

Mudra Yoga Certificate Course

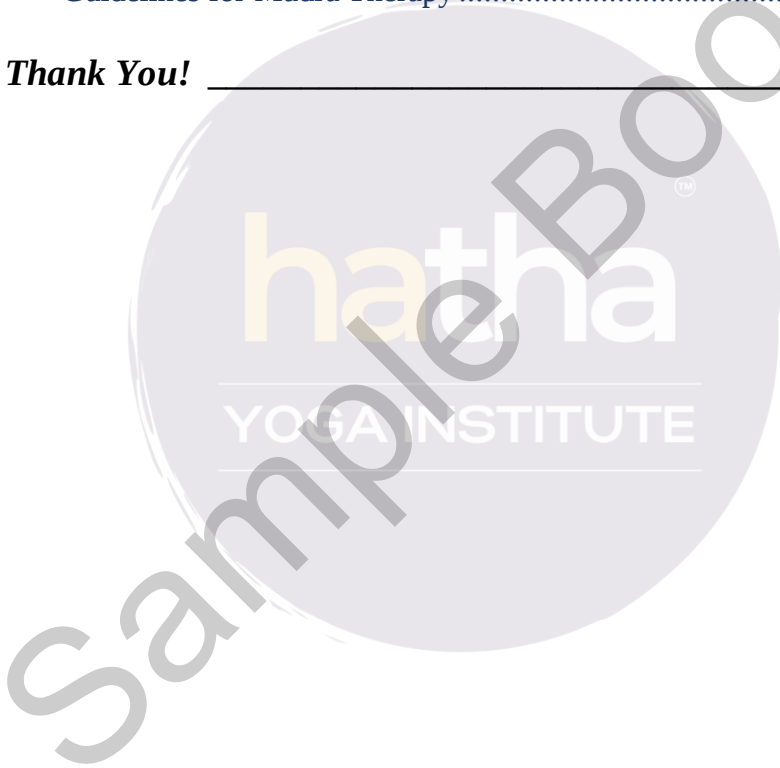


Course Handout



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The Five Elements of Nature

*Modanath sarvadevanam, dravnath papashantate/
Tasmat mudreti sa khyatha, sarva kamarth sadhani||*

*Om Brahma vidapnotiparam/
Tasmadva etasmadatmana aakashassambhutaha/
Aakashadvayuhu/Vayoragni |
Agnerapaha/ Adbhyah Prithvi ||*

The Brahma has been considered as the very first energy of this world. Akash has been emerged from Brahma, Vayu from Akash, Agni from Vayu, Jal from Agni and Prithvi from Jal.

The gross and subtle elements:

The whole universe is composed of five dense or gross elements. These elements exist everywhere and in all things in an infinite variety and proportion – that is why we see such an enormous diversity of life.

Element	Quality	Organ
Ether	Sound	Ears
Air	Touch	Skin
Fire	Sight	Eyes
Water	Taste	Tongue
Earth	Smell	Nose

Properties of the five elements

1. Air – gaseous, light, clear, dry and dispersing.
2. Ether – subtle, that we rarely think about and it is equated to space.
3. Fire – the power of transformation and change; has the quality of heat, dryness and upward movement.
4. Water – liquid, cool, flowing and downward movement.
5. Earth – substantial, heavy, hard and with only little downward movement.

Functions of the five basic elements in the body

All elements are present in the cell membrane, but the earth element predominates, giving structure to the cell.

- The water element is predominant in the cytoplasm, the liquid in the cell.
- The air element is predominant in the gases in the cell.
- The metabolic processes regulating the cell are governed mainly by fire element.
- The space occupied by the cell represents the ether element.

In the Sanskrit language the five basic elements are called as following:

Space	-	Akash
Air	-	Vayu
Fire	-	Agni
Water	-	Jal
Earth	-	Prithvi



Each of these five elements serves a specific important function in the body.

1. Akash (Space)

This is an inactive element that manifests itself in the bodily cavities like the cranial cavity, the paranasal sinuses, the ear cavity the buccal cavity and the abdomen-pelvic cavity as also the spaces within tubular, baglike organs. Akash creates room within the body, so that rest of the elements can act.

Akash is associated with sound and therefore hearing. Ear ailments are relieved by the manipulation of Akash element.

2. Vayu (Air)

This is the element of movement. All movements of the body and within the body, voluntary as well as involuntary are affected by air.

Air is also responsible for our thoughts and emotions and for the movement of the electrical impulses along sensory and motor nerves.

Air is related to the sense of touch and therefore to the skin. Disorders of movements in paralysis or Parkinson disease can be helped by the manipulation of air element.

3. Agni (Fire)

This element is responsible for the body temperature and metabolism.

Fire element works on the alimentary system causing thirst, hunger, digestion of food, assimilation of digested food.

Fire is associated with vision therefore eyes. Disorders like loss of appetite, indigestion and obesity can be helped by the reinforcement of the fire element.

4. Jal (Water)

This element is the constituent of protoplasm, blood, tears, saliva, digestive juices, sweat, urine, semen, cerebro spinal fluid and fat.

Water is related to the taste and therefore the tongue. Without water the tongue cannot recognise various tastes.

Disorders of water metabolism like dehydration or water retention can be helped by manipulating the water element.

5. Prithvi (Earth)

This element is the constituent of body mass, skin, hair, nails, bones, cartilages, muscles etc.

An excess of earth element causes obesity, while a deficiency causes emaciation.

Earth (Prithvi) is associated with the smell and therefore the nose.

Disorders like leanness, lethargy and low immunity can be helped but he manipulation of the earth element.

Primary Function of each Tattwa and corresponding Sense Organs

Elements	Function	Tanmatra	Sense organ
Akash	Space, cavity, room	Shabd	Ear
Vayu	Motion, emotion	Sparsh	Skin
Agni	Temperament, transformation	Rup	Eyes
Jal	Flow, moisture, liquidity	Ras	Tongue
Prithvi	Structure, Strength	Gandh	Nose