

# MYSTICAL MARMA MEDITATIONS

**Day 8- Speaking your truth.** Marma focus: **Kantha** (throat). **Karana mudra** = instrument of the senses seal. *Benefits of mudra:* cleansing & purifying, detoxifying body/mind, releases negative patterns & habits, benefits intestine bladder & colon. *Directions for mudra:* cover the nails of the middle + ring fingers with the pad of the thumb and extend the index + little fingers.



**Day 9- Awaken the 3rd Eye.** Marma focus: **Ajnya** (third eye). **Kubera mudra** = wealth seal. *Benefits of mudra:* magnet to attract abundance and manifest true desires, sharpens inner wisdom, ability to see life path more clearly, clears sinuses, balances right + left nostrils, improves sense of smell. *Directions for mudra:* join the tips of thumb with index + middle fingers while curling ring + little fingers into the palm.



**Day 10- Lotus of Creativity.** Marma focus: **Murdhni** (vertex on head). **Hamsi mudra** = containing the spirit seal. *Benefits of mudra:* removing obstacles, creates lightness, relieves depression & grief, benefits lungs, clears intestines. *Directions for mudra:* join tips of thumb with middle, ring + little fingers while extending the index finger.



**Day 11- Journey through the 7 Chakras.** Marma focus: all 7 marmani. **Chin mudra** = consciousness seal. *Benefits of mudra:* enhances focus and concentration, palms down creates rootedness. sharpens intellect, reduces daydreaming, lifts depression, opens lungs. *Directions for mudra:* join tip of thumb with tip of index finger. keep other 3 fingers extended and relaxed with palms facing down.



**Jnana mudra** = wisdom seal. *Benefits of mudra:* calms mind, brightens spirit, creates lightness, opens chest and enhances breathing. *Directions for mudra:* same as chin mudra with palms facing up.



**Day 12- Infinity Breath.** Marma focus: **Trik** (tailbone), **Hridayam** (center of chest), **Murdhni** (vertex of head). **Bhairava mudra** = fierce seal or beyond fear of death. *Benefits of mudra:* calms mind, releases ego, builds courage to fully embrace life. *Directions for mudra:* place back of right hand into palm of left hand and rest on lap.



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