

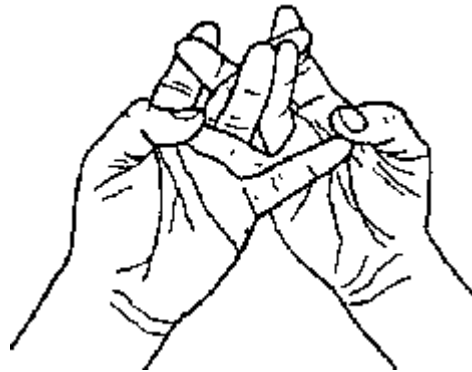
Hands Postures For Health



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Tibetan Mandala

Introduction:

Most commonly known as Mudra's, hand postures have been used like acupuncture for centuries. The Chinese refer to this practice as YinXiang.

In Theory : The Mudra complete an energetic circuit that promote the balance of energetic pathways, organ performance, and mental health.

Perhaps the most recognized Mudra is simply the prayer hand.



Why Use Mudra's?

Hand Gestures are used throughout time to communicate to others. For example a salute from one soldier to another. In martial arts there are 3 basic hand gestures used to communicate to others. I think of mudra's as a systematic to communicating to yourself.

As a compliment to any mindfulness or meditation program, Mudra's can give the practitioner an enhance purpose and focus.

YinXiang (Mudra's) are combinations of the 5 fingers and the joint spaces.

In Chinese Tradition each finger represents an element

Thumb – Fire
Index – Air
Middle - Heaven (Sky)
Ring – Earth
Little - Water

General **Method:**

After calming, practice the appropriate Mudra for 10 – 15 minutes, unless otherwise noted.

Perform the both hands, unless noted otherwise.

Topics Covered:

Original Compilation : 5/5/12 Latest Update : 5/15/2019

Introduction

Where to Hold Your Tongue

Elemental YinXiang (Mudras)

Earth (Liver) – Confidence

Fire – Reduce Tension

Air -

Sky – Headaches

Water – Kidney and Bladder

Organ YinXiang (Mudras)

Heart

Bronchial

Body Heat

Digestion

Detoxify

Skill: Yinxiang (Mudras)

Wisdom – Calming

Patience

Communication – Speech/Silence
Centering
Life Force

Affirmations

Cross Reference 55 Symptoms

Sanskrit Names

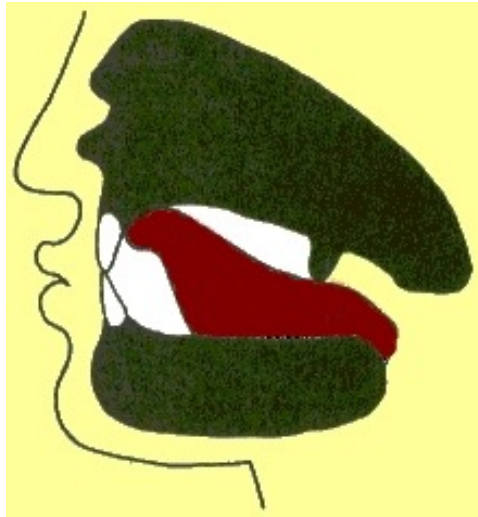
References

Where to Hold Tongue

Place your tongue at the highest point behind your teeth.

This is connection between the Governing and Conceptual Vessel.

You can do this with every YinXiang exercise, unless otherwise noted.



Earth Mudra

Description:

Place the tip of the ring finger on top of the tip of the thumb. Extend all the other fingers and keep them comfortably straight as possible.

Regular practice of the Liver Mudra assists in weight gain, if the body is underweight, helps restore the balance and equilibrium of the body, wards off weakness, fatigue, dullness, and increases chi in the body. The position of the fingers intensifies the sense of smell and is also effective for nail, skin, hair, and bones.

It brightens the aura, activates the thinking power, and helps to broaden orthodox/conservative thinking patterns; it compensates for lack of passion

Chinese Term - Gan Yinxiang

Earth Mudra (Gan Yinxiang) Uses:

- Liver (Gan) Problems
- Stomach Problems
- Inner stability
- Self Assurance
- Help with Insecurity
- Strengthens body and mind
- Glowing skin
- Increases energy – vitality

How To:

15 minutes daily twice per day



Fire Mudra

Description:

This YinXiang is formed by placing the tip of the ring finger on the base of the thumb and then bringing gentle pressure of the thumb upon this finger. This amounts to suppression of earth element (residing in the ring finger) by element fire (residing in the thumb). With the earth element suppressed, fire is able to forge forward.

Chinese Term: Huo YinXiang

Fire Mudra Uses:

Balance Heat & Temperature
Balance Metabolic Rate
Reduce Tension
Thyroid Under Performing
Loss of appetite, constipation
High Cholesterol
Variety of vision problem, especially cataracts.

How To:

Ideally 30 minutes/day, either in one session, or three sessions



Air Mudra

Description:

Place first joint of thumb down on index finger first joint and keep all remaining three fingers comfortably straight.

Chinese Term - Zhi Yinxiang

Uses include:

Disease associated with Air Imbalance

Arthritis

Rheumatism

Sciatica

Stiff Neck

Knee Pain

Gout

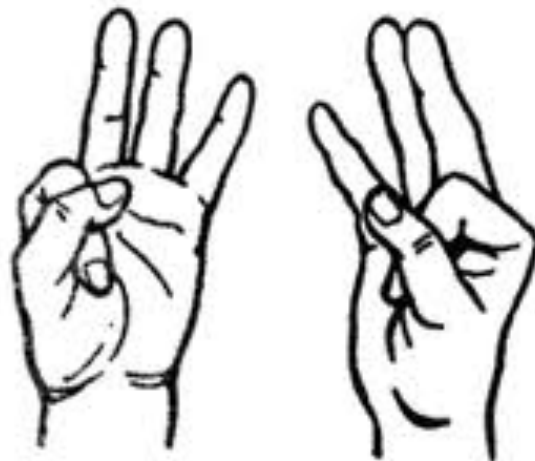
Joint Pain in hands and feet

Paralysis

Hysteria

How to:

Use for 30 minutes/day for 30 days



Sky (Heaven) Mudra
AKA: Gesture of Emptiness

Description:

Place middle finger on thumb pad, lay thumb on top.

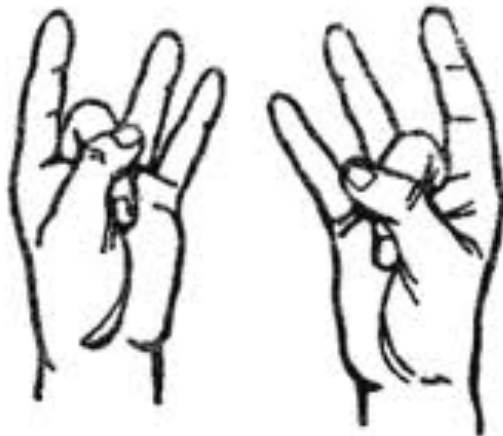
Chinese Term: Kong Yinxiang

Sky Mudra Uses include:

Ear aches
Ear (Hearing) Problems
Vertigo
Reduces dullness and numbness

How To:

Do as needed or up to 15 minutes twice a day for two weeks as a treatment.



Water Mudra

Description:

Place the little finger down and lay the thumb over the top.

Chinese Term: Shui YinXiang

Used For:

Imbalances of the Kidneys
Imbalance of the Bladder
Poor performance of these organs.
Removes impurities from the blood
Restores moisture to skin
Painful cramps

How To:

5 – 30 minutes per day, usually done in at least 5 day bouts.



Heart Mudra

Description:

Fold the forefinger to touch the mound of the thumb. The little finger should be held erect.

Then place tips of middle finger and ring finger together on tip of thumb all touching each other.

Chinese Term: Xin Yinxiang

Heart Mudra Uses include:

Strengthens heart

First aid for severe heart attack if administered within 2 seconds.

Self Confidence

Normalizes blood pressure

Vomiting

Menstruation related problems

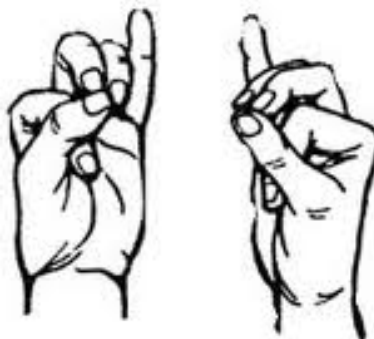
Purifies the entire body

Practice it as many times as you can.

How To:

Heart patients and BP patients can practice it for 15 minutes daily twice for better results.

Make sure you start slowly with this mudra. Do not increase more than 5 minutes on a given day.



Bronchial Mudra

Description:

Place little finger on base of thumb, ring finger on thumb middle joint, tip of middle finger on tip of thumb, extend the index.

Bronchial Mudra is used for:

Acute Asthma
Pulmonary Problems
Breathing disorders
Hyperventilation

How To:

Hold for 5 minutes, 5 times per day.



Body Heat Mudra

Description:

Interlace fingers, the left little finger on the bottom. The left thumb points to sky. The base of thumbs press together.

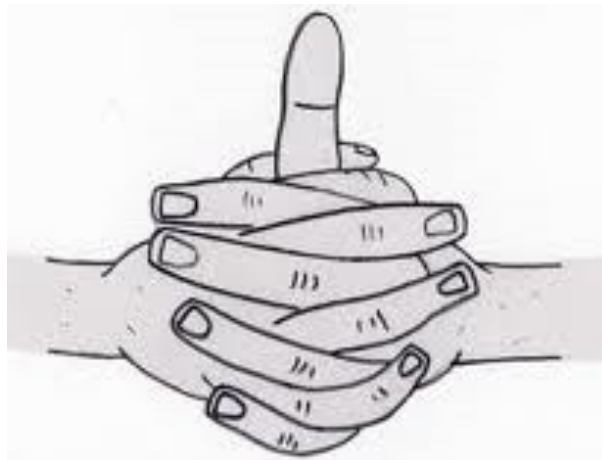
This generates lots of heat.

It is used for:

Weight Reduction
Colds and Coughs
Strengthens lungs
Digestion Problems
Has helped with Cold/Flu
Loosens Mucus

How To:

Hold for 5 minutes, release, repeat.



Digestion Mudra

Right Hand – Thumb touches tip of index and middle finger.

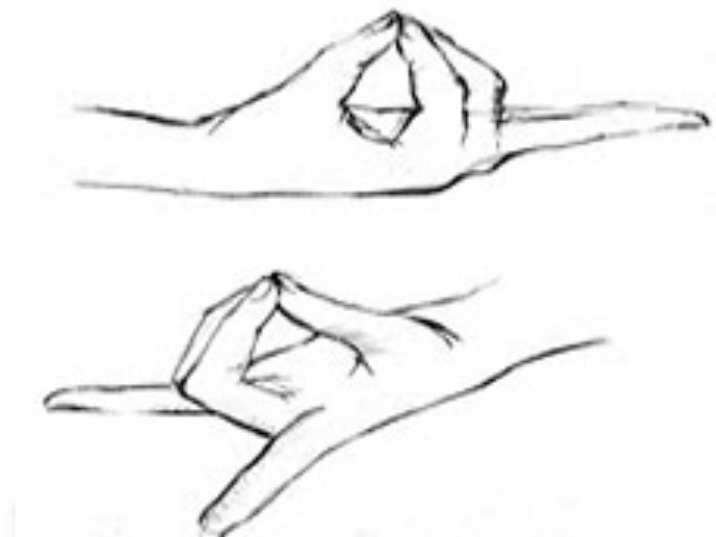
Left Hand – Thumb touches middle and ring.

Start with 5 minutes. Use for 20 minutes.

Used For:

Acute and Chronic Digestive Issues

Being too full



Detoxification

Description:

You can do this while meditating, while relaxing, while riding on the subway, or talking a walk.

Used For:

Supplements all forms of detoxification.

How To:

Hold your thumbs onto the inside lower joint of the ring fingers.



Wisdom Mudra

Description:

The thumb and index finger are brought together gently while all the other fingers remain upright.

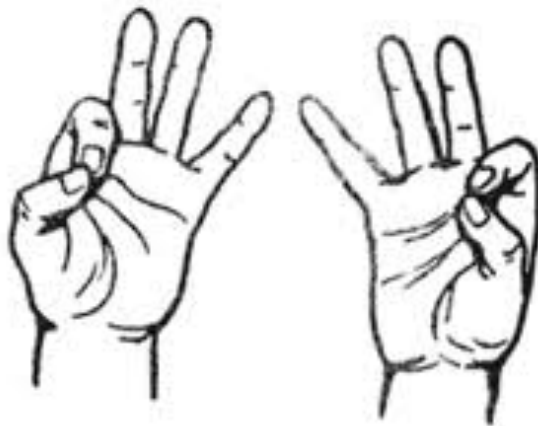
Wisdom Mudra Uses include:

Peacefulness
Calmness
Concentration
Sharper Memory
Spiritual Awareness
Anger Balance
Insomnia
Balance Mental Disorders
Stress Reduction
Depression
Drowsy – Lethargic issues
Develops extra-sensory abilities

How To:

Use anytime, generally in 5 – 10 minute increments, several times per day.

Affirmation: I am ready to release the day and slip into a peaceful sleep.



Patience Mudra

Description:

Tip of middle finger touches tip of thumb.

Used For:

Helps bring attention to the moment. Develops patience. Remembering that patience is not the act of waiting, but your attitude while you wait.

How To:

Use anytime, generally in 5 – 10 minute increments, several times per day.

Affirmation: Patience is not the act of waiting, it is my attitude while I wait.



Confidence Mudra

Description

Touch the tip of thumb to tip of ring finger.

Used For:

Used For:

- Improve confidence
- Accepting what is supposed to naturally occur
- Reduce anxiousness associated with worry of future

How To:

There are many mantra's and prayers for confidence.



Communication Mudra

Description:

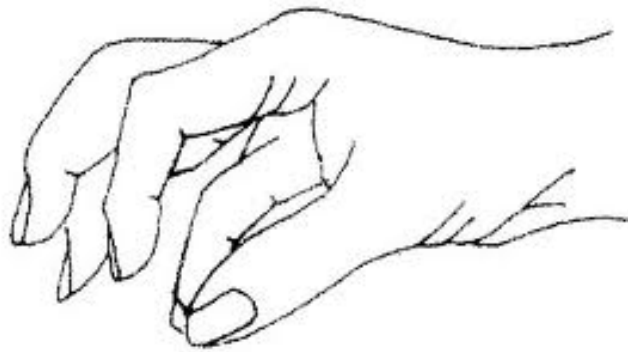
Touch the tip of little finger with tip of thumb.

Used For:

This mudra is used to develop concise communication, spoken with consideration and encouragement.

How To:

Use anytime, generally in 5 – 10 minute increments, several times per day.



Centering Mudra

Description:

Place tips of index finger and ring finger together on top of the tip of thumb, with other fingers extended comfortably.

Qi Lun – Solar Plexus

Used For:

Rules Solar Plexus
Dizziness
Improves blood circulation
Improve Mental Clarity
Low blood pressure
Improves eyesight
Improves breathing
Controls eating habits
Blocked Veins

Used when we have become 'beside' ourselves with chaos, tension.

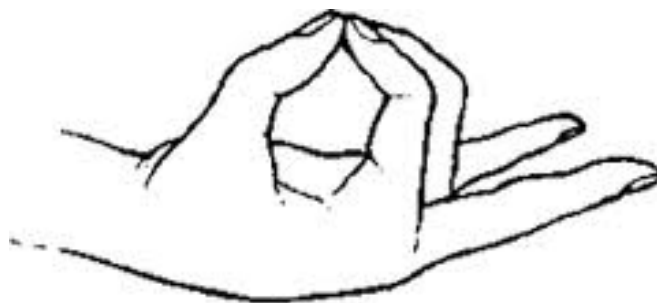
Supplements the balance of Earth Element – stabilizing the spleen, pancreas and stomach. The centering forces.

How To:

Imagery often associated with this mudra:

Sit at the center of a wheel, close to the hub. The wheel can turn as much as it wants, but this has no effect on the person.

10 - 30 minutes/Day 1 – 5 sessions/day for 5 days



Life Force (Chi) Mudra

Description:

Tip of ring and little finger touch thumb.

Put tip of tongue on roof of mouth.

Fed by where the Governing Vessel and Conceptual Vessel, located where they meet near the coccyx.

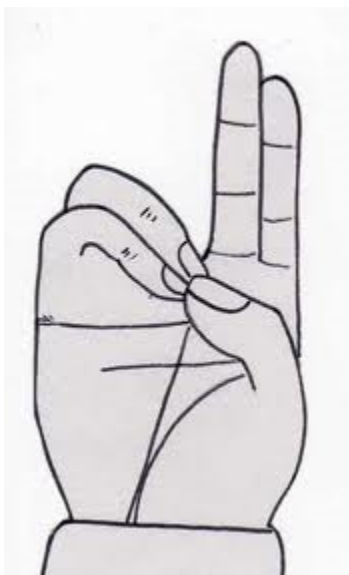
The acupoint called Huiyin 1 (equivalent of Root Chakra)

Life Force Mudra Uses includes:

Improves immunity,
improves the vitality of the body, improves eyesight,
Stabilizes function of the lungs, energizes the heart,
and reduces fatigue.

How To:

Use anytime, generally in 5 – 10 minute increments, several times per day.



Affirmations

Affirmations are used as a way to guide the mind to a level of consciousness to assist with what is running in the subconscious.

Regardless of the type of affirmation, you must remember:

Affirmations must be stated in what's called the "simple present."

This makes them stronger, much stronger than saying them any other way.

The conditional tense is the tense that says, "I would like to...." Or "I wish I could..." It has the idea in it that something may or may not happen.

Affirmations need to be definite firm statements. Saying an affirmation in conditional tense isn't commanding enough.

This is why saying "I hope I make more money this year," or "I wish I could lose weight," won't work as affirmations. They are conditional, wishy-washy, because when you hope for something it may or may not happen.

"Every breath strengthens my mind, body, and spirit."

Here are some examples of good personal growth and self improvement affirmations.

- * To lose weight: I am slim and trim; I only eat when I'm hungry.
- * To stop smoking: I breathe clean, fresh air; I am stronger than any habit.
- * For depression: I am a worthwhile person; I attract joy into my life.
- * For anger: I feel wonderful today; I have peace of mind.
- * For fear and anxiety: I release all my negative emotions; I am confident.
- * For stress management: All the above.

Extras : List of Common Chinese Buddhist Mudras

Calming Gesture



Abhaya Mudrā : shīwúwèi yìn 施无畏印 / 施無畏印

Vanquishes both fear and hostility. A story once said that “The Buddha raised his hand gently, and immediately the elephant was subdued.” (This is probably a mythologized variant of the story told in chapter 25 of the on-line biography of the Buddha. The mudrā has therefore come to represent protection and peace and the dissipation of all fear in the believer. (Some say it is a pre-Buddhist sign used in greeting another person and signaling one’s good intentions.) This mudrā is often combined with the Wish-Granting Gesture (varada mudrā)



Demon-Quelling Gesture

Kāraṇa Mudrā : qīkè yìn 期克印

This gesture subdues negativity, including demons, negative thoughts, illness, and all other obstacles. It consists of holding up the hand, with the two middle fingers folded back into the palm and held by the thumb. In art it occurs in scenes of active conquest of demons. (Since there are a lot of demons in movies, you will see it there quite often.)

(The Chinese name qīkè yìn 期克印, seems also to be used sometimes for the Warning Gesture or Tarjanī Mudrā.)



Strength Gesture

Vajrahūmkāra Mudrā or Basara Mudrā

zhuànyuē luóhōng jīngāng yìn 转曰罗吽金钢印 / 縛曰羅吽金鋼印

Sometimes called the “diamond mudrā,” is made by closing both hands into fists (with the thumbs inside) and crossing the wrists in front of the chest. There are variants, usually the palm side of the wrist faces away from the body, and the right arm is closer to the chest than the left arm. (Sometimes the palms face in and the left arm is closer to the chest.)

Other Variations: the right hand holds a stylized thunderbolt (symbolizing a method or a thunderbolt or the male principle] and the left hand a ghaṇṭā or bell (symbolizing purpose or wisdom (or the female principle).

The two together are taken to mean path and purpose, united. The gesture represents diamond-like strength and even great empowerment to conquer error and illusion.

Names

Heart - Apan Vayu
Earth - Prithvi
Fire – Agni
Air - Wisdom – Gyan
Wind – Pavana
Life (Chi) – Prana
Centering – Solar Plexus – Rudra
Body Heat – Linga
Digestion – Pushan

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