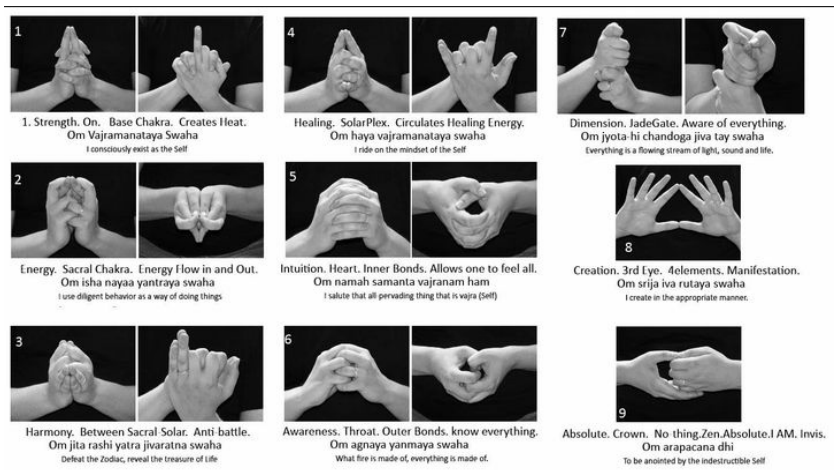
Mudras/Bandhas

Mudra/ Bandha Workshop am 7.April ab 9.00
Aditya Osteopathie & Yoga Breuer
Ägeristrasse 112a, 6300 Zug

Die **Mudra** (Sanskrit, f., मुद्रा, mudrā, urspr.: „Siegel“) ist eine symbolische Handgeste (Handbewegung, Handstellung), die sowohl im alltäglichen Leben (siehe die Gruß-Geste Namaste), in der religiösen Praxis als auch im indischen Tanz ihre Anwendung findet. Übersetzt aus dem Sanskrit bedeutet Mudra „das, was Freude bringt“. *Mud* heißt Freude, aber auch Geste, um den Göttern zu gefallen. *Ra* bedeutet „das, was gibt“.

Bandha bedeutet Verschluss. Bandhas sind im Hatha Yoga wichtige Energielenkungs-Übungen. Bandhas gehören zu den Mudras im Hatha Yoga. Die wichtigsten Bandhas sind Mula Bandha, Uddhiyana Bandha und Jalandhara Bandha.

In den Kampfkünsten wurden die Mudras unter den Ninja Kriegern bekannt unter dem Namen Kuji Kiri. Durch diese Übungen konnten sie Ihr Ki verstärken und vor oder während einem Einsatz innere Ruhe und Klarheit bewahren.



Nine Hand Seals
九字印

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Acceptance
Acceptance mudra

Calmness
4 mudra
Gyan mudra

Concentration
4 mudra
Gyan mudra
Hakini mudra

Intuition
Bhudy mudra

Energy
4 mudra
Apan mudra
Pran mudra
Prithvi mudra

Fear
Ahamkara mudra

Grounding
Gyan mudra

Patience
Shuni mudra

Self-confidence
Ahamkara mudra
Apan mudra

Stability
4 mudra
Prithvi mudra

Timidity
Ahamkara mudra

Acceptance Mudra

Hand position

The index finger is folded into the space between thumb and this finger, so that the nail touches the fold. The outer lower corner of the thumb's nail touches the inner lower corner of the pinky finger's nail.

Emotional / spiritual use

To overcome sadness or an unnecessary resistance to situations, this mudra can help to get into a mood of acceptance.

Ahamkara Mudra

Hand position

Bend index fingers slightly and put the upper phalanx of the thumb to the side of the middle phalanx of the index finger, at the upper part. Other fingers are straight.

Emotional / spiritual use

Self-confidence and self-assertion.
For counteracting fear and timidity.

Apan Mudra

Hand position

Join the middle finger and the ring finger with the tip of the thumb; the forefinger and the little finger should be held upright.

Physical use

Moves energy to the periphery of the body. This may help with constipation and urinary problems.

Emotional / spiritual use

Gives energy and makes one more self-confident.

Back Pain Mudra

Hand position

Right hand: The thumb, middle and pinky fingers touch. Ring and index finger are extended.
Left hand: Put the thumb's upper phalanx over the nail of the index finger.

Physical use

Back pain, and particularly of the lower back, can be a sore feeling. When muscles start cramping, it can become very painful. This mudra helps against this escalation.

Bhudy Mudra

Hand position

The tips of the pinky finger and thumb touch.

Emotional / spiritual use

Improves feeling and intuition.

Gyan Mudra

Hand position

The tips of the thumb and index finger touch, other fingers are straight but relaxed

Emotional / spiritual use

Stimulates the Root chakra, and grounds.
Calms and improves concentration.

Hakini Mudra

Hand position

Let the tips of the corresponding fingers of each hand touch.

Emotional / spiritual use

People tend to naturally put their fingers in this position while talking.
This helps to concentrate.

Pran Mudra

Hand position

The tips of the pinky and ring finger touch with the tip of the thumb.

Emotional / spiritual use

Gives energy.

Prithvi Mudra

Hand position

The tip of the ring finger and thumb touch.

Emotional / spiritual use

Increases energy, and fosters a sense of inner stability and self-assurance.

Shuni Mudra

Hand position

The tips of the middle finger and thumb touch.

Emotional / spiritual use

Helps being aware of the moment, and thereby makes one more patient.

Set of four mudras for balancing energy

Hand position Execution

This is a simple way of balancing your energy that you can do almost anywhere, while sitting, standing, walking, lying down. Set of four mudras for balancing energy that are used in a sequence.Alternately touch the tips of each finger with the tip of your thumb. Keep each connected for a few seconds or longer and do for a few minutes total. Do this with both hands simultaneously

Emotional / spiritual use

The overall effect is that you get calmer, more relaxed and concentrated.

The separate mudras (hand positions) have the following effects:

Thumb touches tip of index finger: Opens the Root chakra, and moves more energy to the legs and lower body. Makes one calmer and more concentrated.
Thumb touches tip of middle finger: Fosters patience.
Thumb touches tip of ring finger: Energy, stability and self-confidence.
Thumb touches tip of pinky finger: Intuition and feeling.