

ACKNOWLEDGEMENT

This book MUDRA THERAPY is the result of the efforts of all those pioneers whose very rarely earlier published in the field of MUDRA SCIENCE OF ACUPRESSURE, have influenced the structure and contents in preparing this literature on MUDRA THERAPY. The main players to help with this authentic art are renowned Astrologists and experts of Holistic Science. Though I will like to name each and every person of my office to extend their best possible help in completing this book but in particular I will not hesitate to thank my worthy wife Ms Nishu who in fact always inspired me to primarily devote all my inputs in this accomplished work for the betterment of the society.

Finally I would like to thank all my well wishers and friends for having in some way influenced me for the development of this edition.

PREFACE

I am delighted to have written this book MUDRA THERAPY. It offers a fresh and fascinating approach to educating and informing about MUDRA SCIENCE , with which so many other books on HOLISTIC SCIENCE is no mean feat. In this book, the word of Mudra is explored right from its self understood word till the complete practice of any particular mudra along with its final results on human body. After brief but comprehensive chapters on Mudra, this book consists of an A to Z knowledge of various Mudras with its perfect style and fashion into a beautifully illustrated and lively manner. This book is full of material taken from various sources and guides written by respected experts in this field, each of whom has already published distinct books in the field of astrology. The format of the hardback books is slightly bigger but this book is designed in such a way that it contains all the relevant material which is required for the students and the trade purposes as well. This book is entirely dedicated to the aspirants of various institutes and who really want to be masters and grand masters in the field of Mystical Science. The need for designing the most comprehensive book on Mudra therapy covering almost all the topics of various Mudras prompted me to write this book.

My 12 years of experience of Astrological experience and teaching concerning the same field has been of immense help in understanding the areas where the students of Mystic science normally have more doubts and what their requirements are. Written in simple language, this book can be easily understood by any aspirant or even various astrologers for their advancement. There is an awful lot to like this book as it has got boundless knowledge of Mudras right from the types and properties till its effects on the prime parts of body. But never the less the opinions seem well founded; honesty and enthusiasm mark every page. Some books give an immediate sense that the author is driven by genuine passion and zeal for his

subject. This beautifully presented book is dedicated to guiding the members and professionals of Holistical Science. The author is settled in North India having attended various Seminars and Events and the inspiration to write this book was his own experience of trying to get best out of the huge areas from the maps and guides and the knowledge that was available at that time. There is use of photography also in this book with knowledgeable introduction to various Mudras.

CONTENTS

Originally, Mudra gyan was used only for some rituals, relaxation and deep meditation by Hindus but now Mudra science has become very popular with all the religions. If we go into the depth of Hindu mythology, we shall see that all the God and Goddess have got their individual Mudra. MUDRA THERAPY covers up a vast knowledge of various Mudras and their specific usage pertaining various Ailments. Thinking about growing needs of patients, various knowledgeable facts about Mudra Therapy are included in this creation. Because various aspects are been discussed in this book by me, I decided to divide this book in five units.

The first unit of this book covers up about The Author, Preface, about the book, Table of Contents, and Acknowledgement.

The second Unit of this book covers up the widely discussed topics like “What is Mudra Science, What exactly are the Mudras, Yoga Tatva and Yoga elements of Mudra Science, Various Mudras with tremendous healing powers.

The third unit of this exclusive creation includes very authentic type of Mudras which are very necessary to eradicate various ailments in the body but certainly with precautionary measures e.g. Gyan Mudra, Vasu Mudra, Akash Mudra, Shunya Mudra, Prithvi Mudra, Agni Mudra, Varun Mudra, Apan Vayu Mudra, Apan Mudra, Pran Mudras, Vyan Mudra, and Shivlinga Mudra. I decided to add total method of how to practice complete Mudra activity in a very precise way in this unit only.

Obviously after writing all the aspects in detail, I was still not fully satisfied from the student and teacher’s point of view. Thus I decided to add some more topics which are very necessary for the patients as per the prevailing worldwide trends and increasing ailments in day to day life. Thus the fourth unit of this book has got the complete details of How to practice Yogasanas and its benefits, A brief summary of various Mudras with its one liner description, and the circumstances under which Mudra therapy is not useful. The last i.e. the fifth unit of this book has got the complete glossary meant exclusively for Mudra therapy .