

Oracle

You can use the cards as an oracle in various ways:

- Select a card every morning or every evening.
- Or choose 3 cards; one for the past, one for the present and one for the future.
- Or choose one card whilst breathing out—this shows what you need to let go. Choose another whilst breathing in—this shows what you can do about it.
- Or choose a card when you
 - begin to meditate
 - begin a new project
 - reorganise your life
 - have problems with relationships
 - start on a long journey
- Or take a beautiful bowl and put the cards in it. Choose one whenever you feel the need.



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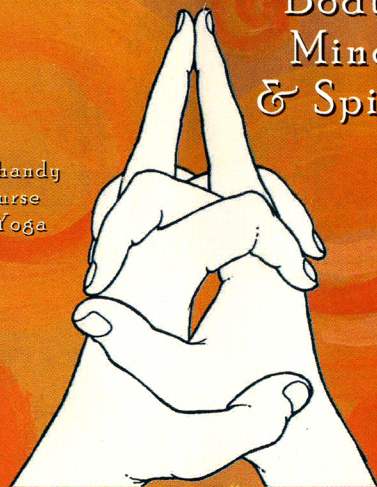
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Gertrud Hirschi

MUDRAS

for
Body,
Mind
& Spirit

The handy
course
in Yoga

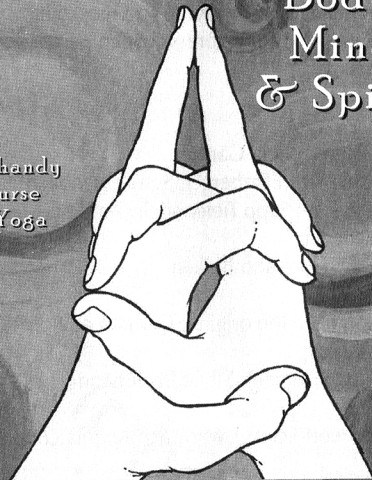
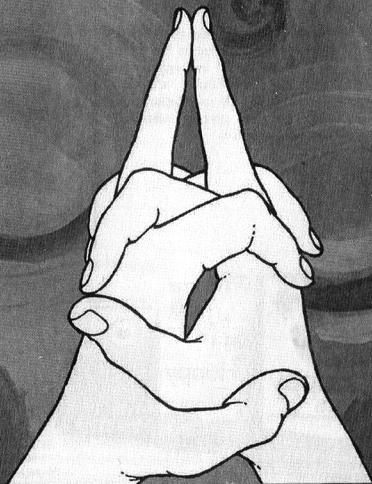


Gertrud Hirschi

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Body,
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The handy
course
in Yoga



Translation of the original edition, 4rd printing

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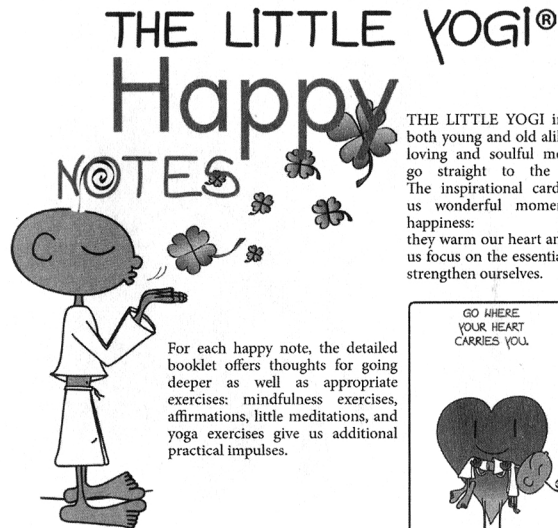
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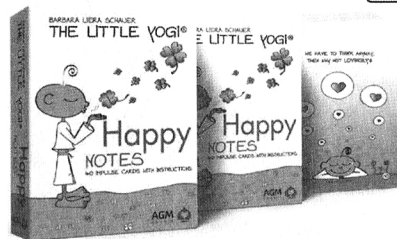
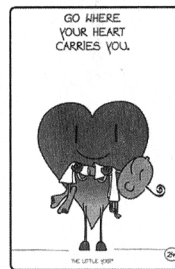
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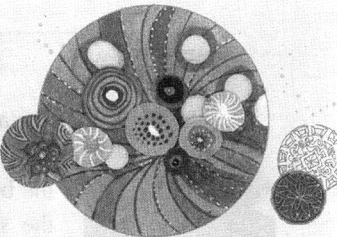
THE LITTLE YOGI inspires
both young and old alike. His
loving and soulful messages
go straight to the heart.
The inspirational cards give
us wonderful moments of
happiness:
they warm our heart and help
us focus on the essentials and
strengthen ourselves.

For each happy note, the detailed
booklet offers thoughts for going
deeper as well as appropriate
exercises: mindfulness exercises,
affirmations, little meditations, and
yoga exercises give us additional
practical impulses.



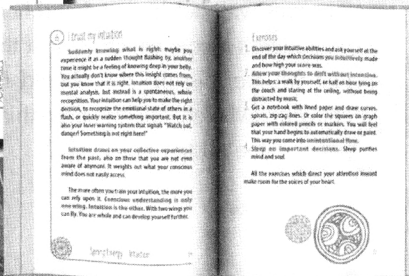
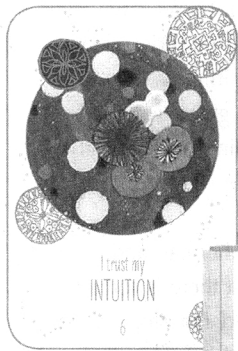
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Circles of Strength



Every life follows a certain rhythm, a cycle. Like nature we experience phases of weakness and phases of power; times of loss and times of fullness. The seasons follow a creation cycle, also day and night, as well as the phases of the moon. In our hectic, challenging daily life we often forget that we are a part of this nature.

The cards "Circles of Strength" are inspirations with which we can come closer to our own rhythm of life, and thereby our own truth. We may allow ourselves phases of weakness, and we may also celebrate our successes loudly and joyfully.



Mudras—special finger and hand position exercises which transform our hands into real 'powerhouses'. The mudras display a correspondence with the more widely known yoga exercises and like them, they help to strengthen the flow of life-energy within minutes; they have a fortifying effect on all levels and reduce stress.

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Gertrud Hirschi

The author Gertrud Hirschi is known worldwide through the books she has written on the subjects of Mudras and Yoga. Her books have been translated into various languages and are even recommended in India. She runs a Yoga school in Zurich and gives seminars in Switzerland and abroad, including one held at the World Economic Forum in Davos.

She lives with her husband and her cat, and on her desk there's a note which says "If there is something that we are missing, this should not stop us from enjoying wholeheartedly everything else that we have". (Jane Austen 1775–1817)

Thanks

I would like to express my deepest gratitude to all the people who have worked on this card deck: Vreni Erzberger who crafted each card with skill and devotion, Ito Joyoatmojo for the beautifully drawn hands, Charles Warcup for his inspired translation into English, Astrid Ogbeiwi who put the final touches to the original German manuscript, and Silvia Bachmann for her excellent and encouraging cooperation and constant support. We made a great team!

Dear reader, I wish you every success and pleasure in using the cards.

Let your hands speak to you!

Listen to their advice,

and you can't go wrong.

You have it in your hands

Dear Reader

What better fate could befall a passionate layer of cards than to be asked to create a deck which covers all her needs and becomes a source of new surprises and adventures in her life? I set to work with alacrity and enthusiasm, choosing the mudras¹, meditating over them and writing down the texts. I hope that this positive attitude and my constructive thoughts wash over you, dear reader; that they encourage you, spur you on, carry you with them, helping you to come to terms with illness, hardship, sadness, fears, and disappointments so that you can once again find enjoyment and fulfilment in the many small and not so small good things of life. Then we can put the stones which lie across our paths to good use: To

¹ 56 mudras come from my own two mudra books, and there are 12 new ones. In making my choice I selected the ones which are best known and for which the effectiveness has been most thoroughly researched.

build better paths, bridges, steps, towers—a shelter to give us protection and security. Or perhaps even a palace in which our inner richness can assert itself, while our true strength and power develop and burgeon to the common good.

Many of the challenges with which we are faced demand all our strength and courage: We want to regain our health, or despite our infirmities be able to lead a good life; we have to take momentous decisions and find hidden solutions. With the right inner attitude ALL of this is possible. The mudras help us—rather like an anchor sometimes, or a bridge, or a door to our inmost kernel, to where our real strength lies which can master any amount of difficulty. There are many ways of tackling a mountain of problems: We can use its rock to build something new; we can climb up it to gain a new perspective; we can go the long way round (“The path itself is the goal.”) or dig a tunnel into it, get to the bottom of things. The mudras and their symbols show us solutions and paths.

Windpipe 23, 33

Worry 25

Y

Yampasham mudra 40

Yearning 67

T

Thankfulness 16
Thyroid gland 33
Time mudra 57
Tiredness 6, 9, 11, 27
Tolerance 2, 17, 52
Transformation 58
Trust 8, 21, 29, 45, 48

V

Vajra mudra 6
Vajrapradama mudra 47
Varhakam mudra 58
Vayu mudra 26
Vismaya mudra 65
Vitality 5, 6, 9, 11, 39
Voice 23

W

Waves mudra 55
Wealth 59
Wheel of Life mudra 64
Wind mudra 26

With this in mind I wish you nothing but the best, joy and great success.

Your *Jeffrey Mishri*

Basics

‘A seal which brings joy’—you can think of this as a free translation of the ancient Sanskrit word ‘mudra’. We know little about the exact origin of the gestures now described by the word. What we can be sure of is that mudras have been used for healing purposes in eastern cultures for centuries and that they are used today throughout the world as a part of prayer and ritual practice. Both Hindu and Buddhist tradition have it that the bodily poses and gestures of the deities—symbolising specific aspects of their power—are imbued into the people who pray and meditate in front of them. The best known of these signs is the gesture of blessing, which also incorporates the mudra of fearlessness. A person praying before the deity loses his fear and anxiety and his renewed trust allows him to face life again with confidence. Of

course, the same process happens in us when we practice the mudra ourselves in order to focus our attention on the strength inherent within us. Try it and see!

Oracle

You can use this card deck—as you can any other—as an oracle if you wish.

**Shuffle the cards,
close your eyes, and pick a card.**

The cards will show you where there is a lack and how this can be changed; where there is a surfeit and how this can be rebalanced; how you can take decisions; how to find the way back when you have lost your way. Of course, it only works if you really act on what you find out—no ifs and buts, no half measures. Do exactly what the card shows you and you can't go wrong. But no cheating!

Sensuality 15
Sexual organs 15, 21, 55
Sexuality 15
Shaakini mudra 33
Shaking limbs 26
Shakti mudra 21
Shankh mudra 23
Shell mudra 23
Shunya mudra 56
Sinuses, frontal 59
Skin 51
Spiral mudra 67
Spirits, low 9, 24, 47, 53, 68
Spleen mudra 25
Stability 2, 11, 43, 57
Stomach 36, 37, 44
Stomach mudra 37
Stress 14, 54, 57, 67
Superiority 38
Surabhi mudra 31

Performance mudra 61
Perseverance 2, 11, 43, 57
Pick-me-up mudra 27
Pran mudra 2
Priorities 41, 57
Prithivi mudra 11
Protection mudra 29
Purging mudra 41
Purity 50

R

Rage 38
Reason 40
Relaxation 46, 54, 55, 62
Relaxation mudra 46
Rheumatism 26, 31

S

Saraswati mudra 19
Savitur mudra 24
Sciatic nerve 26
Security 20, 21, 45, 48
Self-confidence 4, 60, 61

You can choose cards daily, or weekly, or on specific occasions. In order to let your subconscious tune in better, it helps to make a ritual out of these sessions. Keep the cards wrapped in a silk cloth which you only use for this purpose. When you want to consult them, spread the cards out on the cloth, close your eyes and choose a card. You may wish to do as the Balinese do, namely to ask the four elements for assistance by placing a lighted candle (fire), a glass of water, a favourite stone or crystal (earth), and an empty bowl (air) around the cards. After the session place the candle in the bowl, allow the candle to burn out completely and drink the water.

I use the cards in this way myself from time to time, but only with great care. I seldom ask what the future has in store, but I often ask what a particular situation has to teach me, where and what the best solution may be, and above all what I myself can contribute towards resolving the issue—by altering my inner attitudes within myself and by my outward actions (or by refraining from action).

Using the mudras

It is really very easy to use the mudras:

Make sure you are in an upright and relaxed posture and put your hands or just your fingers together.

It feels as if magnetic attraction is keeping your hands—or your fingers—together.

It doesn't matter if at first you use one hand to position the fingers of the other. If you find an exercise tiring, take a break. You can lower your arms and allow fingers and hands to relax.

Depending on the situation you can practise the mudras in differing positions:

Standing: Place your feet as wide apart as your hips and bend your knees slightly.

Walking, for instance on the way to the bus stop or while walking through the woods: Try to maintain a regular, smooth pace.

Sitting: Adopt your usual meditation pose or sit on

Nerves 34, 54, 57

Nervous system, vegetative 32, 37, 67

Nervousness 34

New beginning 11

Nirvan mudra 67

O

Objective 1

Openness 2, 17, 52

Opportunity 11, 28, 59

Optimism 2, 11, 45, 47, 48

Order 42

P

Pain 31

Panava mudra 66

Pancreas 25, 44

Panic attack 4

Patience 2, 11, 43, 57

Patience mudra 43

Peace, inner 2, 18, 23, 34, 64

Pelvic area 12, 15, 21, 55

Pelvis mudra 12

M

Magic 65
Makara-Sadaha mudra 49
Matangi mudra 44
Matsayam mudra 5
Meaning of life 1, 66
Meditation mudra 30
Melancholia 24
Memory 9, 18, 19, 28
Menopause 12
Menstruation problems 12
Mental agility 6, 9, 49, 58, 68
Mobbing 29
Moderation 36
Mood swings 2, 24, 33, 51
Mushti mudra 38

N

Naga mudra 62
Nails 51
Narayana mudra 11
Neck 33, 56
Neck mudra 33

the edge of a chair with your back straight and both feet firmly on the ground. (This helps to sustain the flow of calming and strengthening earth energy.)

Lying on your back (in the evening, in the morning, or when you are confined to your bed): The energy flows best if you place a cushion under your head and your knees. If you can't lie on your back, the side position will do as well.

The question as to how often you should do the mudra exercises and how long you keep the respective position in order to let it take effect varies from one person to another. So you will find that there are no concrete recommendations on the cards.

Hints for beginners:

- When you are just taking a minute for a quick 'refresher mudra', keep the position for 7, 14 or 21 breathing cycles.
- When addressing **acute** symptoms, keep the position as long as is needed to achieve the desired effect.

- In **chronic** cases use the appropriate mudra for about 15 minutes 3 to 4 times daily—in the morning, at midday, and in the evening.

To deal with **chronic complaints** it is important to practice the mudra regularly over a fairly long period of time at the same times of day and in sessions of roughly equal length.

Dawn is a very special time for practising mudras. Yogi masters say that yoga exercises performed before the sun rises are the most powerful. That is a good way of using periods when you can't sleep!

Perhaps you would like to bring about a change in the **spiritual-mental sphere**, for instance to help develop a particular character trait or mental attitude. To this end you should practise the mudra over 21 days, three times per day for 7–21 minutes. The same goes for mudras designed to improve your ability to learn (as medical research has shown to be possible). In this case the brain has to develop new structures, a process which takes about 3 weeks.

Kubera mudra 59
Kundalini mudra 15

L

Letting go 41, 49, 50, 62
Level-headedness 18, 40, 44, 47
Life mudra 2
Life, meaning of 1, 66
Life, Wheel of mudra 64
Limbs, shaking 26
Linga mudra 16
Liquid mudra 17
Liver 32, 43, 44, 51
Liver mudra 32
Longing 67
Love 3, 30
Low spirits 9, 24, 47, 53, 68
Lungs 22, 13, 16, 28
Lungs mudra 22
Lymph system 17, 55

Hormone production 67, 68
Hyperactivity 54

I

Immune system 16, 35, 54
Imperturbability 32, 43, 44, 51
Inflammation 31
Inner awareness 56
Inspiration 19
Intention 26
Intestine mudra 50
Intestine, large 40
Intuition 23

J

Jaw 33
Jnana-Chin mudra 68

K

Kapittha mudra 29
Kidney mudra 45
Kidneys 13, 17, 44, 45
Knowledge mudra 68

During periods of depression the brain reduces its capacity—but the good news is that it can recover from this and restore itself. This process takes about 3 weeks as well. It's worth remembering that an active brain means not only better concentration and learning ability, not only a better memory, but also an increased production of hormones which bring about a sense of well-being. So now you know!

Hints from the 'old hands':

- The effect of the mudras will be stronger if you make sure that there is plenty of fresh air and you drink a large glass of water beforehand.
- Give your hands a thorough massage: massage each finger, the backs of your hands, the palms and your wrists. Then form the mudra.

What kind of mental processes help?

- First concentrate fully on the hand massage.
- Afterwards, form the mudra and then concentrate on the areas where your fingers or your hands are in contact with each other for a few seconds.
- Then focus on your breathing ...

- ... or let your imagination take you somewhere ...
- ... or repeat the affirmation in the rhythm of your breathing.

If you like, you can concentrate the whole time on your breathing—or concentrate on 10–15 breathing cycles and then let your imagination take over—and/or use affirmations.

Or perhaps you would prefer to contemplate over the topic at issue. If so, please try to do this in a positive way, searching for causes and for real solutions.

Mudra-Meditation

The practice of mudras always involves a form of meditation. As you can see, meditation is a very simple thing. Make a holy/healing ritual out of it.

When you practise mudras in some clean and pleasant room or place in an atmosphere of peace, their effectiveness on all levels is increased greatly.

Fire mudra 7
 Fish mudra 5
 Fist mudra 38
 Flames mudra 10
 Flatulence 26, 36
 Flexibility 55
 Flow mudra 14
 Freedom, inner 53
 Friendship mudra 13

G

Garuda mudra 53
 Granthitam mudra 48

H

Hair 51
 Hakini mudra 28
 Harmony, inner 23, 44, 58, 68
 Head 40
 Healing 31
 Heart 3, 13, 20, 44
 Heart mudra 3
 Heavens mudra 56

Devotion 3, 30, 68
Dharmachakra mudra 64
Dhyani mudra 30
Digestion mudra 36
Discipline 14, 41, 42
Drive 5, 6, 9, 11
Dropsy 17
Drum mudra 34
Duodenum 44
Durga mudra 4

E

Ears 44, 56
Earth mudra 51
Effortlessness 6
Energetic blockages 41
Enthusiasm 11
Equanimity 2, 24, 33, 51, 58, 64
Eyes 2, 17, 44

F

Fairness mudra 63
Fears 4, 7, 8, 29

You can also use other elements to increase the beneficial effects, such as music, colours, crystals, aromas, etc. Bear in mind that your subconscious is especially susceptible to repetitive sequences, so it is wise not to change the way you employ these aids too often. If you wish to achieve a positive, healing effect for your body, mind or spirit by using mudras, you will usually find that this requires a proper 'cure' in which you need to keep at it for some time and exercise a little discipline.

- Music—Play an appropriate piece or simply your favourite.
- Singing—Singing helps to draw out hidden aspects.
- Dancing—Dancing is an expression of energy and lightness.
- Colours—of clothing and nearby objects (candles, cushions, scarves, etc. have an influence on one's mood and produce a healing and regenerative effect.
- Stones and crystals—held in the hand or just close by, exercise their own special influence.

- Aromas—stimulate the cerebellum, the part of the brain which has to do with your own healing and regenerative powers and has a positive influence on feelings and thoughts.

Breathing

Conscious, slow, rhythmical and careful breathing improves the effects of any mudra. Healthy breathing has a calming, relaxing, and strengthening effect, redressing imbalances caused by over- and under-function in organs and other parts of the body.

The two pauses which come after you have inhaled and after you have exhaled are particularly important. During the pause after you have taken a breath more oxygen can enter the blood, oxygen which is essential for every cell and for the brain and also plays an important role for every kind of mood. The pause following breathing out is the time in which fine inner energy networks are established.

Always breathe through the nose.

Charisma 10
 Cheerfulness 22
 Chest complaints 3, 13, 20, 44, 53
 Circulation 1, 5, 6, 10, 49
 Circulation mudra 6
 Colds 16, 59
 Commitment 7
 Composure 14, 30
 Concentration 9, 28
 Confidence 2, 11, 45, 47, 48
 Connectedness 35, 58, 68
 Consolation 48
 Cool-down mudra 54
 Courage 4, 8, 29
 Courage mudra 8
 Cow mudra 31
 Cramps, abdominal 12, 50
 Curiosity 32

D

Decision 62
 Depression 9, 24, 47, 53
 Detoxification 41, 49, 50

B

Back 5, 10
Balance, inner 44, 63
Bee mudra 35
Beginning, new 11
Bhramara mudra 35
Bladder 17, 44, 49
Bladder mudra 49
Blockages, energetic 41
Blood pressure 5, 10
Bodily warmth 43, 45
Bones 31, 51
Brain activity 18, 19, 28
Breathing difficulties 52
Bronchial tubes 16, 22, 52
Bronchial tubes mudra 52
Budhi mudra 17

C

Catarrh 16, 59
Centredness, inner 7, 58, 63
Certainty, inner 7, 29
Chance 11, 28, 59

Take a deep breath and feel how your abdomen and your breast expand. Hold your breath for two or three seconds and then breathe out slowly by contracting the abdominal wall a little. Now wait patiently and let the next impulse to breathe come naturally—then breathe in deeply again—and so on—and so on ...

You breathe in your own, individual rhythm and your breathing remains deep, regular, slow, and calm.

- Breathe in deeply.
- Hold your breath for 2–3 seconds.
- Breathe out deeply, thoroughly.
- Wait patiently for the next impulse to breathe in.

Hints from the 'old hands':

- If you would like to experience a refreshing effect with a mudra, intensify the inhalation and lengthen the pause which follows.
- If you would like to relax and calm down, extend and intensify the exhalation and make the following pause a little longer.

- If you would like to improve your inner balance, make sure that you breathe in and breathe out to equal degrees.

Think positive!

Usually the mudras are performed in order to get rid of something negative which is bothering one or in order to make up for some lack which one is experiencing. Unfortunately, this can have just the effect of concentrating our attention on that which we want to lose or on that which is missing. In this way we give the thing which we don't want or the thing which is plaguing us extra energy.

Therefore let your imagination dwell rather on what you would like to have, like to do, or like to be. Picture your present and your future as you would like it to be, namely pervaded with satisfaction and fulfilment. Does that make sense?

You can tell your thoughts to concentrate themselves

The index contains English and Sanskrit names (if there is one) as well as sub-themes, so there are several different paths which lead to a particular card and it is easy to find your favourites.

A

Acceptance 12

Aditi mudra 42

Agility, mental 6, 9, 49, 58, 68

Aim 1

All organs 1

Allergies 35

Anger 37

Annapura mudra 20

Anti aging mudra 39

Anti stress mudra 14

Anticipation 32

Anxiety 4, 7, 8, 29

Apan mudra 41

Apan Vayu mudra 3

Arthritis 26, 31, 51

Atmanjali mudra 18

Attachment 35, 58, 68

Finding the right Mudra quickly

It's quite simple:

- If you feel you could use more energy or strength or need a pick-me-up, look for the right mudra amongst the red or orange/red cards.
- Mudras for mental alertness can be found in the yellow set,
- mudras for inner equilibrium and harmony in the green set,
- mudras for calm, relaxation and a sense of security in the blue set,
- whilst the violet set contains cards which have to do with the areas of transformation, change and spirituality.

The following index contains keywords which lead you straight to an appropriate mudra. The red cards are numbered from 1 to 10, the orange/red cards from 11 to 22, the yellow ones from 23 to 31, the green ones from 32 to 44, the blue ones from 45 to 57 and the violet ones from 58 to 68.

on what you wish for or on something neutral, for instance on your breathing.

Remember, sometimes it takes some time before one can manage to see a situation in a positive light or picture oneself restored to health (I know, I've had lots of experience!). But it is worth persevering: Leave the negative thoughts to themselves, keep your focus on the positive thoughts!

Affirmations and Imaginations

Affirmations and imaginations represent pure and simple brain-training. They help to improve one's concentration and stimulate activity in many areas of the brain. The positive **affirmations** which are associated with each mudra can be altered to fit, so to speak, perhaps even shortened until they consist of just one word. They can be whispered, spoken, sung, or, if the need arises, shouted out loud. You can even try to say them inwardly without a sound—perhaps even with an echo effect. That's the sort of thing that gets your brain cells dancing!

The 'imagination seeds' on under the images on each card have a dramatic effect on the brain. They, too, are phrased in a general way so that they can be changed according to circumstances. Each card colour has its own particular effect on the brain. Try to use all your senses: your inner eyesight, hearing, sense of smell, taste, and touch. Images with a lot of action raise your noradrenaline, dopamine and acetylcholine levels (these are all 'feel good' hormones). If the picture has a soothing and relaxing effect, this is because it activates the 'happiness' hormones endoalium and serotonin.

Effects

As well as each mudra having a specific effect, they all exercise a generally regenerative and healing influence.

- Neck, lungs, and heart benefit.
- Hand reflexology zones are activated.
- The meridian flow is stimulated.

open ourselves to accept it. It is always worth the time to use the mudras!

**Take your life in your hands
and make the best of it.**

**For informations on workshops etc. visit my
website at www.gertrudhirschi.ch**

Also by Gertrud Hirschi:

Mudras—Yoga in Your Hands. Red Wheel/Weiser Books

Recommended Reading

Keshav Dev, Acharya: Mudras for Healing. New Delhi 2001.

Mesko, Sabrina: Healing Mudras—Yoga for Your Hands. New York 2000.

Mesko, Sabrina: Power Mudras. New York 2002.

Toki, Horiou, M.: Si-Do-In-Dzou. Paris 1899.

My wish for You

My wish is that the mudras contribute to your awareness of the cosmic light around you. Let the light illuminate the past, reduce what is burdensome and make what is good a radiant memory. Let it shine into the future and give you faith, hope and confidence. Let it light up your way and bestow on you joy, peace, and effortlessness.

The yogis teach that one should spend one's whole life learning to act with appropriateness. When one opens one's hands, time and again, one can let go of what is old, worn, no longer needed. And then the empty hands can receive the very special riches which the Universe has in store.

The mudras give us calmness and clarity. We see what is really at the bottom of things—and also we can perceive what is no longer necessary, what is unimportant. The mudras remind us again and again that we are connected with higher spheres, and that we can receive support, consolation and help if we

- Acupressure points are stimulated.
- The vegetative nervous system is stimulated.
- The brain activity is stimulated.
- The production of 'feel good' hormones is increased.
- Inner strength is generated.
- Unhealthy stress is reduced.

As I have already mentioned: Each mudra exercise is also a meditation. A recent study carried out at the University of Wisconsin in Madison has shown that a daily 20-minute session in which one engages in inner contemplation brings concrete, measurable benefits. It has a beneficial effect on the cardiovascular system, reduces sleeping difficulties, relieves gastro-intestinal problems, and vitalises the immune system. After only 8 weeks a significant increase in the antibody count was recorded amongst the people tested.

Handology

It is interesting and worth finding out all the surprising things which are hidden away in our hands and fingers. What the ancient Eastern sages found out ages ago is now being researched and confirmed by modern science. We can use this knowledge at any time to perform useful exercises, by massaging or simply holding a particular finger or part of the hand.

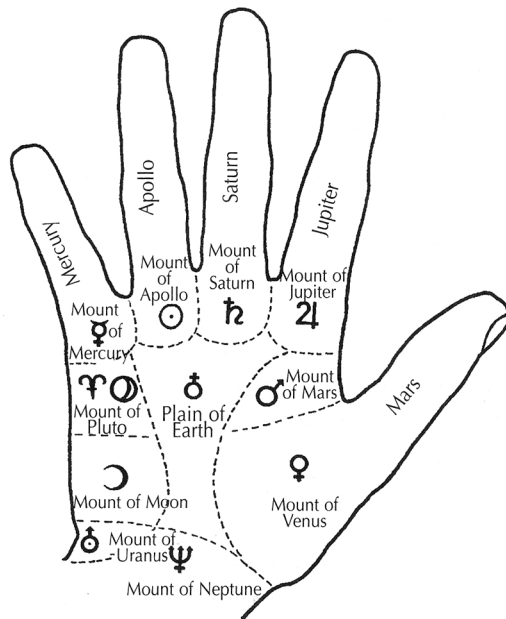
One's 'character' can be found in one's fingers.

Thumb: willpower, power of self-assertion, sexuality, intuition

Index finger: self-esteem, independence, desire for recognition, ambition, authority, self awareness, intellect, inspiration, forward vision

Middle finger: vigour, materialism, rationalism, perseverance, responsibility, conscientiousness, sense of duty, stability, withdrawal and reflection

Ring finger: sense of beauty, creativity, sensuality, idealism, warmth and sincerity, enjoyment, ability to maintain spiritual relations, relationship to surroundings

Astrology³

3 For more assignments see my Mudra book.

The ayurvedic tradition assigns the elements to the fingers thus:

- little finger—water
- ring finger—earth
- middle finger—the heavens (ether)
- index finger—air
- thumb—fire

Jin Shin Jyutsu is an ancient Japanese harmonising technique which was further refined by Jiro Murai and is today being applied successfully in the West as well. When one perceives a negative or unpleasant feeling or state, Jin Shin Jyutsu recommends holding a particular finger according to the following scheme:

- little finger—for confusion, frustration, delusion
- ring finger—for sadness, loneliness, melancholia
- middle finger—for anger, rage, irritability, restlessness
- index finger—for fear, anxiety, a sense of unease
- thumb—for worry, concern

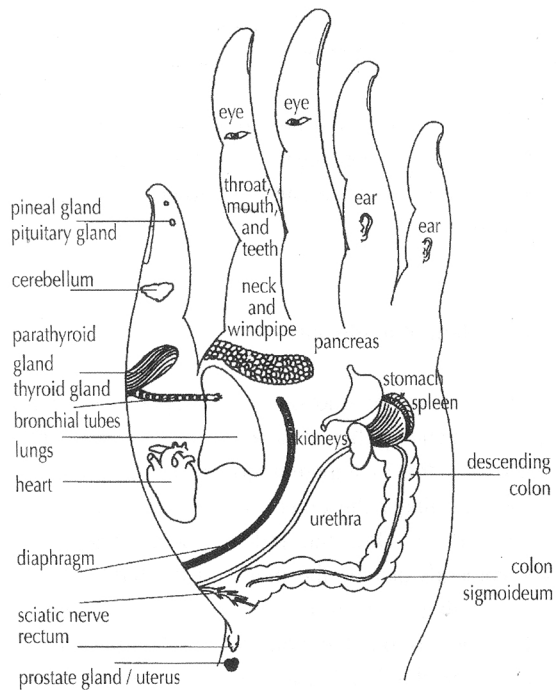
Little finger: intellectual communication, rhetoric, logic, thirst for knowledge, mental agility, head for business, perceptiveness, adaptability, sexuality, spirituality

The illustration on the next page shows the correspondence between organs and other parts of the body with parts of the hand according to the Taoist tradition.

The system of meridians:

When an organ or functional system appears to have too much energy, then stroke the relevant finger from the base to the tip. If there is too little energy present, stroke the finger the other way round, from tip to base. Keshav Dev, the Indian mudra specialist, recommends placing the thumb at the base of the relevant finger where too much energy is present; where there is too little, hold the thumb to the tip. Always use the thumb you find it easier to practise with.

The inner surface of the hand



The inner surface of the hand

