

**CHAPTER 5 - PRANAYAMA, MUDRA, AND BANDHA**

<b>Family VIII Mudras for Active Meditation</b>			
			
<b>Name of Mudra</b>	<b>Jnana Mudra Wisdom</b>	<b>Medha Prana Kriya Middle Energy Cleansing</b>	<b>Prajna Prana Kriya Deepest Energy Cleansing</b>
<b>Instructions</b> <i>Hold these mudras for 5 to 30 breaths (30 seconds to 5 minutes).</i>	Join the thumb to the index finger and extend the other three fingers. Sense the circuit of energy within the circle formed by the thumb and index finger. Allow the palm of hand to be a pool or repository of this energy.	Join the index finger to the middle joint of the thumb, gently pressing the fingernail into the joint and extend the other three fingers. Sense the circuit of energy within the circle formed by the thumb and index finger.	Join the index finger to the lower joint of the thumb, gently pressing the fingernail into the joint and extend the other three fingers. Sense the circuit of energy within the circle formed by the thumb and index finger.
<b>General Benefits</b>	Stimulates concentration and the flow of prana throughout the body. Helps eliminate circular thought patterns.	Opens and de-conditions the emotional centers of the brain and allows the heart to open in the process.	Opens and de-conditions the survival centers of the brainstem and slows breath and metabolism.
<b>Physical Systems</b>	All	Endocrine, immune, and cerebral circulation	Nervous, respiratory, and digestive
<b>Especially Helpful For</b>	Fear, anxiety, wandering mind, all stress conditions	Deep emotional blockages, emotional trauma	Deepest core issues of survival, stress, anxiety
<b>Contraindications and Cautions</b>		Those using medication for psychological conditions should practice with guidance.	Those with low blood pressure should practice with caution.
<b>Elements</b>	All 5 Elements	Air, Fire, Space	Water, Earth, Air
<b>Doshas Balanced</b>	Vata, Pitta, Kapha	Kapha, Pitta, Vata	Pitta, Vata
<b>Breath Focus</b>	Upper lungs, front of brain	Heart	Low abdomen
<b>Langhana / Brahmana</b>	Langhana ++ Brahmana ++	Langhana ++ Brahmana ++	Langhana +++
<b>Pranavayus</b>	Balances Prana, Apana	Prana	Apana
<b>Chakras</b>	4 <sup>th</sup> , 5 <sup>th</sup> , 6 <sup>th</sup>	6 <sup>th</sup> , 4 <sup>th</sup>	1 <sup>st</sup> , 2 <sup>nd</sup>
<b>Emotional Effects</b>	Balancing	Opening and purifying	Sedating
<b>Mental Effects</b>	Centering	Clarifying	Deep calm
<b>Spiritual Effects</b>	Connecting	Spaciousness	Vastness
<b>Images / Symbols</b>	Inner eye of wisdom	Freedom	Ocean of calm

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<p>Family VIIIb Prayer Mudras</p>			
<p><b>Name of Mudra</b></p>	<p align="center"><b>Kali Mudra</b> <i>Goddess of Transformation</i></p>	<p align="center"><b>Matangi Mudra</b> <i>Goddess of Inner Power</i></p>	<p align="center"><b>Ganesha Mudra II</b> <i>Highest Protection</i></p>
<p><b>Instructions</b></p> <p><i>Hold these mudras for 5 to 30 breaths (30 seconds to 5 minutes).</i></p>	<p>Interlace all the fingers and the thumbs in front of the chest. Extend the index fingers and press the pads gently against each other pointing upward.</p>	<p>Interlace all the fingers and the thumbs in front of the chest. Extend the middle fingers and press the pads gently against each other pointing upward.</p>	<p>Interlace all the fingers in front of the chest. Extend the middle fingers and wrap the index fingers around behind them. Place the thumbs together at the base of the middle fingers.</p>
<p><b>General Benefits</b></p>	<p>Kali represents purification and transformation. Directs energy to the upper charkas for awakening, purification</p>	<p>Activates the solar plexus area and builds digestive fire. Directs energy upward for invoking higher vision.</p>	<p>Stimulates breath and metabolism throughout the digestive system. Grounding and integration.</p>
<p><b>Physical Systems</b></p> <p><b>Especially Helpful For</b></p> <p><b>Contraindications and Cautions</b></p> <p><b>Elements</b></p> <p><b>Doshas Balanced</b></p>	<p>Nervous, endocrine</p> <p>Negative emotions and thought patterns</p> <p>Student should be well-grounded in basic Yoga and mudra practices first</p> <p>Space, Air</p> <p>Kapha, Pitta</p>	<p>Digestive, circulatory</p> <p>Feeling lethargic and uncreative, without enthusiasm or energy</p> <p>High blood pressure or pitta imbalance should practice with caution</p> <p>Fire, Air, Water, Space</p> <p>Kapha</p>	<p>Digesti-e, respiratory, and circulatory</p> <p>Digestive problems, fear and anxiety, spaceyness</p> <p>Pregnancy</p> <p>Earth, Water, Fire</p> <p>Kapha, Pitta, Vata</p>
<p><b>Breath Focus</b></p> <p><b>Langhana / Brahmana</b></p> <p><b>Pranavayus</b></p> <p><b>Chakras</b></p>	<p>Upper lungs and head; sushumna</p> <p>Brahmana +++</p> <p>Langhana +</p> <p>Prana, Udana, Vyana</p> <p>4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup></p>	<p>Solar plexus and chest</p> <p>Brahmana +++</p> <p>Langhana +</p> <p>Samana, Prana, Udana</p> <p>3<sup>rd</sup>, 4<sup>th</sup></p>	<p>Navel</p> <p>Langhana ++</p> <p>Brahmana +++</p> <p>Samana, Apana</p> <p>1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup></p>
<p><b>Emotional Effects</b></p> <p><b>Mental Effects</b></p> <p><b>Spiritual Effects</b></p> <p><b>Images / Symbols</b></p>	<p>Opening and clearing</p> <p>Transforming</p> <p>Purifying</p> <p>Transcending</p>	<p>Opens us to creativity and courage</p> <p>Energizing</p> <p>Transforming</p> <p>Song of the Universe</p>	<p>Grounding</p> <p>Centering</p> <p>Discernment</p> <p>Elephant energy</p>

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<p>Family VIIIc Prayer Mudras</p>			
<p>Name of Mudra</p>	<p>Vajrapradama Mudra <i>Unshakable Confidence</i></p>	<p>Padma Mudra <i>Lotus Flower</i></p>	<p>Garuda Mudra <i>King of Birds</i></p>
<p>Instructions ■  <i>Hold these mudras for 5 to 30 breaths (30 seconds to 5 minutes).</i></p>	<p>Interlace the fingers in front of the chest with the palms facing toward the heart and the thumbs facing upward. Open the hands away from each other, creating a gentle stretch to the fingers. Rest the hands on the current of energy that surrounds the heart, 5 to 12 inches from the body.</p>	<p>Beginning in Anjali Mudra, keep the tips of the little fingers and thumbs together, as well as the base of the palms. Separate the ring, middle, and index fingers wide apart to form the shape of a lotus opening its petals. Sense the light and energy rising upward from within the lotus.</p>	<p>Cross the arms in front of the chest with the left arm in front of the right arm and the palms facing the heart. Hook the right thumb in front of the left thumb to form the shape of wings. The fingers may be opened or held gently together.</p>
<p>General Benefits</p>	<p>Instills confidence, security, and interconnectedness. Opens and massages the heart.</p>	<p>Opens and integrates body, mind, and spirit. Draws heart energy into upper chakras.</p>	<p>Freedom, unlimited boundaries. Balances sides of the body, paired organs. Opens back of the heart.</p>
<p>Physical Systems! Especially Helpful For  Contraindications and Cautions ■  Elements Doshas Balanced</p>	<p>Respiratory, immune, and nervous  Fear, anxiety, lack of self-confidence, trauma, and loss  Be prepared to work with emotional material  All 5 Elements Vata, Pitta, Kapha</p>	<p>Respiratory, immune, and nervous  Healing the heart and all the wounds of life    Air, Space, Earth Vata, Pitta, Kapha</p>	<p>Respiratory, circulatory, immune, endocrine  Feelings of constriction and stuckness in life  High blood pressure should practice with caution  All 5 Elements Vata, Pitta, Kapha</p>
<p>Breath Focus  Langhana / Brahmana Pranavayus Chakras</p>	<p>Heart and sides of ribcage  Langhana ++ Brahmana ++ Prana, Udana, Vyana 4th</p>	<p>Heart and throat  Langhana ++ Brahmana ++ Prana, Udana, Vyana 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup></p>	<p>Back of heart/lungs, throat Langhana + Brahmana ++ Prana, Udana, Vyana 4th, 5<sup>th</sup></p>
<p>Emotional Effects Mental Effects Spiritual Effects Images / Symbols ■</p>	<p>Instills confidence Focusing Connecting Safe within the web of life</p>	<p>Integrating Clearing Union Unfolding lotus</p>	<p>Flying Openness Freedom Spread your wings and fly</p>

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Family VIII Mudras for Receiving and Offering			
Name of Mudra	Avahana Mudra Opening and Receiving	Pushpaputa Mudra Offering of Flowers	Samputa Mudra Hidden Treasure
<p><b>Instructions</b></p> <p>Hold these mudras for 5 to 30 breaths (30 seconds to 5 minutes).</p>			
<p><b>General Benefits</b></p>	<p>A gesture of receiving universal energies. Expands breathing capacity and fills the body with prana.</p>	<p>Creates compassion, generosity, openness, and openhandedness. Reduces fear of giving.</p>	<p>Creates a sense of reverence for the spiritual treasure held within by creating a state of deep calm.</p>
<p><b>Physical Systems</b></p> <p><b>Especially Helpful For</b></p> <p><b>Contraindications and Cautions</b></p> <p><b>Elements</b></p> <p><b>Doshas Balanced</b></p>	<p>Respiratory and digestive</p> <p>Those who have difficulty in receiving, breathing problems</p> <p>Air, Fire</p> <p>Kapha, Vata, Pitta</p>	<p>Heart, circulatory, and immune</p> <p>Those who have difficulty in giving</p> <p>All 5 Elements</p> <p>Vata, Pitta, Kapha</p>	<p>Nervous and immune</p> <p>Those who have difficulty in balancing giving/receiving</p> <p>All 5 Elements</p> <p>Pitta, Vata, Kapha</p>
<p><b>Breath Focus</b></p> <p><b>Langhana /</b></p> <p><b>Brahmana</b></p> <p><b>Pranavayus</b></p> <p><b>Chakras</b></p>	<p>Solar plexus</p> <p>Langhana +</p> <p>Brahmana ++</p> <p>Samana, Apana, Vyana</p> <p>3rd</p>	<p>Heart</p> <p>Langhana ++</p> <p>Brahmana +</p> <p>All Vayus</p> <p>5<sup>th</sup>, 4<sup>th</sup>, 3<sup>rd</sup></p>	<p>Abdomen and pelvis</p> <p>Langhana +++</p> <p>Samana; balances Prana and Apana</p> <p>1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup></p>
<p><b>Emotional Effects</b></p> <p><b>Mental Effects</b></p> <p><b>Spiritual Effects</b></p> <p><b>ImaGes / Symbols</b></p>	<p>Receiving and nurturing</p> <p>Centering</p> <p>Connecting</p> <p>An empty vessel</p>	<p>Love and compassion</p> <p>Openness</p> <p>Offering</p> <p>A gift of flowers</p>	<p>Calm and safety</p> <p>Equanimity</p> <p>Serenity</p> <p>Hidden treasure</p>

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<b>Family VIII Mudras for Receptive Meditation</b>			
<b>Name of Mudra</b>	<b>Bhairava Mudra \$Dntaneous Bliss</b>	<b>Mandala Mudra Circle of Wholeness</b>	<b>Dhyana Mudra Meditation</b>
<b>Instructions</b>  <i>Hold these mudras for 5 to 30 breaths (30 seconds to 5 minutes).</i>	Rest the cupped left hand onto your lap. Rest the cupped right hand into the left hand. Allow the shoulders to relax downward and allow the weight of your entire being to rest down into the earth.	Rest the cupped left hand onto your lap. Rest the cupped right fingers onto the left fingers. Join the tips of the thumbs to form an oval. Sense the circuit of energy between the thumbs which expands throughout the circumference of the oval.	Rest the cupped left hand onto your lap. Rest the cupped right fingers onto the left fingers. Join the tips of the thumbs to form an oval and raise the index fingers to meet the thumbs pressing the middle and upper joints together.
<b>General Benefits</b>	Invokes the spirit of effortless surrender and bliss, the essence of meditation; induces profound calm and peace.	Invokes a state of mental absorption and the experience of the Self as wholeness.	Expands energy and sensation during meditation which removes lethargy and helps purify the mind and emotions.
<b>Physical Systems'</b>	All	All	Nervous, respiratory, and Circulatory
<b>Especially Helpful For</b>	Fear, anxiety, immune imbalance, heart disease	All psychological and emotional problems	Lethargy, drowsiness, blocked, repressed emotions
<b>Contraindications and Cautions</b>	Low blood pressure should exercise caution		High blood pressure should practice with caution
<b>Elements</b>	Water, Earth, Space	All 5 Elements	Fire, Air, Space
<b>Doshas Balanced</b>	Pitta, Vata	Vata, Pitta, Kapha	Kapha, Vata
<b>Breath Focus</b>	Low abdomen, navel	Full three-part breath	Chest and lungs
<b>Langhana / Brahmana</b>	Langhana +++	Langhana ++ Brahmana ++	Brahmana ++
<b>Pranavayus</b>	Apana, Samana, Vyana	Balances Prana, Apana	Prana, Udana
<b>Chakras</b>	2 <sup>nd</sup>	All 7 Chakras	4 <sup>th</sup> , 5 <sup>th</sup> , 6 <sup>th</sup>
<b>Emotional Effects</b>	Calming	Balancing	Opening
<b>Mental Effects</b>	Centering	Clarity	Clearing
<b>Spiritual Effects</b>	Pratyahara	Union	Expansion
<b>Images / Symbols</b>	Ocean of bliss	Perfect circle	Watching the flame