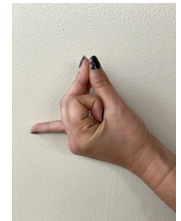


MYSTICAL MARMA MEDITATIONS

Concentrate on ayurvedic marma or energy points to enhance the body's vitality.

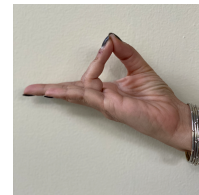
Day 1- Healing the Heart. Marma focus: **Hridayam** (center of chest). **Hridayam mudra** = heart seal. *Benefits of mudra:* rejuvenates heart, releases stress and emotions, relieves anxiety, regulates blood pressure and heart rate, opens heart chakra. *Directions for mudra:* curl index finger into palm while thumb touches middle and ring fingers and extend the little finger.



Day 2- Healing Hands. Marma focus: **Tala Hrida** (center of palm). **Namaste or Anjali mudra** = prayer or salutation seal. *Benefits of mudra:* prayer gesture to show respect, calming and centering, connects to heart energy, evokes humility, reverence, surrender, and devotion. *Directions for mudra:* press palms together in front of the chest with fingers pointed upwards.



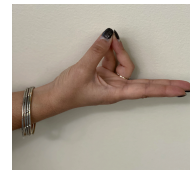
Day 3- Rooted to the Earth. Marma focus- **Pad Madhya** (center of sole of foot). **Prthivi mudra** = earth seal. *Benefits of mudra:* strengthens agni digestive energy, rebuilds weak constitution, creates grounding & being centered, benefits skin, helps adjust to changes, establishes joy. *Directions for mudra:* join tip of thumb + ring finger while other fingers extended.



Day 4- Root Chakra. Marma focus: **Trik** (tailbone). **Kashyapa mudra** = turtle seal. *Benefits of mudra:* grounding, centering, balances masculine and feminine energies, protects against negative energies. *Directions for mudra:* place tip of thumb between middle + ring fingers while closing the other fingers to make a fist.



Day 5- Golden Vitality. Marma focus: **Nabhi** (navel). **Prana mudra** = energy seal. *Benefits of mudra:* increases vitality and immunity, enhances digestion, activates self-healing potential, improves concentration, strengthens will power and stamina, benefits the eyes. *Directions for mudra:* cover the tips of the ring + little finger with the thumb pad and keep the index + middle fingers straight.



Day 6- Solar Radiance. Marma focus: **Surya** (solar plexus). **Adhomukha mudra** = downward facing seal. *Benefits of mudra:* strengthens digestive fire, activates manipura chakra. *Directions for mudra:* touch thumb tips together while back of other fingers touching. Point 8 fingers to abdomen.



Day 7- Blooming Heart. Marma focus: **Hridayam** (heart). **Kapittha mudra** = wood apple seal. *Benefits of mudra:* increases sensitivity and receptivity, expands devotion and kindness, opens connection between heart & pelvis, stimulates healthy libido, releases guilt & shame around sexuality. *Directions for mudra:* place thumb between index + middle fingers & close the other fingers to make a fist.

