

TAO of Mayan Healing 8 The Sacred Energy Mudra

Websters Dictionary Definition of Mudra

mudra (Sans., A seal , sign) 1. in ancient India, any identifying symbol or seal. 2. a stylized symbolic gesture used in dance, rituals, etc. of India: specif., an intricate movement or positioning of the hands or fingers.



Poems have been written about this position and numerous paintings have been inspired by this mudra known as the Praying Hands. Every Christian Church in the world has adopted this mudra as "their way to pray." Yet none of them has given you the reason for this mudra and the power that the expression conveys. Tonight we will start with that information and go on to cover other mudras that are just as powerful in learning to receive energy.

The Science of the Mudra¹

There is an entire science built on the study based on the knowledge of techniques used to access the chakra vortexes which are spin points on your meridians. The ancient Eastern texts specify one aspect of this science that they developed through connecting body circuits in various combinations to produce specific voltages and associated frequencies within the body.

Today this science of antiquity is also known as acupressure and acupuncture. The ancient cultures called this frequency adjustment an Initiation and there were multiple levels. Each major chakra in the body was activated through the development of Initiation practices that involved experiential testing of your awareness before you could proceed to the next level.

The pyramids had chambers of different proportions built specifically for each chakra Initiation. The sacred geometry of the chamber was just as important as the sound vibration and the color of the gems that were used in this practice.

Today we have tuning forks and other toning tools that are aligned to stimulate each chakra to vibrate and open to capacity. These chakras are receivers and senders of energy in your body. Layers of circuitry connect the primary vortex points of our chakras to various portions of our bodies and internal organs through the "spin points" located upon the surface of the skin. They connect to your meridians that carry the electromagnetic energy through the pathways, or ley lines of the physical body.

Intersection points on these ley lines may be stimulated or short circuited, promoting or preventing impulses from reaching specific nerve centers. When you learn the art of

¹ Awakening to Zero Point: Gregg Braden Page 105

healing as a portal of Universal energies these meridians and vortexes will be very important. This beginning information will be the practical mudras for your empowerment and understanding.

The Praying Hands Mudra

The fleshy tip of each finger has an electrical contact spin point providing direct access into a chakra zone through one or more meridians. Each of your fingertips is associated with a primary chakra and many secondary chakras. When you position your hands with your fingertips touching and your palms together, you connect your energy circuits and the energy can flow through your body to all of your chakras and organs for healing.

This closed circuit of your meridians keeps all of the energy spiraling throughout your body during prayer or when you request spirit help. Prayer is an intentional process of acknowledging a singularity with creation. Within this context of oneness with the Universal energy you can intercede and express your desires for wellness to create a healing situation in any area of your reality.

The following chart will allow you to see the sequence of this availability.

FINGER-MUDRA-CHAKRA RELATIONSHIPS

Finger Designation	Chakra
Index or first finger	Root or first chakra
Second finger	Second chakra
Third finger	Third chakra - Solar Plexus
Fourth finger	Fourth Chakra - Heart

This is the sequence that most people access in the praying hands

By touching your thumb to the fingers listed above, you create a direct access to that particular chakra by choice. After you perform the initial sequence repeat the process to connect with your other chakras as follows:

Index or first finger	Fifth chakra or Throat
Second finger	Sixth chakra or Third Eye
Third finger	Seventh chakra or Crown
Fourth finger	Eighth chakra above Crown

The thumb is the connector for the contact with your left side being the feminine - Yin in Chinese and the right side being the masculine, Yang. The thumbs are the conductors of the energy and are neutral.

Your cells are the receptors of all the information, healing and clearing energy that you request. This information was known in your ancient lifetimes and is also encoded in

your cells. The ability to resonate with the information as we cover it in these classes will be shown as your own stored records at the cellular level.

As organized religions formed all over the planet the information that would empower you to stay well was put in vaults or burned. There are many Mystery Schools in every society that are starting to teach this same information and it is encoded in your cells for resonance.

I will list many mudras using combinations of these thumb and finger contacts as we continue in our lessons.

THE BLESSING MUDRA

Many of you are familiar with the Blessing that is used by the Christian religions. The Catholic religion uses this mudra for everything and I will explain this one first.

THE SIGN OF THE CROSS

Touching forehead - third eye
In the name of the Father
North- coming from spirit

Touching heart chakra
of the Son
South- into physicality

Touching left (yin) then right (yang) shoulder points
Spin points for your power and courage meridians
and the Holy Ghost.
West to East

Introspection to Illumination as on the Medicine Wheel.

The other blessing method used by some religions is to make the sign of the cross in the following manner:

First on the forehead - the third eye
In the name of the Father
North coming from spirit

Then on the mouth - and of the Son
Representing the breaths and communication chakra-throat
bringing spirit into the physical

Then the heart chakra
and the Holy Spirit.
To learn to process every experience through

the heart - unconditional love.

This particular mudra when used connects these three chakras to bring spirit into your physicality. Combined with the praying hands that connects the energy from the Root to the Heart Chakra allows activation all of your chakras to receive the energy of the Creator-Creation.

This is the reason that organized religions are calling the power of prayer a miracle. They have not been taught the ancient wisdom of energy activation or the connections that are made with these sacred mudras to receive the healing that is prayed for in their services.

CONNECTING TO SPIRIT MUDRA

The next mudra is the connection to spirit that brings the energy and the guidance for your healing work. This is also passed down to us from ancient mystery schools, and was widely understood in that time.

Stand with your feet about even with your shoulders, so the energy can run through your meridians as well as your mystic channel from your crown chakra to your root chakra. Next raise your arms straight above your head, even with your shoulders and tilt your hands out to form a funnel, with the palms facing each other. Now breathe deeply and ask for your healing master and guides to be sent with the Universal energy to fill your body. Then allow the energy to enter your crown, and your hands, traveling through your mystic channel, and your meridians down through your feet.

This is the opening mudra for the Mayan healing work. You become the portal and the healing masters of the client will work through your hands and move them to the parts of the meridian that needs the activation, clearing and healing energies. You change focus and allow the energy to flow through you and put your intellectual mind on vacation.

When you start to feel the power flow bring my hands down and cross them over your heart chakra with the middle finger of each hand touching the entrance point on each of your shoulders and bow in gratitude for the energy entering your body. Thank them and honor them for coming.

After this sacred honoring the session can begin. The healing masters who enter on the energy spiral when requested in your opening mudra are your protection and your guides. Stay off focus and allow them to place your hands where needed throughout the session. This is the work of a true portal, whether it be on the human body the animals or with the energy vortexes of the earth. Do not presume to know through your intellectual mind where the person has stored their issues or the level the activation needed for their growth.

ENERGIZING THE HANDS - MUDRA



Raise your palms to face toward you at eye level spaced a shoulder width apart and hold in this position until they start to tingle. Then face palms outward and slowly bring elbows up to a perpendicular level with shoulders, still keeping palms outward. Slowly push arms out in front of you, bringing arms around until straight out from shoulders. Rotate palms forward facing out. Bring arms together crossing heart chakra, and put third finger on each shoulder point. Then bow in this position in gratitude, and affirm, "I am a child of the Light, I receive in abundance, all of the energy in the Universe, I thank you and honor you."

This is an important mudra to practice when alone to learn how to feel the energy as it enters your hands. These beginning understandings of the flow and purpose of energy will allow you to start your own healing and energizing of your physicality.