



Mudras for Healing



MIRACLES OF MUDRA



Your Hand

People fold their fingers in various Mudras (Gestures). It is little known, however, that Mudra Science is Tatva Yoga-Yoga based on science of elements. And, believes D .Dev, these mudras can help cure many diseases.



MRIT SANJIVINI MUDRA

In the case of severe heart attack, this life giving dvice Mudra provides instant relief within a few seconds.
Helping hand for Cardiacs.
First Aid for Heart Problems.

APAN MUDRA

Provide relief in urinary problems
Facilitates discharge of waste
material from the body.
Cleanses & purifies the body.



PRAN MUDRA

Energy Bank - Improves Vitality of the body
& Eyesight.

Practice the Mudra and get rid of
Frequent Cold, Congested Chest
and Incurable Infections.



SHUNYA MUDRA

Cures ear aches in
just a few minutes.



GYAN MUDRA

Yogic Tranquilizer.
Its practice ensures
Mental Peace,
Concentration of the mind
and Sharp Memory,
Spiritual enhancement
develops creativity.



ring about miraculous change and improvement in

- Mudras generate Powers to provide all round development of mind & body which brings peace and happiness.
- Mudras look like miraculous remedies. They provide instant relief in many illnesses.
- Mudras can cure almost any ailment from simple earache to heart attack.
- Mudras help in moulding the Physical, Mental and even the Moral aspects of the individual.
- Some Mudras can balance the elements of the body within 45 minutes while some are fast enough to act within a few seconds.
- Practice of some of the Mudra's regularly can cure Insomnia, Arthritis, improves memory.
- Mudras have extra ordinary powers, practice of mudras brings about a quick and fundamental reversions of the destructive changes in the human body. They also develop virtuosity, social amiability, non-violence, piety and courteous dispositions.
- All Godly and superhuman persons like Lord Mahavir, Gautam Buddha, Lord Shankaracharya and others used to remain in these Mudras.
- Mudra helps in Kundalini Yoga to awaken the Cosmic Energy and to unite consciousness of inner Supreme Soul.
- Mudras are significant and simple yogic function by which one can develop internal and external dispositions.
- Detailed description of Mudras are found in Tantra Shastra, Upasana Shastra, Nritya Shastra, Art of Sculpture etc.

The Reiki Principles of Mikao Usui

I give thanks for my many blessings

Just for today I will not anger

Just for today I will not worry

I will do my work honestly

I will be kind to people and every living thing