

36 मन्त्रेन्द्र

 <p>Abhaya mudra Keyword: protection Affirms protection and makes morally stronger</p>	 <p>Apan vayu / Mritsamjivani Keyword : life saver Strengthens and heals the heart, regulates heart complications. Anahata chakra</p>	 <p>Atmanjali / Prana mudra Keyword : devotion Promotes meditation, brings calm, peace, and harmonizes energies.</p>
 <p>Bhudi mudra Keyword : Water Regulates bodily fluids, improves the sense of taste. Linked to the element water</p>	 <p>Phupphusamocana / Bronchial Keyword : lungs Fights excessive sensitivity, sadness and fears; regulates breathing and increases lung capacity</p>	 <p>Chin Keyword : knowledge Harmonizes body, mind and soul; releases tensions</p>
 <p>Dharmachakra Keyword : wheel (dharma) Brings balance and harmony between inside and outside, allows to understand the eternal change</p>	 <p>Dhyani Keyword : meditation Promotes letting go and meditation; appeases the senses</p>	 <p>Ganesh Keyword : obstacles overcome Heart stimulant, promotes confidence and courage, develops the qualities of compassion and solidarity Linked to the 4th Anahata chakra</p>
 <p>Garuda Keyword : bird Stimulates blood circulation, reduces pain, provides a comprehensive view of the outside world</p>	 <p>Hakini Keyword : concentration Promotes concentration, creativity, the work of the mind, management, breathing. Linked to the 6th Ajna chakra</p>	 <p>Jnana Keyword : awareness Harmonizes body, mind and soul; in relation to the heart; frees from the spiritual disorders</p>
 <p>Kalesvara Keyword : time Calms thoughts and tempers emotions; avoids the need for ruminating or brooding; helps to free oneself from an addiction</p>	 <p>Ksepana Keyword : dump Stimulate the elimination of the large intestine, sweat, elimination of polluted air. Remove tensions.</p>	 <p>Kubera Keyword : wealth Promotes goals to be achieved and desires to satisfy, cleanses the sinuses</p>
 <p>Kundalini Keyword : spiritual awakening Create the union between the individual soul and the soul cosmic, unites together opposites, activates sexual energies</p>	 <p>Linga Keyword : immunity Stimulates the immune system Strengthens bronchial tubes and lungs</p>	 <p>Mahasirs Keyword : head Calms eye and neck tension, frees the sinuses</p>
 <p>Matangi Keyword : inner harmony Strengthens the heart, liver, stomach, reduces the risk of biliary and digestion problems</p>	 <p>Mukula Keyword : spout (pourer) Vehicles the regenerative energy of healer; for all types of treatments</p>	 <p>Naga Keyword : wisdom snake Helps solve everyday problems and provides answers on the spiritual path.</p>
 <p>Padma Keyword : purity Brings purity of heart and nobility of feelings; promotes caring and communication Linked to Anahata chakra</p>	 <p>Pran Keyword : life Activates the 1st Muladhara chakra. Increase vital energy and reduces fatigue and nervousness, increases endurance and assertiveness, gives the courage to start something new</p>	 <p>Prithivi Keyword : Earth Increases the energy of the 1st chakra Muladhara. Increases the sense of smell</p>
 <p>Pushan (right hand) Keyword : food Supports the vegetative system and regulates elimination from the body</p>	 <p>Pushan (left hand) Keyword : food Detoxifying; regulates the liver, spleen, the bladder</p>	 <p>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</p>
 <p>Shakti Keyword : life energy Soothing and regulating total breathing; brings relaxation of mind and body. Linked to Svadhithana chakra</p>	 <p>Shankh Keyword : divine breath Stimulates the throat and vocal cords. Promotes a clear and firm expulsion</p>	 <p>Shivalinga Keyword : strength Fight against tiredness, dissatisfaction, depression, overwork, promotes renewal</p>
 <p>Ushas Keyword : root Harmonizes the hormonal system Orients the energy of the 2nd chakra Svadhithana to the upper chakras</p>	 <p>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.</p>	 <p>Vajra Keyword : lightning Promotes blood pressure, spleen, pancreas, and the stomach; brings some dynamism</p>
 <p>Vajrapradama Keyword : trust Appaises and consolidates self-confidence. Appaises the mind through a connection to the cosmic consciousness.</p>	 <p>Varuna Keyword : liquids Promotes the elimination of secretions, secretions, and fouling of the organism. Calms inner tensions, fears and irritations</p>	 <p>Vayu Keyword : air / wind Promotes the elimination of gases excessive in the body</p>

Thumb
Index finger
Middle finger
Ring finger
Utricular

Fire
Air
Ether
Earth
Water

3rd chakra Manipura
4th chakra Anahata
5th chakra Vishuddha
1st chakra Muladhara
2nd chakra Svadhithana

Mars
Jupiter
Saturn
Venus
Mercury

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