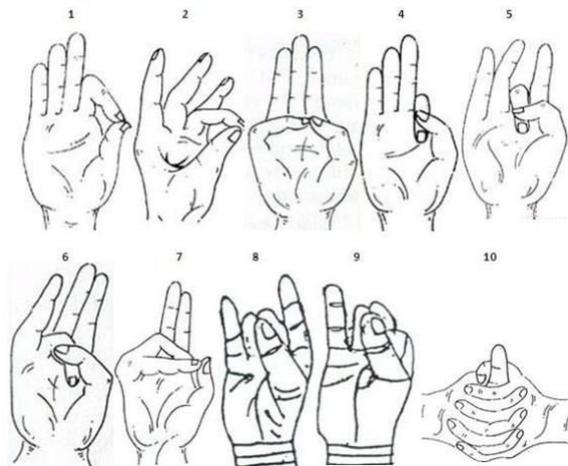




Do you know! Our Hands Have The Power To Heal

We can create different postures from our hands. They are called 'Mudras'. It is said that mudras can influence the physical, emotional, and spiritual energies of our body.

mudras



There are more than 100 known mudras developed by various ancient Rishis and Yogis. Here are 10 the most powerful mudras

1. Gyan Mudra (Mudra of Knowledge)

Use your ring finger to touch the thumb, and keep your other fingers straight out.



Benefits: Improves your creativity, memory, and knowledge. It brings clarity to thoughts and prevents insomnia.

Practice: You can do any time while sitting, standing or lying in bed.

2. Prithvi Mudra (Mudra of Earth)

Use your ring finger and touch the thumb. Keep other fingers straight out.

Benefits: Increases life force, improves your physical and spiritual elements, expands your body functionality

Practice: Can be done at anytime



3. Varuna Mudra (Mudra of water)

Use your pinky finger to touch the thumb & keep other fingers straight out

Helps to retain water, keeps our emotional state balanced, helps during cramps and constipation, while also regulates the menstrual cycle

Do it 3 times/ day for 15 mins

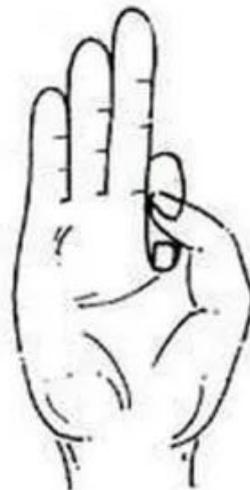


4. Vayu Mudra (Mudra of Air)

How to do it: Use your thumb and wrap it around the index finger. Keep the rest of the fingers straight.

Benefits: Helps during anxiety and stress. If you are impatient and indecisive, you can use it

Do it 3 times/day for 15 mins



5. Shunya Mudra (Mudra of Emptiness)

Use the tip of your thumb and wrap over the middle finger. Keep the rest of the fingers straight.

Benefits: If you have ear pains, you can use this mudra. It also helps to reduce dullness, boost your confidence and mental cognition.

Practice: Do it daily for 40 to 60 minutes. If you have ear pains, do it 4 to 5 minutes daily

6.Surya Mudra

Use the ring finger and bend it by using your thumb.Keep the rest of the fingers straight

Benefits: It helps in stimulating the thyroid gland, improves our digestive mechanisms, helps in weight loss, reducing anxiety and stress.

Do it twice daily for 5 to 15 mins



7.Praan Mudra (Mudra of Life)

Use your ring and pinky fingers. Bend them both to meet the thumb.Your index and middle finger should be kept straight out

It Improves life force, brings stability to our mind, body and spirit. It also improves our immunity

It can be done anytime



8. Apana Mudra (Mudra of Digestion)

Use your middle and ring fingers and bend it under the thumb. Keep your remaining fingers straight up.

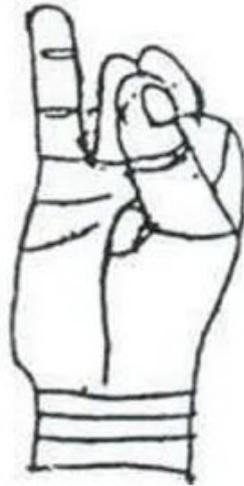
It regulates our excretory system and improves our bowel movements. It also helps in relieving constipation.

Do it daily for 45 mins.



9. Apana Vayu Mudra (Mudra of the Heart)

Use your index finger and bend it to touch the base of the thumb. Your middle and ring finger should bend to touch the tip of the thumb. Keep your pinky straight up.

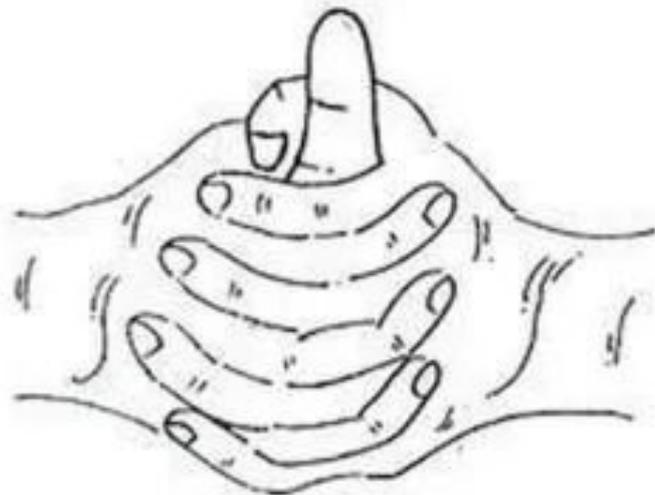


Benefits: Improves our circulatory system. Has the capacity to heal our heart, especially the heartburns. It also can help in reducing gas.

Practice: Do it twice a day for 15 mins.

10. Linga Mudra (Mudra of Heat)

How to do it: Use both your hands for this. Interlock them, except for your thumb of the left hand which should be pointing up. Use your right thumb and wrap it around your left thumb so that it touches the index finger of the right hand.



Benefits: It helps to stimulate the heat of the body, reduce phlegm and congestion. It is also good for our respiratory system.

Practice: You can do it anytime, but don't overdo it.

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