

Life-Lab Manual: 60 pages

mudra-sādhana INSIGHTS

dinēśkumār harūrsamṣpath, katham.in

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śivānandā



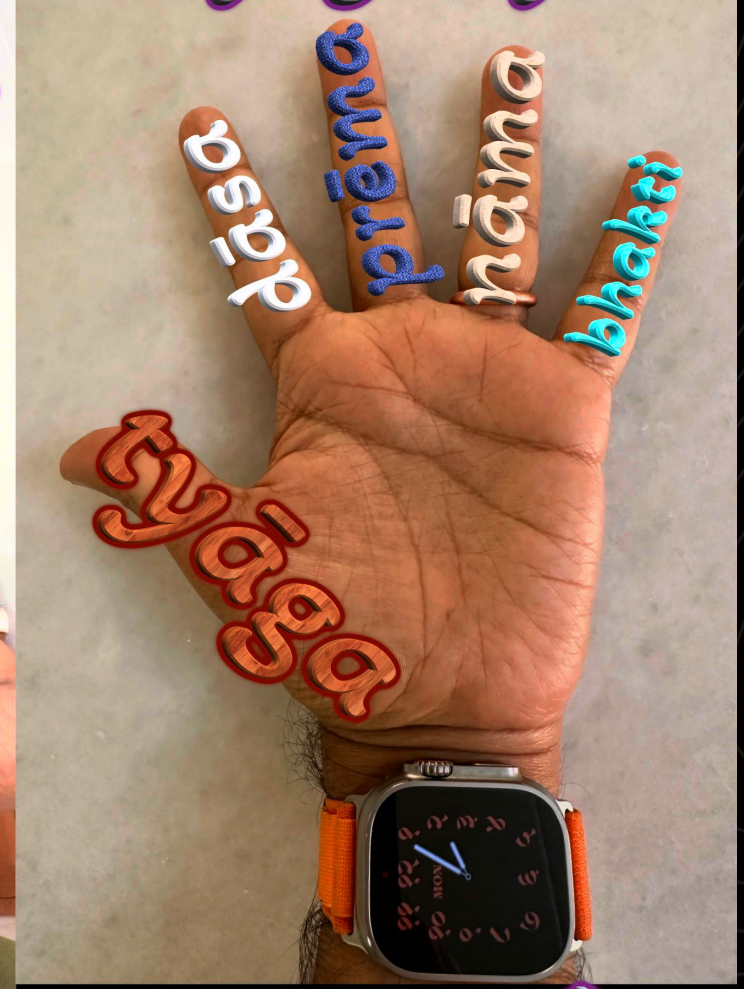
realize

VasanthiMā's
E124 mudrā spl



añjali

tyāgarājā



tyāgarā
éndarō caraṇaṁ 10

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Everything ∞ is 🙌 in 🙌 your 🙌 hands: 🙌

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Everything ∞ is 🙌 in 🙌 your 🙌 hands: Take 🙌 charge 🙌 karmically 🙌

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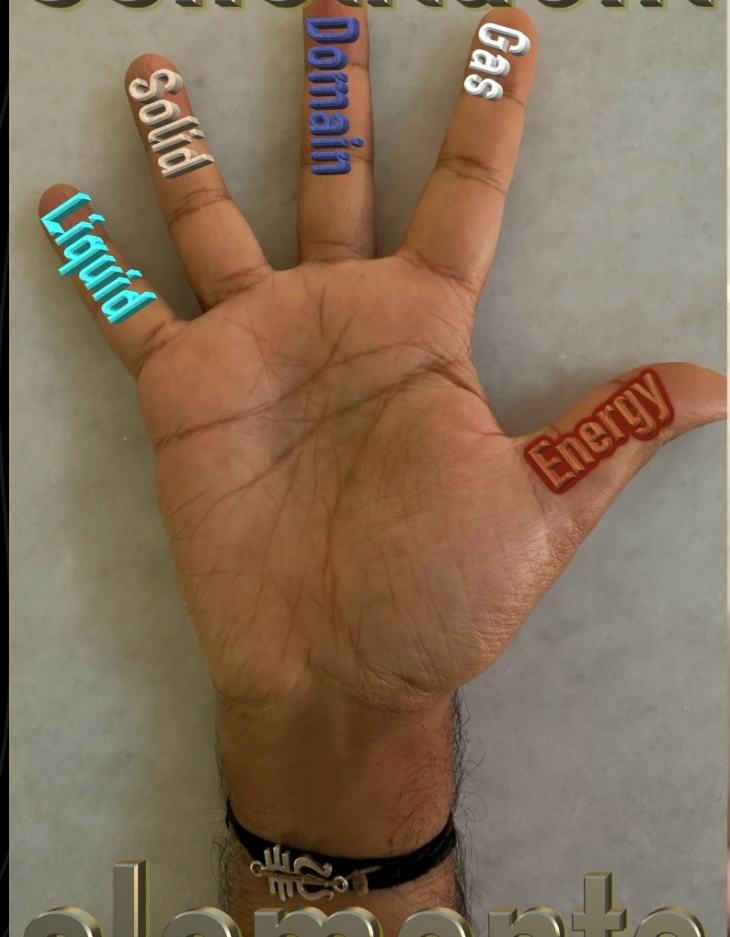
Take charge karmikally shouldering responsibility as the main dish

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Constituent



elements

VasanthiMā's E124 mudrā spl



paths

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Enhance āpa

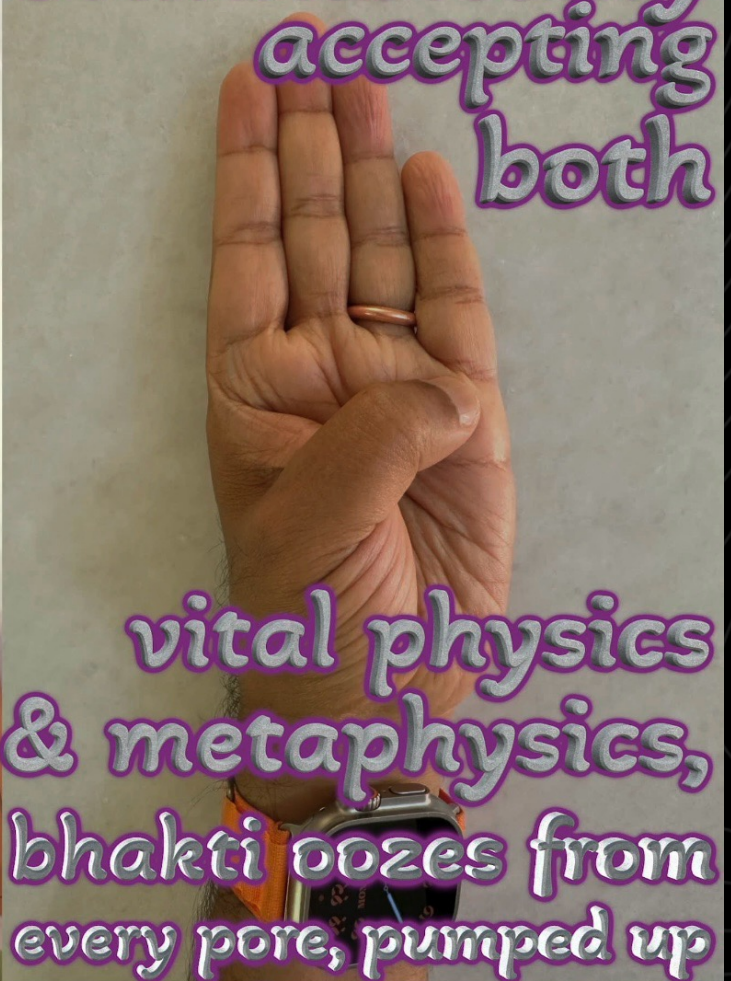


SUBMERGE IN DEVOTION

VasanthiMā's E124 mudrā spl



Uninhibitedly accepting both



vital physics & metaphysics, bhakti oozes from every pore, pumped up to overflow by jñānā!

[Click here for explanatory video](#)

Enhance prithvi



"aditi mudrā"
DEEPEN GROUNDING

VasanthiMā's
E124 mudrā spl



Setting free



solid action,
selfless service &
duty consciousness
fired up by jñānā!

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Enhance ākāśā

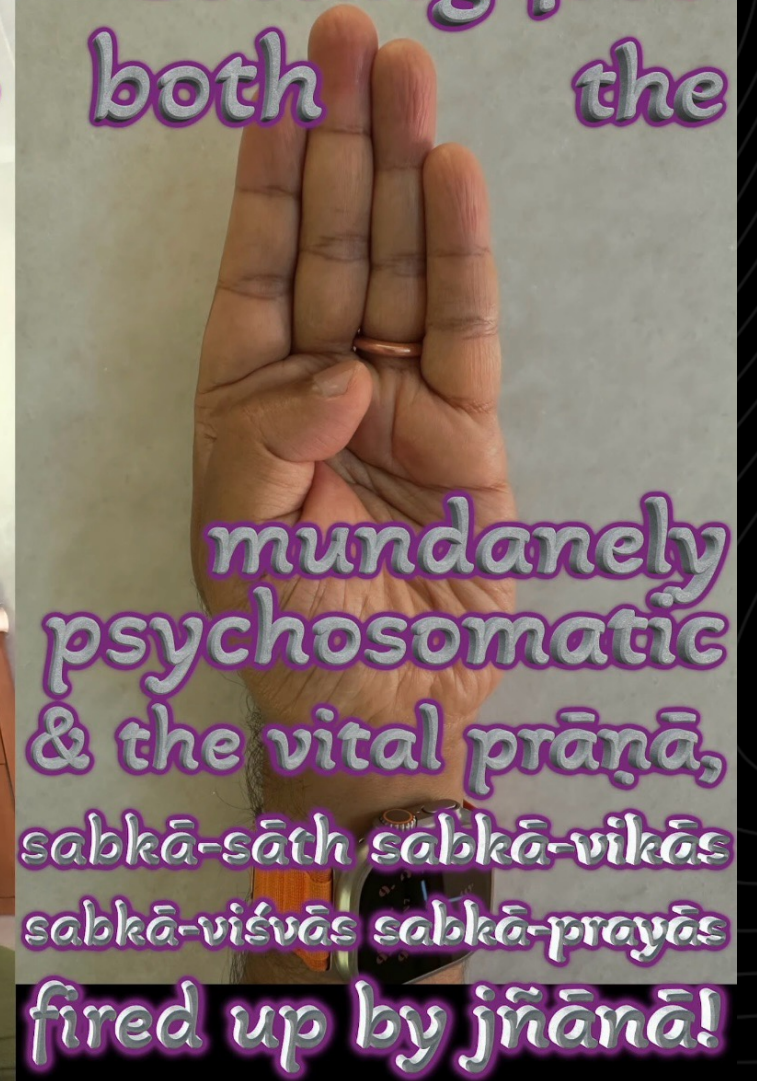


DEEPEN ONENESS

VasanthiMā's E124 mudrā spl

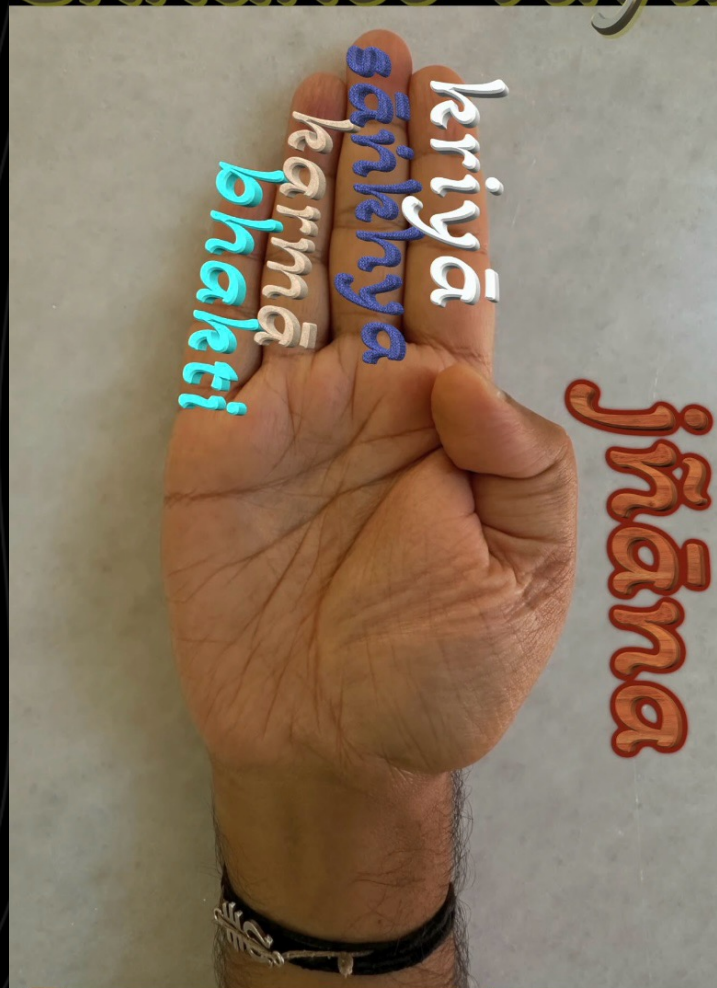


Letting free both the



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Enhance vāyu

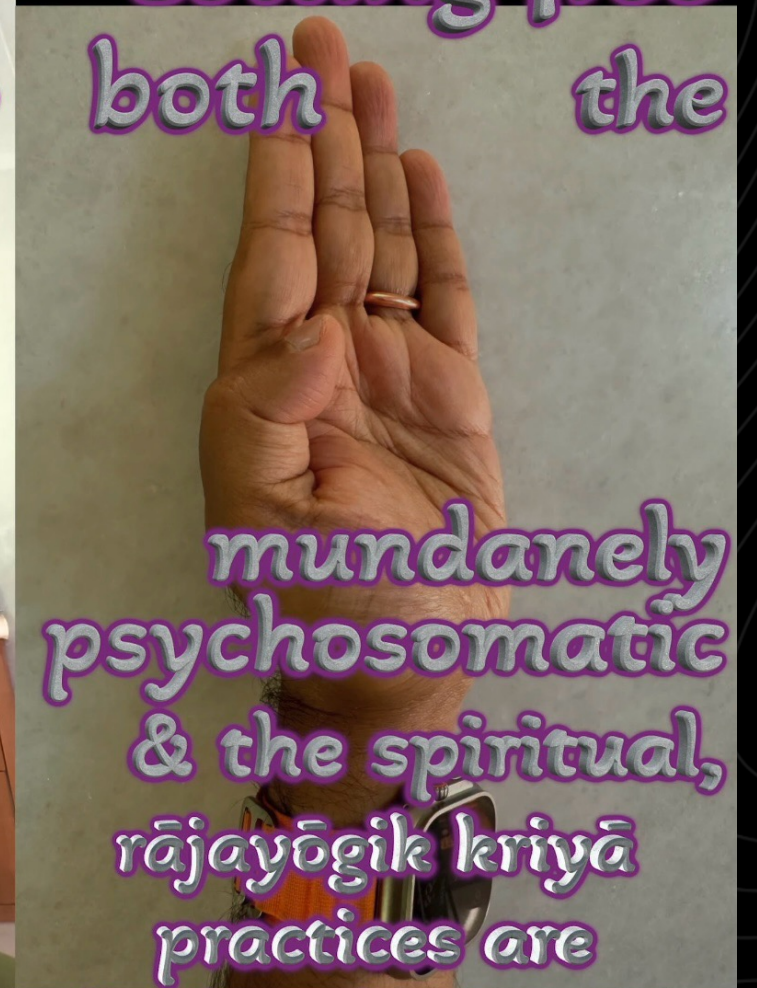


DEEPEN sādhanā

VasanthiMā's E124 mudrā spl



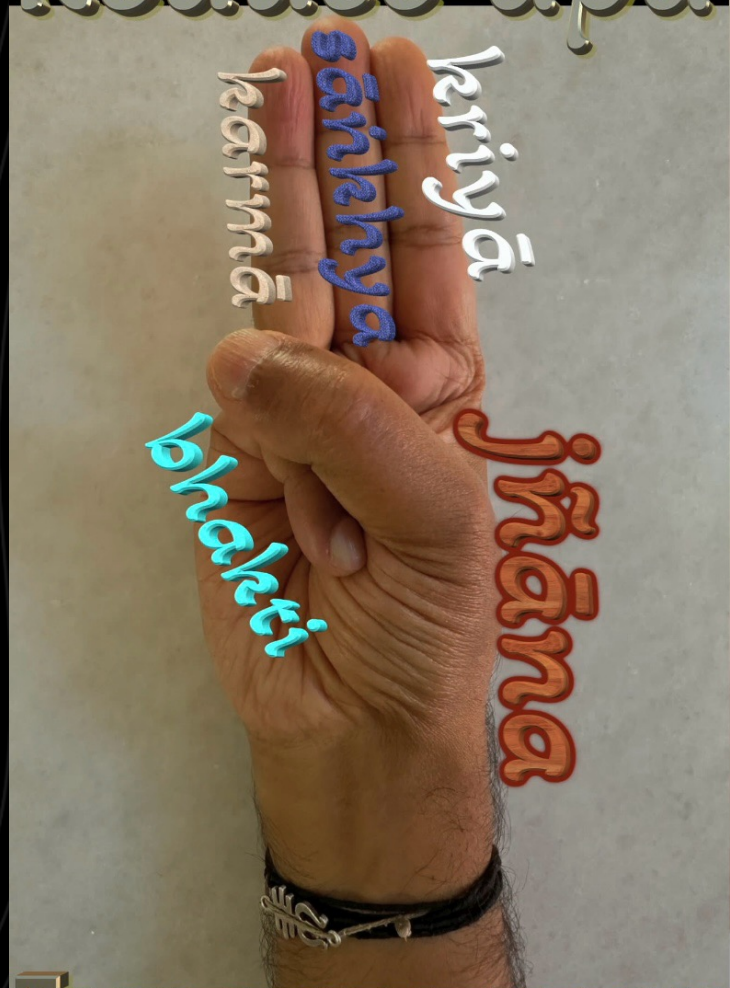
Letting free both the



fired up by jñānā!

[Click here for explanatory video](#)

Reduce āpa

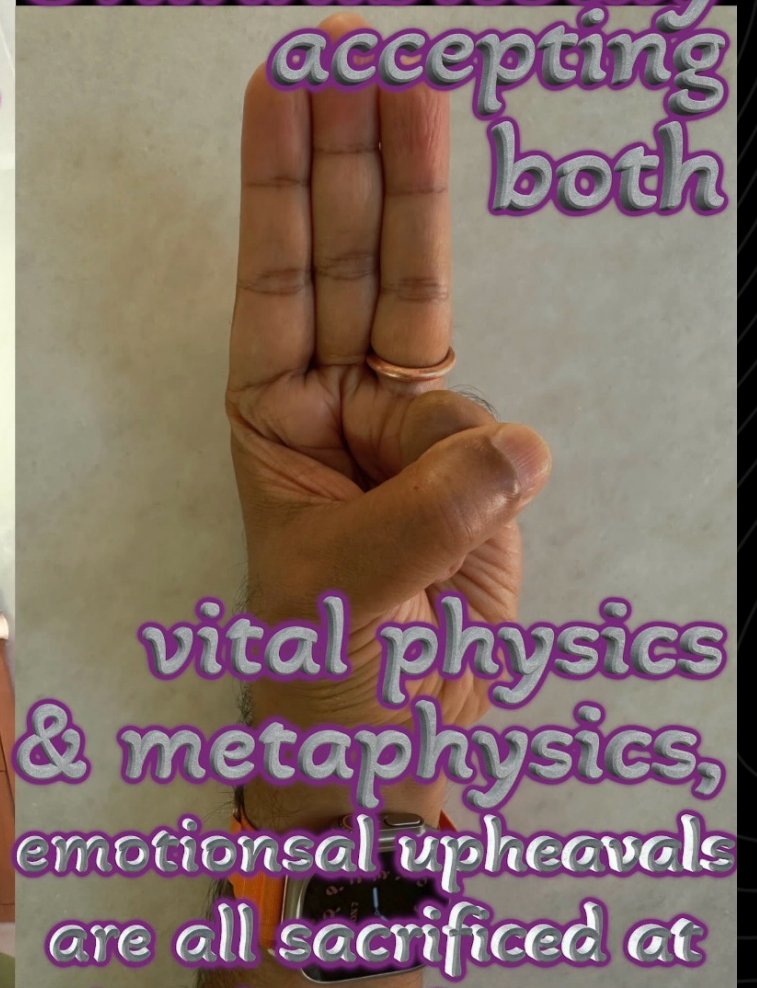


EMOTIONAL DETOX

VasanthiMā's E124 mudrā spl



Uninhibitedly accepting both



vital physics & metaphysics, emotional upheavals are all sacrificed at the altar of jñānā!

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Reduce prithvi
"sūrya mudrā"

bhakti
sāhitya
kriyā
jñāna
karmā

UNBURDEN MATERIALISM

VasanthiMā's
E124 mudrā spl

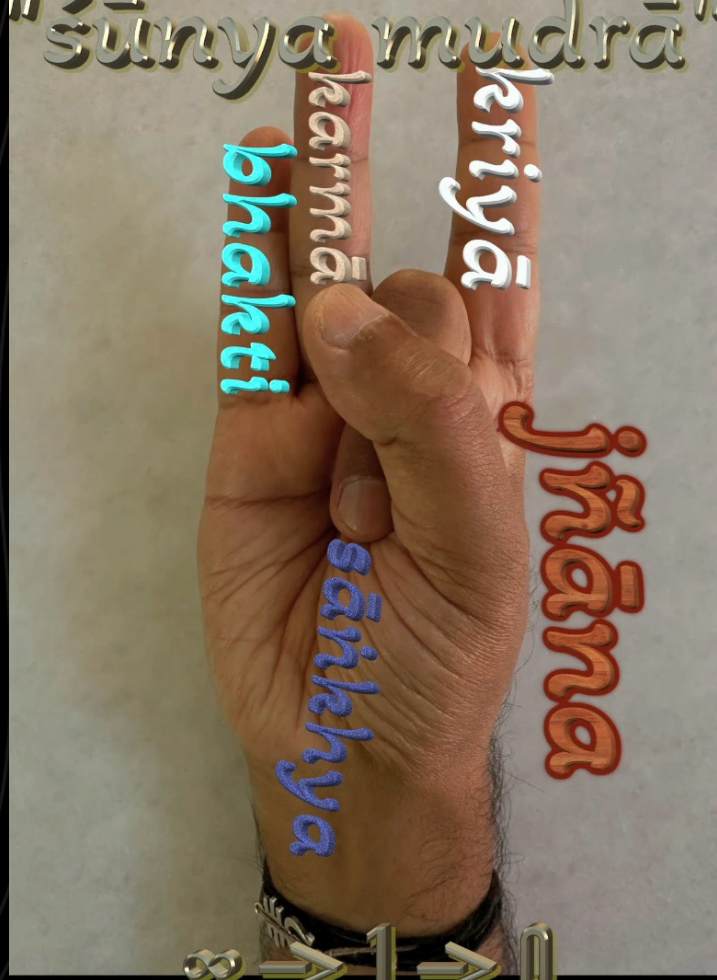


Setting free
all the

emotions,
vitality & spirit,
kārmik action is
renounced into
blazing jñānā!

[Click here for explanatory video](#)

Reduce ākāśā
"śūnya mudrā"



∞ ← 1 → 0
INFINITE → FINITE avatār

VasanthiMā's
E124 mudrā spl



Letting free
both the



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Reduce vāyu



EXCESS PAYBACK RELEASE

VasanthiMā's E124 mudrā spl



Letting free both the



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Balance āpa

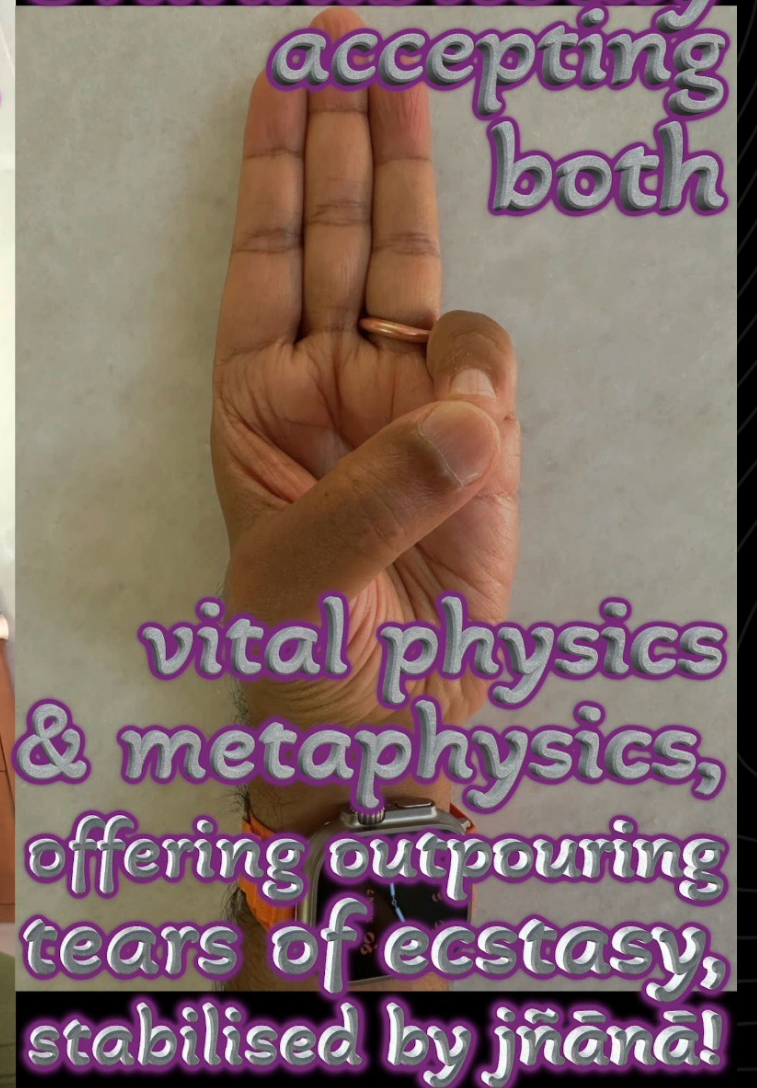


"varuṇa-mudrā"
STEADFAST FIDELITY

VasanthiMā's
E124 mudrā spl

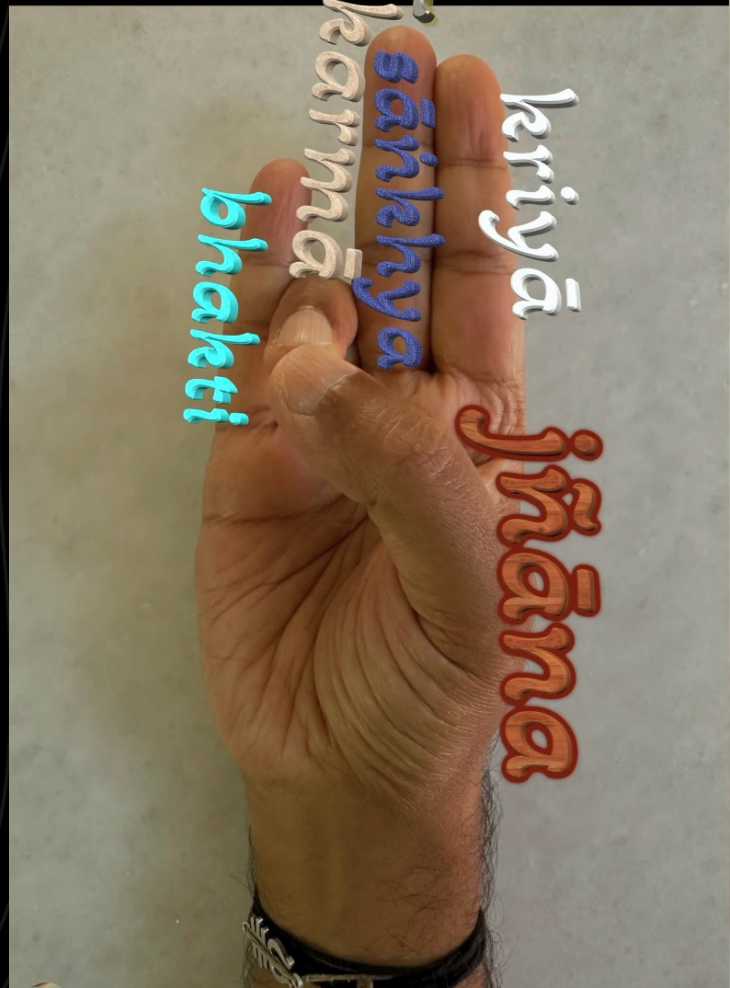


Uninhibitedly
accepting
both



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Balance prithvi



STEADY ROOTEDNESS

VasanthiMā's E124 mudrā spl



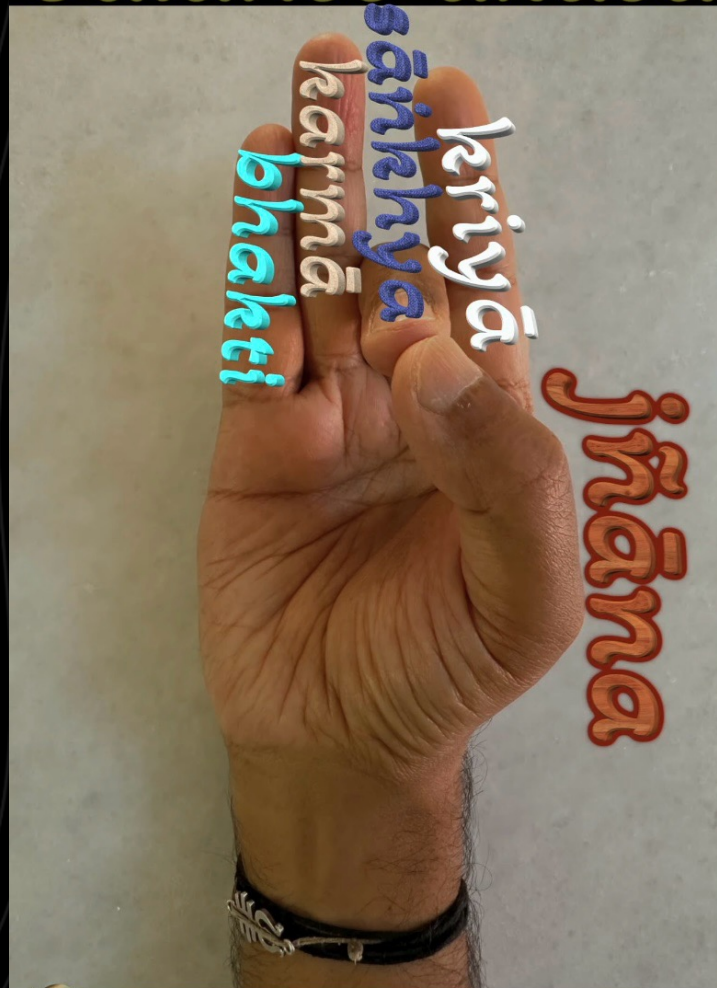
Setting free all the



karmayōgā by jñānā!

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Balance ākāśā

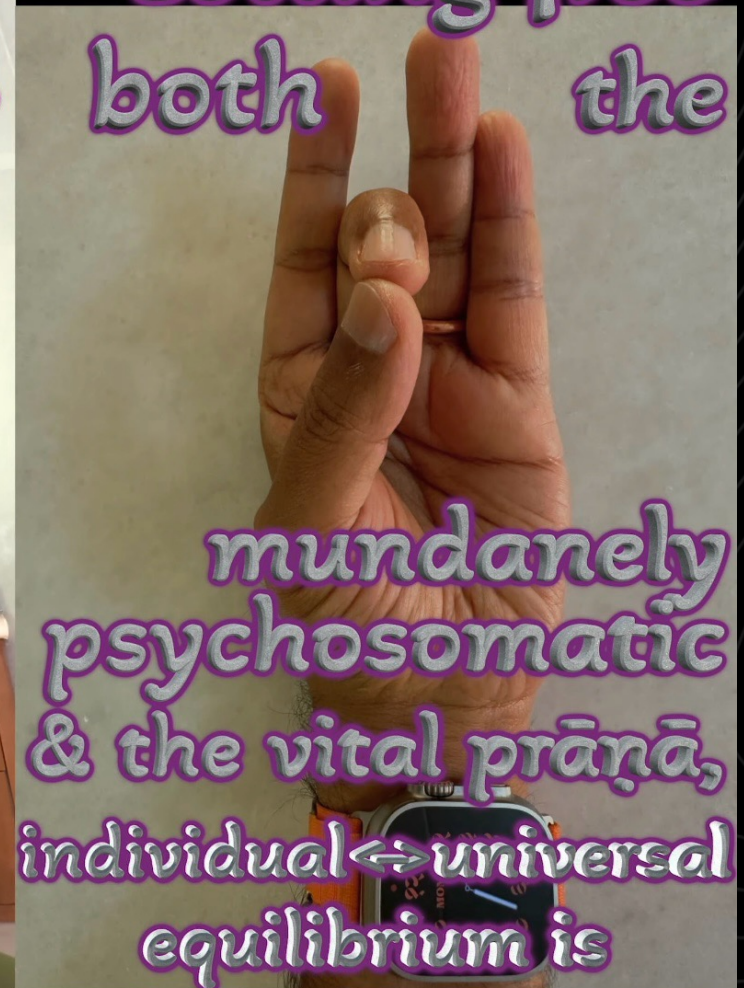


STEADY INTEGRATION

VasanthiMā's E124 mudrā spl



Letting free both the



stabilised by jñānā!

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Balance vāyu

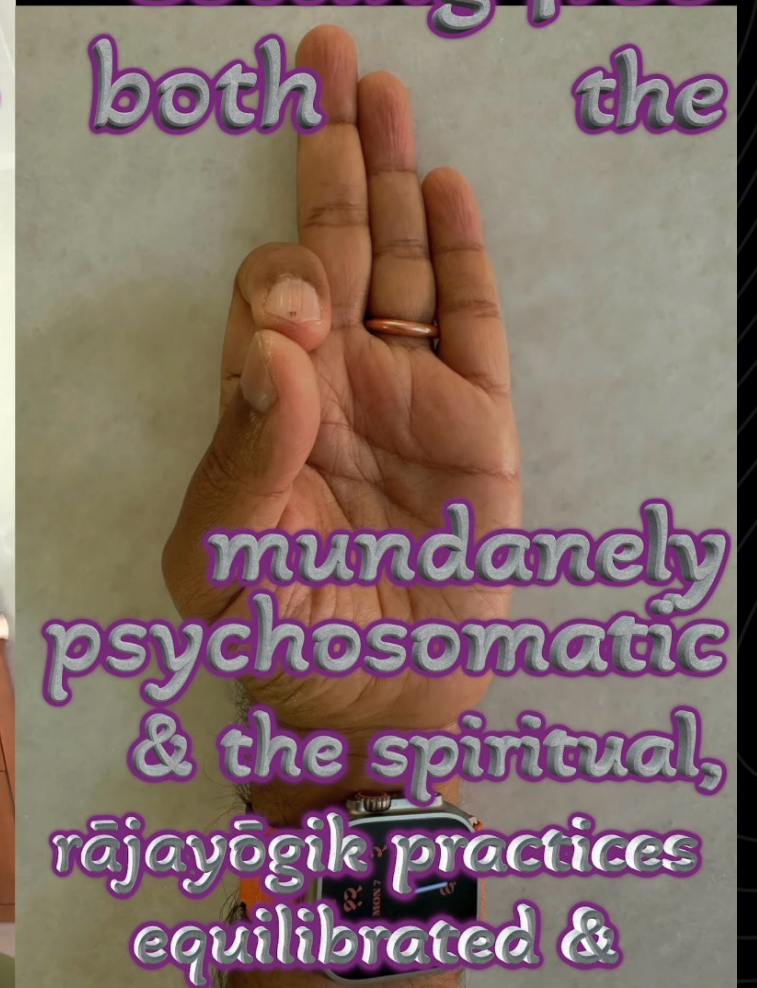


STEADY sādhanā

VasanthiMā's E124 mudrā spl



Letting free both the



mundanely psychosomatic & the spiritual, rājayōgik practices equilibrated & stabilised by jñānā!

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cinmaya-mudrā



ourSelf-pervasive

VasanthiMā's E124 mudrā spl



Tips balance energy-gas/ jñānā-kriyā!



Curled fingers minimise psychosomatic distractions!

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ādi-mudrā



BEGININGLESS

VasanthiMā's E124 mudrā spl



Thumb tucked in-> knowledge of nothingness!



Curled fingers zero out ABSOLUTELY all distractions!

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mēru-damḍa 1.0
LOWER back



rājasik
UPRIGHT STABILITY

VasanthiMā's
E124 mudrā spl



Outward thumb->
seeking wisdom!



Curled fingers zero out
all IGNORANT distractions!

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mēru-damḍa 2.0

MID-back



sāttvik

UPRIGHT STABILITY

VasanthiMā's E124 mudrā spl



Outward thumb-> seeking wisdom!



Curled fingers zero out all IGNORANT distractions!

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mēru-damḍa 3.0
UPPER back



tri-gunā-titā
UPRIGHT 'STABILITY

VasanthiMā's
E124 mudrā spl



Outward thumb->
seeking wisdom!



Curled fingers zero out
all IGNORANT distractions!

[Click here for explanatory video](#)

Primordial
masculine



INNER CREATIVITY

VasanthiMā's
E124 mudrā spl



Eternal seed
generator



linga mudrā

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Primordial



FEMININE
INNER FERTILITY

VasanthiMā's
E124 mudrā spl



Universal womb



yōni mudrā

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Latent potency
of our inner
masculinity



linga mudrā

VasanthiMā's
E124 mudrā spl



Potent fertility
of our inner
femininity



yōni mudrā

[Click here for explanatory video](#)

Universal womb of



inner fertility

VasanthiMā's E124 mudrā spl



Primordial seeder of



inner creativity

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10 mahā & upa
prāṇa vāyūs
depicted within



the śrī cakrā
& ourSelf!

VasanthiMā's
E124 mudrā spl



- “ 1. prāṇa
2. apāna
3. vyāna
4. udāna
5. samāna
6. nāga
7. kūrma
8. kṛkara
9. dēvadatta
10. dhanañjayā
iti daśa vāyavaḥ”

— bhāvanōpaniṣad
(2nd last sentence
of 3rd mantrā) &
śiva-saṁhitā
amongst others!

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5 mahā prāna
vāyūs invoked
to cleanse



ayyappā@
manipūrā!

VasanthiMā's
E124 mudrā spl



प्रा णा पा न -
व्या नो दा न -
स मा ना मे
शु ध्य न्ता म् ।
ज्यो ति र हं
वि र जा
वि पा प्पा
भू या स गं
स्वा हा ॥ १ ॥
श्री ह रि हर पु त्र
स ह स्र ना मे
अ भि षे क म न्त्र म्

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prāṇa-mudrā

kaphā ojas
vātā prāṇā

Liquid
Solid
Domain
Gas
Energy
pittā
tējas

VasanthiMā's E124 mudrā spl

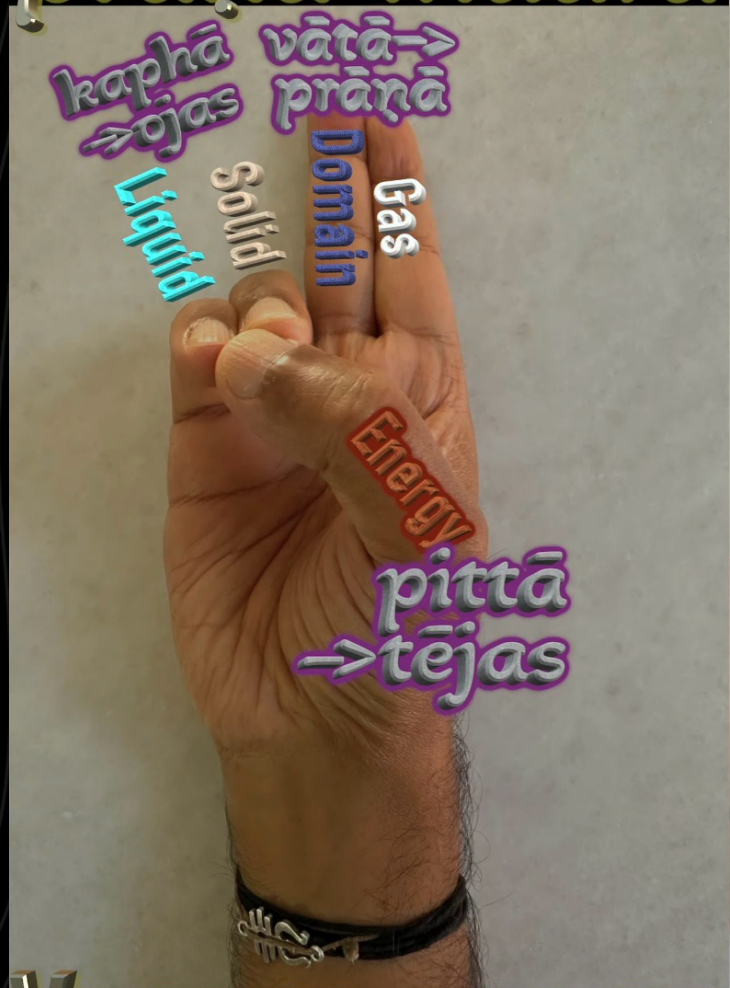
Tips in-touch

balance
kaphā/ ojas
with
pittā/ tējas
while
relaxed fingers let
vātā/prāṇā free run!

VITAL LIFE INPUT

[Click here for explanatory video](#)

prāṇa-mudrā



VITAL LIFE INPUT

VasanthiMā's E124 mudrā spl

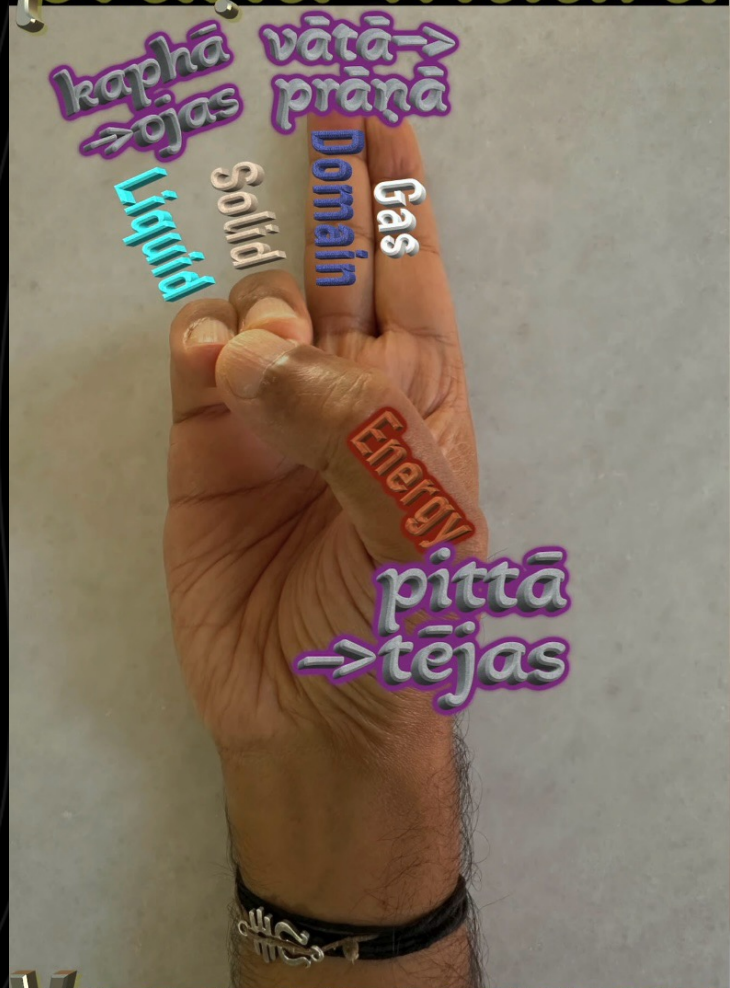


Tips in-touch



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prāṇa-mudrā



VITAL LIFE INPUT

VasanthiMā's E124 mudrā spl

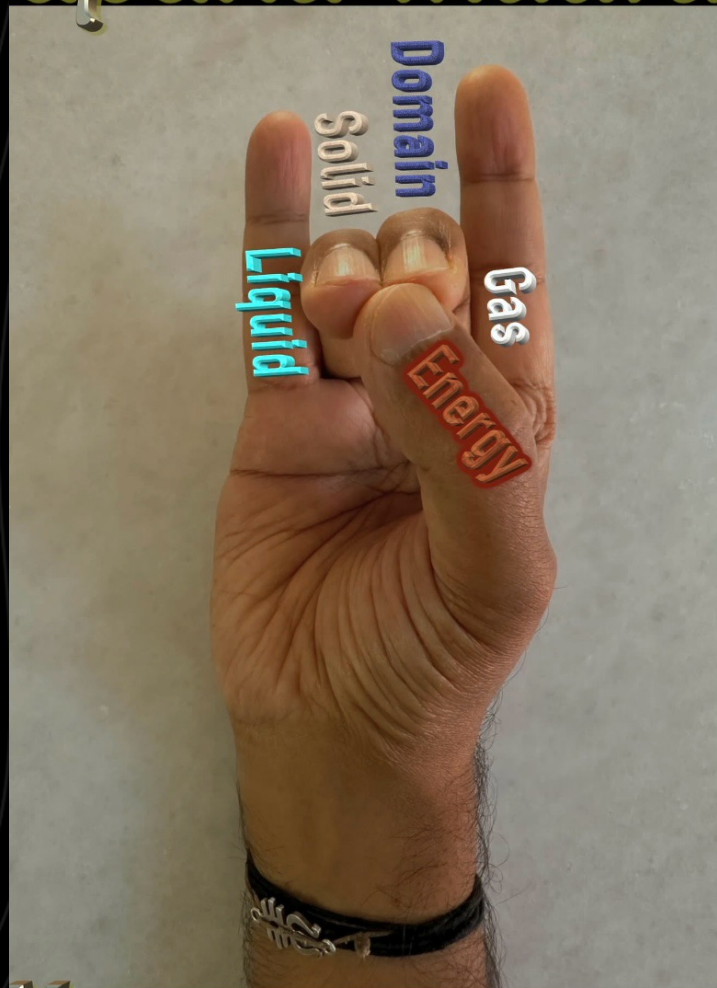


Tips in-touch



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apāna-mudrā



VITAL LIFE OUTPUT

VasanthiMā's E124 mudrā spl



Tips in-touch

balance the physical & metaphysical
with
pittā/
tējas
while
relaxed fingers let
both fluids free flow!

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vyāna-mudrā



VITAL LIFE SPREAD

VasanthiMā's E124 mudrā spl



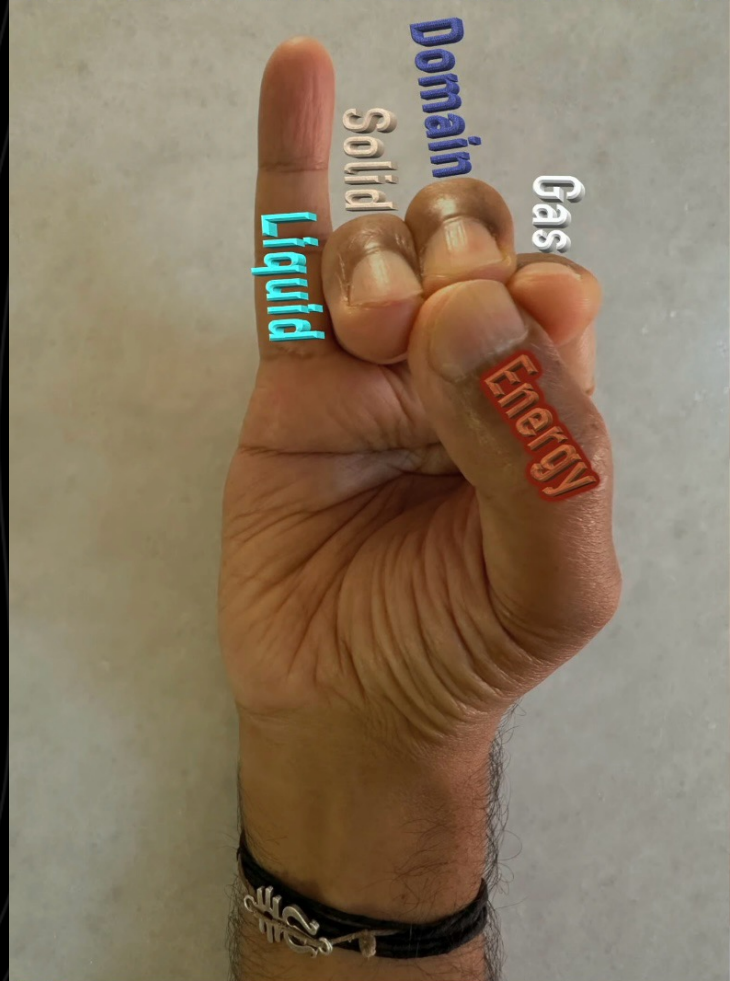
Tips in-touch



kaphā/ojas free run!

[Click here for explanatory video](#)

udāna-mudrā



VITAL LIFE EXCHANGE

VasanthiMā's E124 mudrā spl



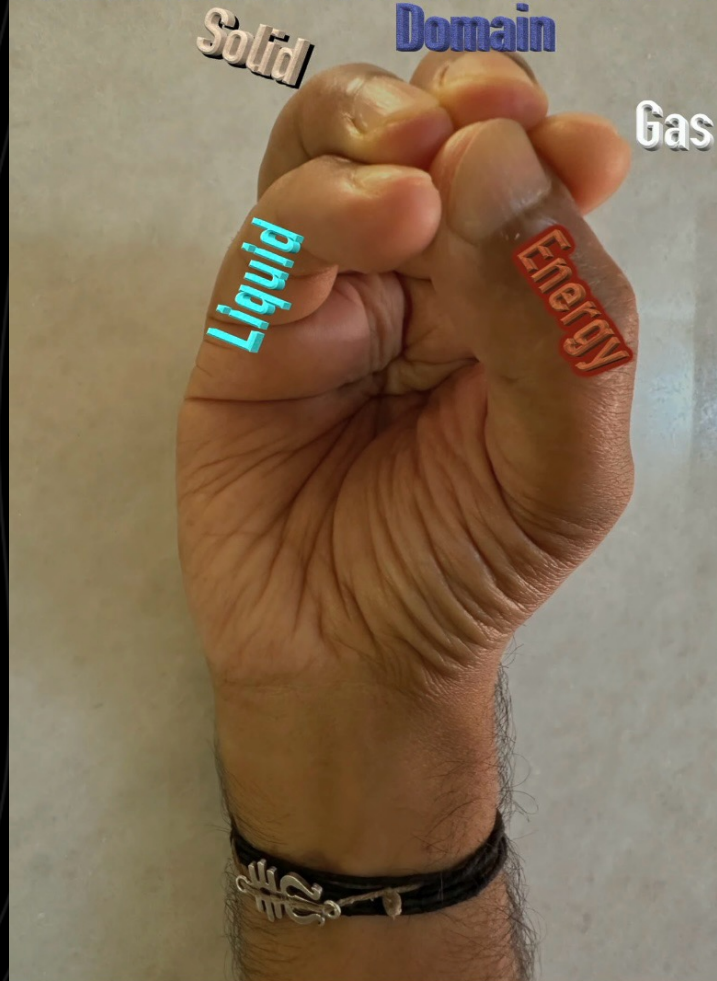
Tips in-touch environmentally exchange



aerospatial prāṇā, solid karmā & fiery jñānā while relaxed pinky oozes enzymes of bhakti!

[Click here for explanatory video](#)

samāna-mudrā



VITAL LIFE PROCESSING

VasanthiMā's E124 mudrā spl



All tips being in touch help



assimilate

everythingness!

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1/5upa-prāṇā



BURP/BELCH/HICCUP/VOMIT...

VasanthiMā's
E124 mudrā spl



nāga prāṇa



Near samāna@
manipūra cakrā

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2/5upa-prāṇā



BLINK/PUPILARY CONSTRICT...

VasanthiMā's
E124 mudrā spl



kūrma prāṇa



Near udāna@
viśuddhi cakrā

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3/5upa-prāṇā

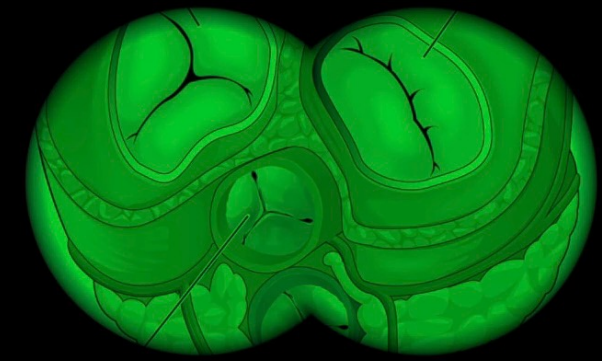


TWITCH/HEART VALVES...

VasanthiMā's
E124 mudrā spl



dhananjaya
prāṇa



Near vyāna@
svādhiṣṭhāna

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4/5upa-prāṇā



SNEEZE/COUGH...

VasanthiMā's
E124 mudrā spl



kṛkara-prāṇa
=gecko



Near apāna
@mūlādhāra

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5/5upa-prāṇā

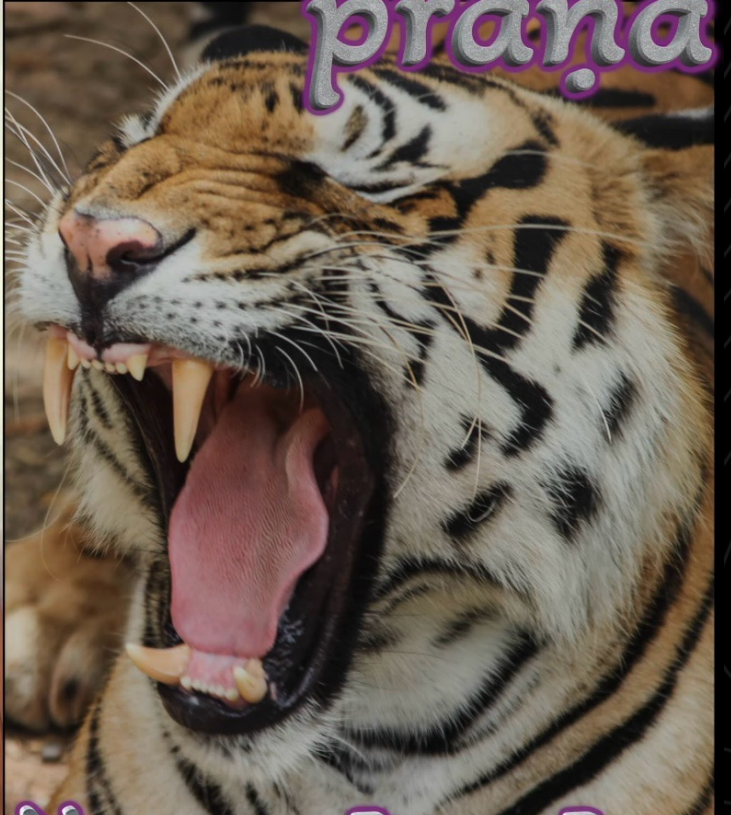


YAWN

VasanthiMā's
E124 mudrā spl

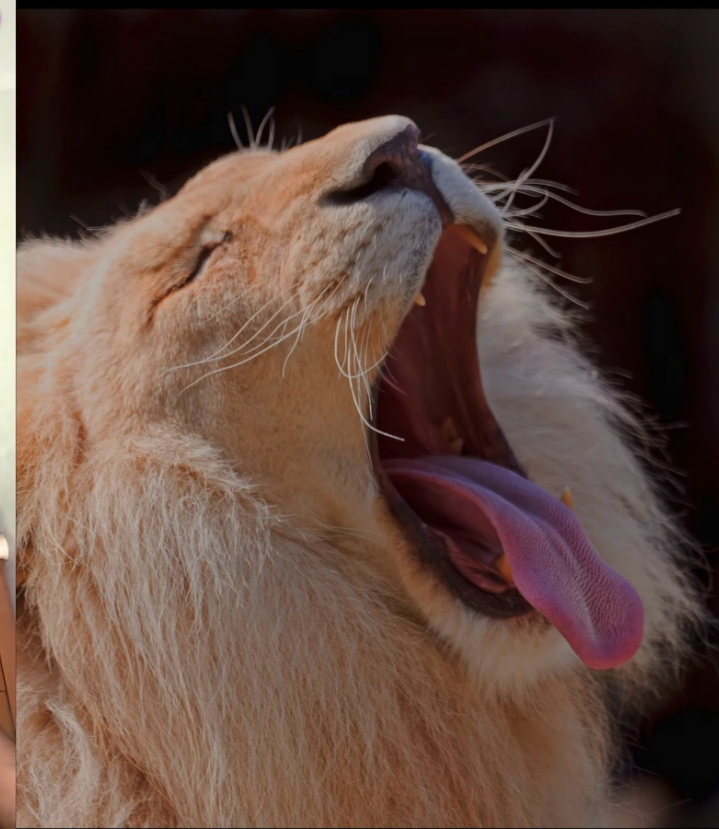


dēvadatta
prāṇa



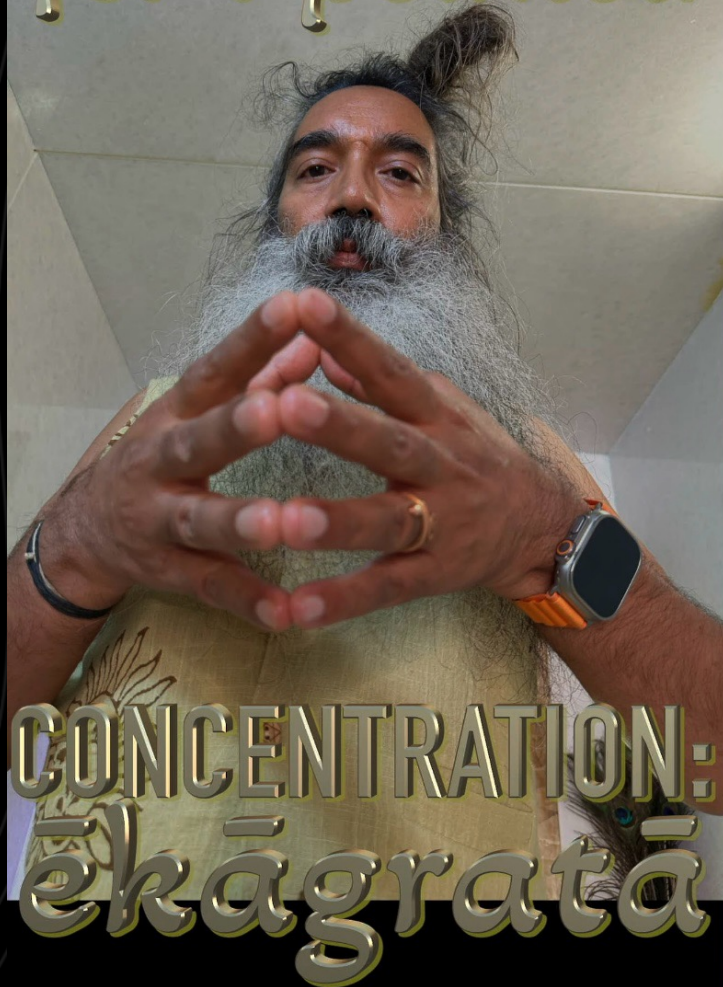
Near prāṇavāyu
@anāhata cakrā

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hākini mudrā
for 1-pointed



CONCENTRATION:
ēkāgratā

VasanthiMā's
E124 mudrā spl



& śravanā:
proactive
listening



as prerequisites for
DEconcentration:
śūnya@dhyānā!

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**hākini mudrā
supplemented**



**BY BLINK-FREE STILL
10-MIN FLAME GAZING:**

**VasanthiMā's
E124 mudrā spl**



**trātakā
to māster 5
upa-prāṇās**



**as prerequisites for
DEconcentration:
śūnya@dhyānā!**

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Prof  DH  signs 
out  of  **VasanthiMā's**
channel  with 
quirky  revelations :



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Prof  DH  signs 
out  of  **VasanthiMā's**
channel  with 
quirky  revelations  !:



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1. Why UP! yours , pee & shit aren't obnoxious gestures in spirituality!?!&



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Why the
 "up yours"
 gesture
 isn't
 obnoxious
 & in fact
 an esoteric
 choice?!

[Click here for explanatory video](#)



VasanthiMā's
E124 mudrā spl

Why the
"up yours"
gesture
isn't
obnoxious
& in fact
an esoteric
choice?!

[Click here for explanatory video](#)



VasanthiMā's
E124 mudrā spl

Why the
"pee"
gesture
isn't
embarrassing
& in fact
a perfect
choice?!

[Click here for explanatory video](#)



VasanthiMā's
E124 mudrā spl

Why the
 "crap"
 gesture
 isn't
 disgusting
 & in fact
 a prudent
 choice?!

[Click here for explanatory video](#)

2. 🙈 Why 🙈 **bhakti** 🙏 ain't 🙈
only 🙈 for 🙈 the 🙈 stupid!?



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தியாகராஜா கைய வெச்சா, அது ராங்கா போனதில்ல.



நான் தாஜா பண்ணி வெச்சா, வண்டி பேஜார் பன்னாதிள்ள.



பெருசு என்றாலும் சிறுசு என்றாலும், சொகுசு என்வேலத்தான்!



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apāna-vāyu mudrā



VITAL LIFE DEFLATION

VasanthiMā's E124 mudrā spl



Tips in-touch balance the



even kriyā drops off!

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VasanthiMā's
E124 mudrā spl

Universally eternal umbilical network

śivā rāmā tyāgarājā śivānandā

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True  love,
 chant  &
 devotion 

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tyāgarājā



éndarō caraṇāṁ 10