

Mudras



Bee (bhramara mudra)

- thought to help in overcoming root causes of dis-ease



Bird (chakravaka mudra)

- representing togetherness: the birds (member of swan family) always fly in pairs



Bird's Beak (cancuka mudra)

- representing Garuda's beak and action after observation



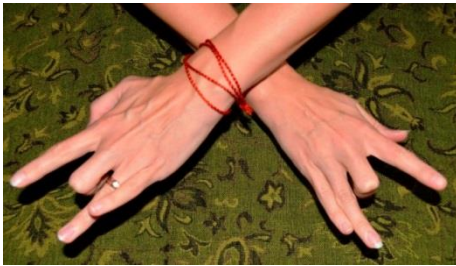
Boar (varaha mudra)

- representing third incarnation of Vishnu and activation of body's self-healing power



Cow 1 (surabhi mudra)

- thought to awaken empathy and hidden gifts for use in benefitting all beings



Cow 2 (sankirna mudra)
- indicates wild animals



Crab (karkata mudra)
- representing emotional expression and lamentation



Crow (baka mudra)
- representing a bird's eye view on life



Crocodile 1 (makara mudra)
- representing water and fertility



Crocodile 2 (makara mudra)
- representing prosperity and the flow of the sea/river



Dove (kapota mudra)

- representing the cultivation of humbleness and inward reflection



Eagle 1 (garuda mudra)

- representing protection



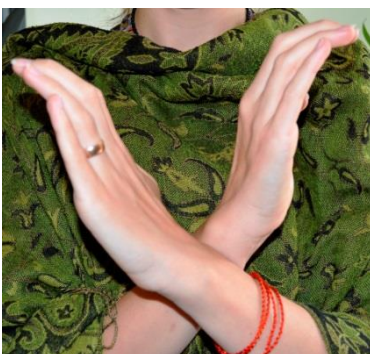
Eagle 2 (garuda mudra)

- representing protection



Elephant apple (kapittha mudra)

- representing the union between the animalistic and more spiritually evolving aspects of ourselves and life



Elephant tusk (gajadanta mudra)

- representing strength and lifting heavy things



Elephant (ganesha mudra)

- evokes the qualities of warmth and care for removing obstacles
- opens chest and tones upper back



Fish (matsya mudra)

- representing compassion and devotion
- first incarnation of Vishnu



Fist deer (mushtimriga mudra)

- representing wild animals
- denotes a black antelope



Horse-jewel (ashvaratna mudra)

- representing new perspectives on a life path



Lion-face (simhamukha mudra)

- representing context and emotional expression



Lion nature (simhakranta mudra)
- representing courage



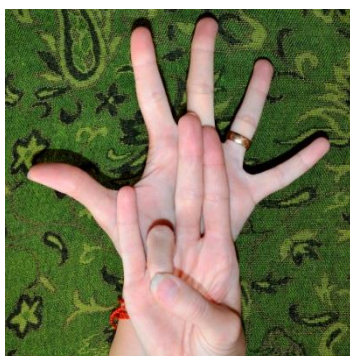
Lion (simha mudra)
- representing wild animals



Parrot's beak 1 (shukachanchu mudra)
- representing and originated from the supreme goddess of love and beauty



Parrot's beak 2 (shukatandu mudra)
- representing Parvati and lovers' quarrels

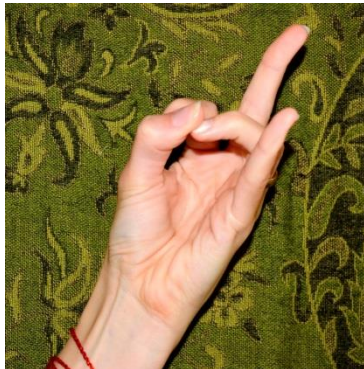


Peacock 1 (mayura mudra)
- a symbol of love



Peacock 2 (mayura mudra)

- representing a thunderbolt (including as the weapon of Indra)



Roaring/howling (rudra mudra)

- associated with domestic animals and a pre-Vedic deity
- thought to improve overall vitality and open the manipura chakra
- later associated with fierce aspect of Shiva



Rooster (tamrachuda mudra)

- representing an exposition to a greater being



Serpent head (sarpashirsha mudra)

- representing



Serpent tie (nagabandha mudra)
- representing the coiling nature of snakes



Sheep-fighting (meshayudha mudra)
- representing a struggle and war
between two entities



Spider (urnanabha mudra)
- originating from half-man half-lion Vishnu incarnation

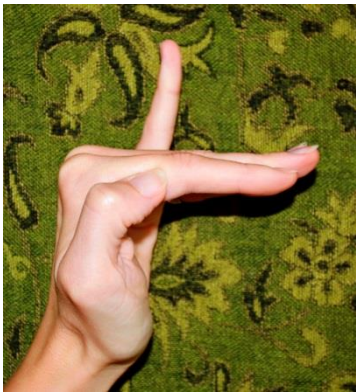


Suffering (badha mudra)
- representing suffering and the request for
help



Swan's face (hamsasya mudra)

- representing the accomplishment of tasks, decision-making
- signifying "I am that"



Swan's wing (hamsapaksha mudra)

- representing the completion of work, gathering and restraint



Tortoise 1 (kurma mudra)

- representing steadfastness



Tortoise 2 (kurma mudra)

- representing the second incarnation of Vishnu



Tortoise 3 (kurma mudra)
- representing harmonisation



Turtle/tortoise (kashyapa mudra)
- representing grounding, centering and balancing



Two-headed bird/pair of birds (bherunda mudra)
- representing vehicles of Vishnu (this is the form the half-lion turned into, a mythical, fierce creature) and two birds sitting together

Image coming soon

Mrigashirsha mudra – Mriga = deer or wild animal. Believed to be the deer that transfers man from civilisation to wilderness. In many myths, a deer lures a hunter ever deeper into the woods until lost. Hindu ascetics wear skin of deer (hopefully dead already!) as emblem of their distance from human society. Can interpret this to be symbolic of karma and of hidden wisdom and wonder of animals. Reminder to respect animals. Symbolic also of fear and guilt. Buddha first preached in a deer park, symbolic of withdrawal of

Sourced from *Mudras of India* by C. Carroll & R. Carroll)



involvement in human society

(philosophy of Buddhism stemmed in part from a revulsion against the evils of civilization/urbanisation). In this sense, deer in the Buddhist park represent innocence and purity of wilderness. Place of pilgrimage now in Northern India.