### **Method**

Put the tip of ring finger at the base of thumb, with thumb gently pressing on it.



### **Ling Mudra**

Produces heat in the body and helps in curing cold and cough.

#### **Method**

Interlock the fingers of both hands together. Keeping the left thumb up (encircled by right thumb and index finger) i.e. left thumb should be vertically straight and right thumb around it.



#### **When to do?**

Can be practiced at all times while sitting, lying, standing, walking or even talking.

For good results should be practiced for 24 minutes continuously. Can be practiced for 4-5 minutes also at one time.

If a mudra cannot be made in both hands, you may do it in one hand only