# Hand Mudra Tensegrity Repair Series

This practice is designed to help balance, heal and energize the unifying web of the living matrix system. With practice, it will help to move energy through any blockage in the system, whether in the soft tissue, organs, nerve tissue, or bone marrow.

Top View

Front View

**1. Sumukham** (Faces)
Hands are in line with the elbows.Elbows are bent and next to the side ribs.Nails of the fingers are facining away from you and the thumbnails are facing towards you. Lean fingertips into each other. Hands and arms relax as you lean the tips.

Top View

**2. Samputam** (Bud): Keep the fingers leaning into each other, straightening fingers and lean the edges of the hands into each other, leaving space between the palms.

Top view

**3. Vititam** (Bloom): Separate hands slightly, palms facing each other. Fingers still leaning into each other.

Top View

**4. Vistritam** (Expansion): Seperate hands to about 12 inches apart, leaning fingers into each other. Slowly spread the fingers apart before you move into the next mudra.

Top View

**5. Dvimukham** (Two-face): Spread fingers and bring hands close enough to lean the tips of the little and ring fingers.

Top View

**6. Trimukham** (Three-face): Join and lean the tips of the middle fingers.

Top View

**7. Chaturmukham** (Four-face): Join and lean the tips of the index fingers.

Top View

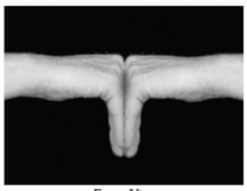
**8. Panchmukham** (Five-face): Join and lean the tips of the thumbs. Now all fingertips are leaning into each other and the fingers are spread apart.

Top View

Front View

**9. Shanmukham** (Six-face): Keep the thumb,index, middle and ring fingers leaning into each other as you seperate and spread the little fingers.

Top View


Front View

**10. Adhomukham** (Down Face): Close fingers and invert the hands so that the back of the fingers are leaning into each other. Thumbtips are leaning. Fingertips are pointing down towards the earth. The elbows are in line with the hands.

Top View

**11 Vyapakanjalikam** (Offerings): Roll the fingers in towards the body, keeping the little fingers and outer hands leaning.

Top View

**12. Shakatam** (Cart): Turn hands over and lean the thumtips into each other. Middle, ring and little fingers are rolled in towards palm. Leave slight space between index fingers. Lower palms below the navel and lean elbows out a bit.

Front View

Front View

**13. Yampasham** (Chain of Death): Release thumbs and hook left index finger over right index finger, keeping other three fingers leaning towards the palms. Lean right wrist towards the chest and left wrist down and away from the body. Then do the reverse.

Top View

Top View

**14. Granthitam** (King of Maya): Clasp hands together, fingers crossed, with right index finger over the left index finger. Then switch cross so left index finger is over the right index finger.

Front View

Front View

**15. Unmukhonmukham** (Up and Down Face): Finger are not spread apart.Lean the fingertips of the left hand, fingers facingdownward, into the finger tips of the right hand. Then with fingertips still leaning switch so right hand is on top.

Top View

**16. Pralambam** (Spread Offerings): Thumbtips leaning into each other. Fingers leaning into each other and palms facing downwards. Handa are in line with the elbows which are close to the side ribs.

Top View

**17. Mustikam** (Joining Fist Offering) Curl the fingers towards palms and leaning fists into each other with outer edges of thumbs together.

Top view

Top View

**18. Matsyah** (Fish): With palms facing downwards, place the right palm on the back of the left hand, thumbs extended to either side. Move thumbs up and down as you lean the hands into each other. Then slide the left hand on top and repeat.

Top View

Front View

**19. Kurmah** (Tortoise): Turn left palm upward. Keep left thump and index finger straight and curl the middle, ring and little finger in towards the palm. With right palm facing down, keep thumb,index and little finger straight, and curl middle and ring finger towards palm. Lean the two bent fingers of the right hand into the three bent fingers of the left hand. Lean the tip of right index finger into the left thumb, and the right little finger into the left index finger. Right thumb does not touch other hand.

Top View

Front view

**20. Varahkam** (Boar): Continue leaning the right index finger into the thumb and grab the remaining three fingers of the right hand with the four fingers of the left hand. The right thumb rest between the left thumb and the right index finger, and all three point forward.

Top View

**21. Kurmah** (Tortoise): The same as number 19. but reversed.This time the right hand faces upwards and the left hand faces downwards.

Top View

**22. Varahkam** (Boar) The same as number 20. but reverse

Top View

**23.** Palms are facing downwards, in line with the elbows and elbow width apart. Fingers are together.

Front view

**24. Simhakrantam** (Of Lion Nature): Raise the arms so the hands are just beside the shoulders. Palms facing are forward.

Front View

**25. Mahakrantam** (Supreme Power): Keep hands beside shoulders and turn hands backwards.

Front View

**26.** Spread fingers a bit. Move just the fingers, with a fluttering motion.