36 ทูยฝาต



Abhaya mudra

Keyword: protection Affirms protection and makes morally stronger



Apan vayu / Mritsamjivani

Keyword : life saver Strengthens and heals the heart, regulates heart complications. ahata chakra



Atmanjali / Prāna mudra

Keyword: devotion Promotes meditation, brings calm, peace, and harmonizes energies.



Bhudi mudra

Keyword: Water Regulates bodily fluids, improves the sense of taste. Linked to the element water



Phupphusamocana / Bronchial

Fights excessive sensitivity, sadness and fears; regulates breathing and increases lung capacity



Chin

Keyword : knowledge Harmonizes body, mind and soul; releases tensions



Dharmachakra

Keyword: wheel (dharma) Brings balance and harmony between inside and outside, allows to understand the eternal change



Dhyani

Keyword: meditation Promotes letting go and meditation; appeares the senses



Ganesh

Keyword: obstacles overcome Heart stimulant, promotes confidence and courage, develops the qualities of compassion and solidarity Linked to the 4th Anahata chakra



Garuda

Keyword: bird Stimulates blood circulation, reduces pain, provides a comprehensive view of the outside world



Hakini

Keyword: concentration
Promotes concentration, creativity,
the work of the mind, management,
breathing. Linked to the 6° Ajna chakra



Jnana

Keyword: awareness Harmonizes body, mind and soul; in relation to the heart; frees from the spiritual disorders



Kalesvara

Keyword: time

Calms thoughts and tempers emotions; avoids the need for ruminating or brooding; helps to free oneself from an addiction



Ksepana

Keyword: dump Stimulate the elimination of the large intestine, sweat, elimination of polluted air, Remove tensions.



Kubera

Keyword : wealth Promotes goals to be achieved and desires to satisfy, cleanses the sinuses



Kundalini

Keyword: spiritual awakening Create the union between the individual soul and the soul cosmic, unites together opposites, activates sexual energies



Linga

Keyword : immunity Stimulates the immune system Strengthens bronchial tubes and lungs



Mahasirs

Keyword : head Calms eye and neck tension, frees the sinuses



Matangi

Keyword : inner harmony Strengthens the heart, liver, stomach, reduces the risk of liary and digestion problems



Mukula

Keyword: spout (pourer) Vehicles the regenerative energy of healer; for all types of treatments



Naga

Keyword: wisdom snake Helps solve everyday problems and provides answers on the spiritual path.



Padma

Keyword: purity Brings purity of heart and nobility of feelings: promotes caring and communication Linked to Anahata chakra



Pran

Keyword : life Activates the 1st Muladhara chakra. Increase vital energy and reduces fatigue and nervousness, increases endurance and sertiveness, gives the courage to start mething new



Prithivi

Keyword: Earth increases the energy of the 1st chakra Muladhara. Increases the sense of smell



Pushan (right hand)

Supports the vegetative system and regulates elimination from the body



Pushan (left hand)

Keyword : food Detoxifying; regulates the liver, spleen, the bladder



Rudra

Keyword : rebalance Reinforces the Earth element, helps to refocus, to settle down, to think calmly. Stops the loss of vital energy. Linked to Manipura chakra



Shakti

Keyword: life energy Soothing and regulating total breathing; brings relaxation of mind and body. Linked to Svadhisthana chakra



Shankh

Keyword: divine breath Stimulates the throat and vocal cords. Promotes a clear and firm expulsion



Shivalinga

Keyword: strength Fight against tiredness, dissatisfaction, depression, overwork, promotes renewal



Ushas

Keyword: root Keyword: root Harmonizes the hormonal system Orients the energy of the 2nd chakra Svadhisthana to the upper chakras



Uttarabodhi

Keyword: enlightenment Promotes the heart and lungs, harmonizes body and mind, helps to find a idea, connects the being to its environment Linked to Sahasrara chakra.



Vaira

Keyword : lightning Promotes blood pressure, spleen, pancreas, and the stomach; brings some dynamism



Vajrapradama

Keyword: trust Appaises and consolidates self-confidence. Appaises the mind through a connection to the cosmic consciousness.



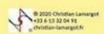
Varuna

Keyword: liquids Promotes the elimination of secretions, secretions, and fouling of the organism. Calms inner tensions, fears and irritations



Vavu

Keyword: air / wind otes the elimination of gases excessive in the body



Thumb Index finger Middle finger Ring finger Uuricular

Fire Ether Earth Water 3rd chakra Manioura 4th chakra Anahata 5th chakra Vishuddha 1st chakra Muladhara 2nd chakra Svadhisthana

Mars Jupiter Saturn Wenus Mercury

Assertiveness, vitality, exteriorization Pondering, judgment, valorization, travel Responsibility & self-control, weighting, rigidity Relationship to others, emotions and affections Communication, mind, movements