Avalon, Arthur (Sir John Woodroffe), and Taranatha Vidyaratna, eds. 


**Buddhist art and architecture: Meaning of hand mudras.** Article available online: http://www.buddhanet.net/mudras.htm.


Contents: Prana mudra (for general health and all life-threatening illnesses); Jnana mudra (for improving brain power and memory; insomnia); Bayau mudra (for joint pains); Prithvi mudra (for increased bodily energy and flexibility of mind); Surya mudra (to rid the body of lethargy); Varun mudra (for kidney problems and impure blood); Linga mudra (for any kind of chest weakness, coldness, and chronic coughs and colds); Shunya mudra (for ear problems); Apana vayu mudra or mrita-sanjibani mudra (for any kind of heart problem); Apana mudra (for urinary obstructions *not* due to prostate problems)


“Backing our feelings and thoughts with actions—not with words—is this not the art of using Mudras of love and affection?”


Based on the British Wheel of Yoga’s Teacher Diploma regulations.

Hathapradipika. Mudra section. Many translations available (see the Hathapradipikā of Svātmārāma bibliography).


Contents: What Are Mudras?; Origin of Mudras; Breathing, Visualization, and Affirmations to Enhance the Mudras; Mudras and Music; Mudras and Color; Using Mudras to Heal Physical Complaints; Mudras and Healing Emotional Problems; Mudras and Other Hand Therapies; My Personal Experiences; Mudras and Meditation (Mudras for recharging energy reserves, Mudras for coming to terms with the past, Mudras for improving relationships, Mudras for solving everyday problems, Mudras for building character, Mudras for planning the future, Mudras for connecting with the divine); Meditations for Each Finger; Mudras for the Body, Mind, and Soul; Spiritual Mudras; The Mudras of Hatha Yoga; Mudra Exercises; How to Create Your Own Mudra; What a


Contents: The History and Art of Mudra; The Practice of Mudra; Soul (mudras for); Body (mudras for); Mind (mudras for)


Mikkyo Mudras. URL: http://www.bekkoame.or.jp/~prosser/mudra.html.

Miller, Richard. *Mudra, Gateways to Self-Understanding*. This booklet is available from the author for $10.95 + $4.00 shipping. Explorations in Stillness, P.O. Box 1673, Sebastopol, CA 95473.

Contents: 1) an overview of mudra, 2) a practice utilizing mudra that encompasses 18 mudras for body, breath, energy, and meditation, and 3) a compilation and classification of over 76 mudras for health, healing, and meditation.

__________. The power of mudra. *Yoga Journal*, September/October 1996, pp. 81-89. [This article is excerpted from *Mudra, Gateways to Self-Understanding* above.]

__________. How *mudras* work. Answer to a query from a practitioner. Lower Lake, Calif.: Yoga Research and Education Center, 1999.

__________. Mudra-Tattva-Vidya: Knowledge of gestures for harmonizing body and mind. *Yoga World*, Jan-Mar 2000, no. 12, pp. 4-5. See also correction to figure 1 in the Apr-Jun 2000 issue of *Yoga World*.


Rai, Subas. [See the discussion of potential electrical differences among different finger combinations with the thumb as the base point.] In Subas Rai, *Rudraksa: Properties and Biomedical Implications*. Varanasi, India: Ganga Kaveri Publishing House, 1993, pp. 154-158.


**AWAKENING OF KUNDALINI BY BANDHA PROCESSES:** Bandha and Mudra; Making Kundalini impressionable; Distinction between Asana and Mudra

**AWAKENING OF KUNDALINI BY MUDRA PRACTICES:** Shaktichalan Mudra; Meeting of Prana and Apana Vayus essential for conscious stimulation of Kundalini; Shanmukhi Mudra, its importance; Khechari Mudra, its importance and effects; Khechari—King amongst Mudras; Effects of Khechari-Mudra on the circulation of the
blood; It helps to keep Prana bottled up in body; Elongation of the tongue, a prime factor; A method of elongation; The moment for rolling back of the tongue; Importance of Mudras; Samyama for willing Kundalini to action

**Riddell, Hanna G.** Falling blissfully asleep with Chin Mudra (or) lifting a finger to help oneself! *Yoga Life*, May 2002, 33(5):232.

The author used Chin Mudra to help her fall asleep when she had the flu.


“Mudras, yoga hand gestures, are a subtle form of asana that can change your emotional state and deepen your practice.”

**Satyananda, Swami.** Answers the questions: What do you mean by Yogic Mudras? What are the different Mudras? Please tell their technique for practice and enumerate their benefits. In Swami Satyananda, *Yoga Discussed in Relation to Other Thoughts & A Dialogue on Practical Yoga*. Bihar, India: The Bihar School of Yoga, 1968, pp. 72-75.


**Sheridan, Ty.** Mudras: The embodiment of energy, love, and wisdom. Article available online: http://www.dharmayoga.org/onlinestudy/mudras.htm.


Contents: Maha mudra, Yoga mudra, Khechari mudra, Vajroli mudra, Viparitakarani mudra, Sakti chalana mudra, Maha vedha, Maha banda, Mula bandhas, Jalandhara bandhas, Uddiyana bandhas, Yoni mudra

**Some yoga mudras for balancing the five vital elements.** *Akhand Jyoti: The Light Divine*, Mar/Apr 2003. Article available online: http://www.akhandjyoti.org/ArticlesMarApr03/YogaMudras.html.


Includes studies of *shambhavi mudra* and *pranama mudra*.


Voelker, Lakshmi. Healing hands of yoga: One practitioner says hand mudras, or movements, may have the ability to release energy and redirect it to areas in the body that need it. URL: http://www.vicus.com/news_views/print_story/1,1213,10003,00.html.


A photo accompanying this article shows a yogi with *kechari mudra* (split tongue). In addition, we have a photocopy of photographs of an additional eight examples of *kechari mudra*.

Of Related Interest
