



# Vedic Tantra Yoga: 24 Gayatri Mudra Meditation

## *Back Ground*

Gayatri Mantra revealed to sage Vishwamitra which is the concentrated power of the tenth solar energy Savitru Known as Savitri. By Worshipping the Savithru Shakti we can raise ourselves to the Spiritual Yogi power.

By continuously chanting the Gayathri Mantra we will receive the infinite natural power of Veda Matha. It stimulates the electric energy of our body. This is in fact, called Gayatri Upasana or in other words worshipping Goddess Gayatri the mother of Veda.

When we chant Gayatri Mantra with appropriate Mudras we in fact, pray to Goddess Gayatri to activate our 'Dhi' Shakti, through the lords great Savithri Shakthi. This is the meaning of this Mantra, in other words it is the essence of worshipping Universal life force. And the Gayatri mantra be chanted by everyone irrespective also make energised him.

The science of twenty-four Gayatri mudras is a divine way of preparing the human body which is made up of the five principles or elements namely Earth, Water, Fire, Air and Sky for purposeful life with the power of Savithri Shakthi, manifeste energy of Goddess Gayatri. By Chanting this mantra, we try to invoke this power of infinity in our body.

Every day we Chant Gayatri mantra with twenty-four letters forming twenty for Mudras. The sound waves of vibration produced while chanting, get converted into electrical energy and increases our mental power. They engulf our entire body. This helps to get us the divine grace of Goddess Gayatri, when it is chanted properly along with appropriate Mudras.

In the present age, yogis and experts in Yoga science can activate the electrical energy in the body and accumulate this energy in the body, which is essential for active and fruitful life. There are instances where others, when they touch the feet of these yogis, they feel such electrical vibration. These vibrations make these yogis vibrant with special powers. With the extension of such energy centres in the body, the brain gets charged with extraordinary and super humanal powers.



## **Vedic Tantra Yoga: 24 Gayatri Mudra Meditation**

The replica of this power round the bodies of yogis can be seen reflected in light blue colour Known as “Aura” many experienced people have actually felt this is such great people’s presence. In this way the power of “Dhi” engulfs the bodies becomes a reality as a result of chanting the holy Gayatri Mantra along with the respective Mudras.

Chanting Gayatri Mantra and worshipping Goddess Gayatri the Mother of all Veda helps people to acquire great intelligence and wisdom. For the acquisition of this extraordinary power one does not need to invest any capital.

Holy Gayatri was revealed to sage Vishwamitra” when he was in a meditative mood. It is a mantra with some very special features. It has twenty-four letter arranged in three lines of eight letters each. When chanted each character and sound comes out with the bioelectricity of our body and they produce sound vibrations. This way of combining letters of particular sound in a line of verse is called ‘Chandas’ or ‘Metre’ in our Vyakarana Shastra(Sanskrit grammar).

It is mantra, uttering of which will accrue of the dhi force of the tenth sun power. Every mantra in the vedas is dedicated to a particular energy we call God. Gayatri mantra is dedicated to the all giving, Kind, the symbol of Creation, benefactor of mankind, Vedaswaroopini, Universal Mother, Savithri the form of the Solar energy. Gayatri mantra is the symbol of the universal mother.

Gayatri mantra helps acquire great strength of mind, reason and spirituality. Everyone of the twenty-four sound letters of the Mantra is based on one of the five elements the world is made up of. The five fingers in each of our hands, stand for these five principles. Our Sages, it is believed have devised twenty-four Gayatri Mudra, positions, Vinyasa and shapes in which the fingers are clustered to activate these forces.

Out of seventeen (17) of the twenty-four (24) Gayatri Mudras which are based on the five elemental principles, by their clear energies, relate to all parts of the body and activate the respective nerves and Nadis in different parts of the system and make energy centres active.



## **Vedic Tantra Yoga: 24 Gayatri Mudra Meditation**

The other seven (7) Mudras are subjected to the same kind of activating principles, bring energy to all parts of the body like the ten Mudras symbolising the ten Incarnations of the lord Namely Matsya, Koorma, Varaha, Narasimha, etc., Make the body vibrant, and in the process, supply energy to the body and tranquillity to the mind. By constant practice of these Mudras, Mental, Psychological, Philosophical and Scientific Knowledge is supposed to increase in any person.

The Number twenty-four has a special significance in Gayatri. There are 24 special vibrating characters. There are 24 basic elements on the earth. In one of the great texts “Sreemad Bhagavatam” ‘Bagavan Vedavyasa’ has identified twenty-four avatars(incarnation) of Lord Vishnu.

‘Yoga’ is one of the important Shastra, among Six “Darshanas”. There are eight steps known as “Astangayoga”. For all the steps Mudra is necessary. It has been clearly mentioned about “mudra” in yoga shastra. Particularly for each of twenty-four characters of “Gayatri Mantra” there are 24 Mudras.

It has been specified in ‘Valmiki Ramayanam’ that ‘Indra’ chanted ‘Gayatri Mantra’ and performed Gayatri Mudra, got purified and energised. It is only after which he stepped I the sacred chariot, and Ramayana have twenty-four chapter and each chapter is beginning with each letter of Gayatri mantra.

In ‘Anhika Sutravali’ of ‘Shukla Yajurveda’, it has been specified clearly that the good effects of chanting ‘Gayatri Mantra, can be got only when ‘Gayatri Mudra’ are also performed along with ‘Mantra japa’. Hence to have the benefit of chanting Gayatri Mantra the appropriate ‘Gayatri Mudras’, must be initiated by an Acharya or Guru and learnt properly.



# Vedic Tantra Yoga: 24 Gayatri Mudra Meditation

**Gayatri Mantra:**

**OM Bhurbhuvaswaha  
Tatsaviturvarenyam  
Bhargo devasya dhimahi  
Dhiyoyonaha prachodayat.**

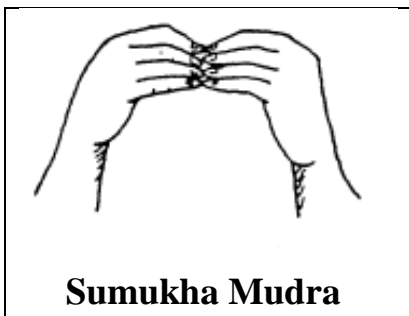
The twenty-four Beejaksharas, Mudras and other details of Gayatri Mantra begin with the name of Lord Ganapati. It also includes a number of gods and culminates in the name of Bhagawan Maha Vishnu and to offer the flower of our heart at the lotus feet of Goddess Bhagavati Gayatri.

## 24 Mudras and 24 Mantras of Gayatri

### 1. Sumukha Mudra “Tat - Mantra”

Sumukha means Ready for"-Beginning process of Creation Nature is indication. -Mudra shows-ENERGY OF ECHHA. And Devatha is Agni.

This name is one among the thousand names of **Lord Ganapathi**. This is the first letter of the sacred “**Gayatri Mantra**” begins with one of the sacred name of the waver of all sins, **Lord Ganapati** and therefore it is most sacred. This Mudra will cleanse of, all sins.



**Sumukha Mudra**

The thumb, index finger, middle finger, ring finger and small finger symbolise the five elements namely **Prithu**(earth), **Jala**(water), **Agni**(fire), **Vayu**(air), **Akasha**(shy). This Mudra is formed by touching the tips of these fingers of the right and left hands, as shown in picture.

By the grace of Lord Ganapati our intelligence become active and all the five elements are combined and this balances the body health and mind which becomes calm and consented.



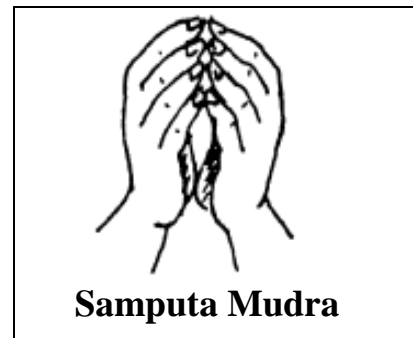
# Vedic Tantra Yoga: 24 Gayatri Mudra Meditation

Sumukha mudra balance left and right sides of the body, harmonizes all five elements, activates the body's self-healing power, benefits the tendons and bones, increases concentration power, builds devotion and spiritual resolve.

## 2. Samputa Mudra "Sa - mantra"

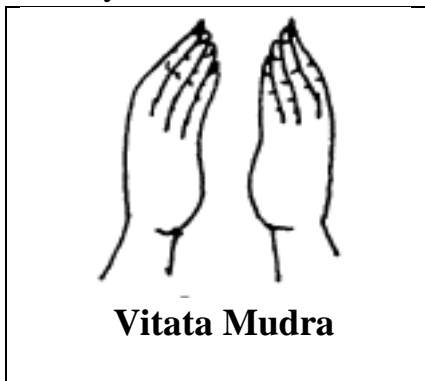
Samputa means "Bud of Flower" -Hidden, how fragrance of flower is hidden in bud.

This Mudra is formed by joining both the hands in the shape of a flower bud. The fingers will be pointing upwards. This mudra symbolises as the centre of the flow of electrical energy which flows throughout our body. It is widely used in Reiki for healing. This Cleanses one of the second degree of sin such as Killing Animals.



## 3. Vitata Mudra. "Vi - mantra"

Vitata means "Just partially opened bud"-Indicating of Indriyaas, Soul & Life, Inner mind, Macro Elements-Converting Energy of ECHHA to Energy of Kriya.

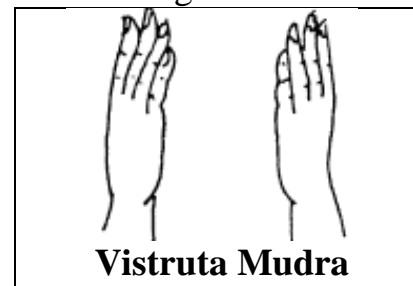


The formation of Vitata Mudra follows the formation of Sumputa Mudra, but the two hands are placed at a distance of three inches from each other with the finger pointing downwards as shows in the figure. One can feel the cumulative power when the two hands are brought closer. This Mudra is also used in Rekhi for healing. This mudra helps the electric energy flow through the body. This is called Maha Papanasha.

## 4. Vistruta Mudra. "Tur - mantra"

Vistruta means 'Just Expansion state'., Middle State-Just origin of universe Symbol.

The word Vistruta has a wider meaning spreading. bring the finger of the hands closer, keep the fingers straight pointing downwards keeping the palms three inches apart this is called the vistruta mudra. This mudra helps in ejecting the negative energy rays from the body. It cures white patches and leprosy.





# Vedic Tantra Yoga: 24 Gayatri Mudra Meditation

## 5. Dvimuka Mudra “Vrva - mantra”

Dwimukhi means "Dual faces", Dual in Nature -Power of Gayatri in Fire nature -Prakrithi-Purusha., Supreme Soul-Living soul. Etc duality are showing in this Mudra. Absolves the sin of infanticide.



**Dvimuka Mudra**

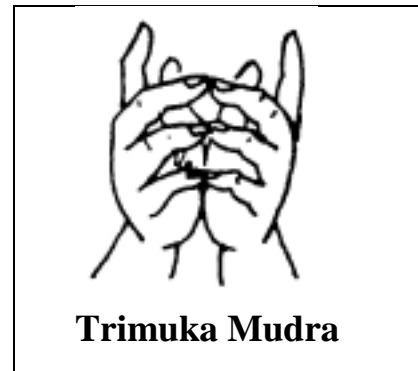
This Mudra is formed by Bringing together the small fingers and Ring fingers which are the symbols of Earth Tattwa and Water Tattwa. By bringing together, the two principles of the Earth and Water we achieve bodily equilibrium.

## 6. Trimuka Mudra “re - mantra”

Trimuka means “Three faces -Power Gayatri in INDRA -Combined Energy of Echha,Gnaana,Kriya are showing -Bramha,Vishnu,Maheswara Natures. Absolves unknown sins.

This Mudra is formed with Three fingers, the middle fingers symbolising the Fire principles and the ring finger water, and small finger earth, brings together three Tattwas Earth, Water and Fire and it helps us achieve bodily balance.

Trimukha mudra helps in spiritual advancement. It improves concentration and induces self-healing. Good for relieving headache. This mudra is extremely beneficial for students preparing for tests. Students must start their study routine with this mudra.



**Trimuka Mudra**

## 7. Chaturmuka Mudra “ni - mantra”

Chaturmuka means, Four faces-Energy of Gayatri in Brama -Four Vedaas,Four Purushardas(Dhrma,Artha,Kaama,Moksha) are Indicating by this Mudra. Absolves us of the sin of eating what we should not eat.



**Chaturmuka Mudr**

This mudra Bring all the four fingers together the small finger, ring finger, middle finger index finger of both hands the symbol of Earth, Water, Fire, Air together and bring about bodily balance of the four principles involve here. Readies the mind for Meditation, increases feelings of devotion, generosity and surrender, harmonizes, four elements while calming the spirit and tempering the heart.

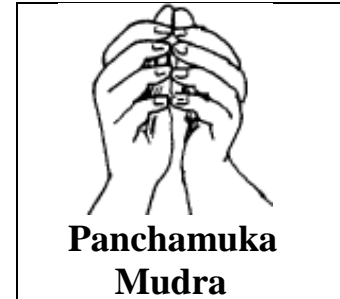


# Vedic Tantra Yoga: 24 Gayatri Mudra Meditation

## 8. Panchamuka Mudra “Yam - mantra”

Panchamuka means Five Faces. Energy of Gayatri in Maheswari -Indicating of Arts, PANCHA BHUTAAS in Nature. Absolves us of the sin of destroying body.

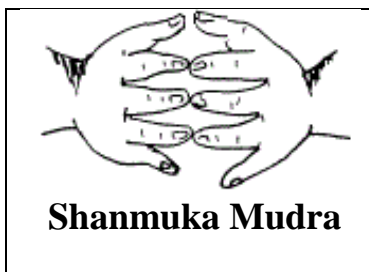
This Mudra is formed by joining all the Five Fingers of both hands the symbols of five elements. Lord Shiva have five face, and  $5 \times 5 = 25$  Tattvas are there. By doing this Mudra the five elements are brought together helping our body mind and spirit become united and they are kept healthy.



Balances the left and right hemispheres of the brain (by affecting the corpus callosum, which acts as a bridge between the two hemispheres), improves concentration and memory retention, benefits the tendons, activates the body's self-healing power.

## 9. Shanmuka Mudra “bha - mantra”

Shanmuka means Six Faces, -Energy of Gayatri in Shanmukha/Subrahmanya. -Youngness of Nature. It absolves a of the sin of killing one's preceptor.



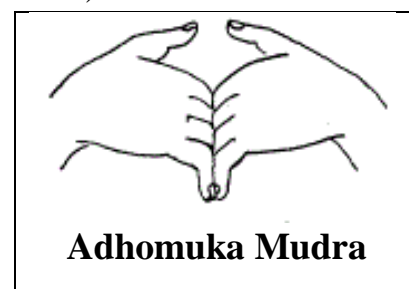
This Mudra is formed by joining all the three Fingers Index Middle and Ring fingers of both hands so the six fingers join each other Lord Shanmuka have six face. This Shanmuka mudra is very useful to students as it increases the power of Brain. It makes us lively and it also increases memory power.

## 10. Adhomuka Mudra “Rgo - mantra”

Adhomukam means toward us, -pathway of Pravrutti/Nature's Process.

-Entry of Gnaanendita(Eye,ear,,etc),Karmendiya(hands etc). it cleanses us of the sin of killing a cow.

Raise the Thumbs upwards and hold the other four fingers and hold in such a way that Knuckles touch each other and hold the hands facing towards you.





# Vedic Tantra Yoga: 24 Gayatri Mudra Meditation

## 11. Viapkanjali mudra “De - mantra”

Viapkanjali means Expansion, -Elaboration of Nature .  
Absolves of the sin of the woman’s Curse.



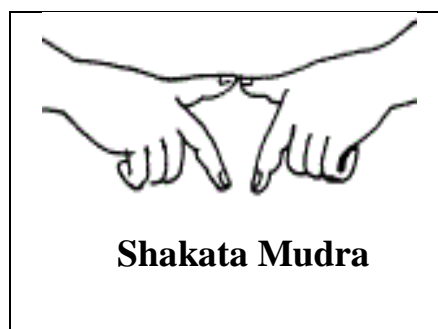
**Viapkanjali Mudra**

Bring all the five fingers together, spread hands and hold it upward at chest position. This formation is Viapakanjali mudra. It repels all Negatives.

## 12. Shakata Mudra “Wa - mantra”

Vehicle of our BODY;Structure. -Supreme Energy.Chakraas/Energy Centres of our body Mulaadhara,Anahata..etc. It absolves us of sins committed by speaking bad things.

The word Shakata means a cart a vehicle. Touch each of thumbs with symbols of Agni, two index finger which kept straight and fold the rest of the three fingers. The thumbs become axle and the index finger which is the symbol of air. Signifies speed and the three folded fingers of both hands, act as wheels. This way it gives momentum to the energy of the body and mind. This Mudra gives us the necessary force and movement.

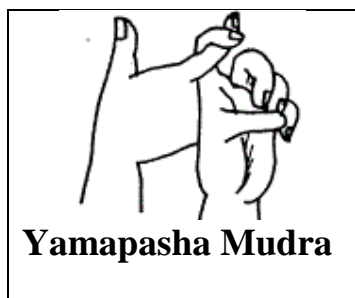


**Shakata Mudra**

This mudra meditation Strengthens the immune system, facilitates breathings in the lower lobes of lungs, improves concentration, benefits the large intestine.

## 13. Yamapasha Mudra “Sya - mantra”

Yampasha Mudra Control our Habits like using Drugs, smoking’s Drinks etc.  
Absolves us of the sin of adulteration in business.



**Yamapasha Mudra**

The left thumbs is kept straight, the index fingers of both hands are bent like the beak of a stork and hooked each other the other three fingers are folded. Place the thumb to the centre of right thumb lightly by the three fingers and touch the bent index fingers, this formation is Yamapasha mudra.



## Vedic Tantra Yoga: 24 Gayatri Mudra Meditation

The pranic force or breath is the basic need of life. The formation of the index fingers helps in withholding the breath which is attracted to Yamapasha. This is special mudra. The raise thumbs counteract the attractive force. One can modify this mudra by making the right hand pointed upwards.

### 14. Granthita Mudra “Dhe - mantra”

Granthita Mudra – mudra for activating throat chakra and self-healing

Granthita Mudra or Knot Mudra opens the knot in the throat center. It activates the Vishuddhi Chakra (throat chakra), opens the vocal cord passage thereby making speech clear and sweet, balances the Thyroid gland, and induces self-healing. This mudra is especially helpful for Cancer patients.

Hold this mudra in front of throat. Relax your body and meditate on throat center. Visualize space and light filling in the space inside the throat.

Affirmation: My throat center is opening. I am experiencing the vast expanse called space. All the poisons and my karmas are being annihilated.

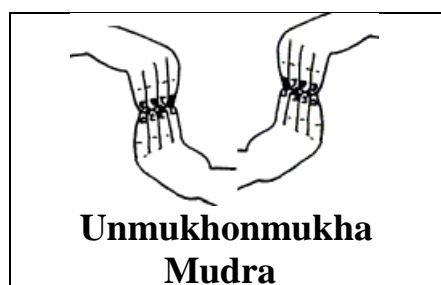
Interlock the fingers of both hands, this is Granthita Mudra which activates all the nerves in the body. The term Granthi means a lump or a knot. There are many glands which secrete The Rasas(juses). This mudra helps in the activation of Granthis with produces Rasas or Special Juses needs for the health and various activities and survival of our life.



According to the yoga shastra this mudra energises 10 nadis and invigorates the whole body. The 10 nadis are; Ida, Pingala, Sushumna, Gandhari, Hastijihva, Poosha, Yashasvini, Alambhushaa, Kohoo and Shankhini. Good for people with piles problem. Voice become smooth and soft. Person be able to perceive subtle things.

### 15.Unmukhonmukha Mudra “Ma - mantra”

Close relation-Deep relation between God(Paramaatma)&Living Person(Jeevatma).



This Mudra Makes the five fingers in each hand come closer and place the right hand on the left hand, hold then then rotate the hands and place left hand on right hand and thus enable the life force of Pancha bhutas flow from the tips of fingers. It Calms the mind, ignites feelings of devotion, balances solar and lunar energies in the body,



## Vedic Tantra Yoga: 24 Gayatri Mudra Meditation

harmonizes apana and prana vayus, is also used to therapy to aid cancer treatment and healing of autoimmune diseases.

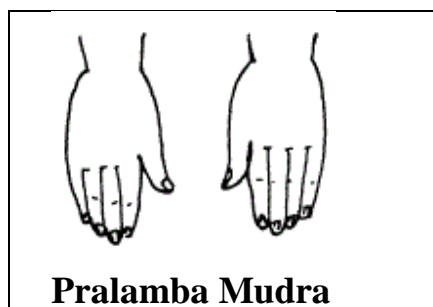
(Note: Connecting the tip of the tongue with the upper palate during long practice of this mudra with inner mantra will significantly increase the benefits. This facilitates a natural balance rising and descending energies in the body.)

### 16. Pralamba Mudra “Hi - mantra”

Pralamba means the offering. This mudra projects the prayers in the universe. Let peace and happiness fill the universe. This Mudra absolve us of all kinds of sins.

Bring closer all five fingers of both the hands, place the palms downwards, before the Navel. This formation is called Pralambha Mudra.

While the above “**Unmukhonmukha Mudra**” attracts the power of the cosmos, and this Mudra prevents any negative forces from entering our body.



Pralamba mudra builds devotion. It soothes the blood flow and strengthens the cardiovascular system. This mudra reduces the blood pressure and relaxes excited nerves thereby treating anxiety. This mudra opens the heart and makes you a generous person.

### 17. Mustika Mudra “Dhi - mantra”

Mushti is a Sanskrit word. Mushti means ‘closed hand’ or ‘fist’. Our body responds naturally to emotions like anger and fear by making us clench our fingers to form a fist. Mushtika Mudra helps you get rid of accumulated emotions. Suppressed anger, frustration, constant irritation and negative emotions can be relieved by regular practice of Mushti mudra.



Fold the index, middle, ring, and small fingers and press the folded index fingers gently with each of the thumbs, make Musti and join both the Mutis, this is called Mustika Mudra. Musti is a symbol of strength and protection. It saves the energy accumulated in the body and protects the body from the negative forces entering it. Weakens ego-grasping and self-defeating habits, awakens enlightened attitude and the heart of compassion, reduce anxiety and self-doubt, calms the spirit, clears the mind, benefits the heart and vascular system.



## Vedic Tantra Yoga: 24 Gayatri Mudra Meditation

Mushtika mudra activates liver and stomach. It aids digestion and cures constipation. Form a fist as soon as you finish your meal. 10 minutes on and the food is digested.

### 18. Matsaya Mudra “Yo - mantra”

Matsaya means Fish. First Evaluation had started in water as a Fish.

Lord Vishnu's first Avataar also fish. Lord in the form of a fish save and protected the world, from the great Pralaya.

The two thumbs of both hands are stretched out and other fingers brought together, place the left palm facing downward, then place the right palm on it. The fingers of the right hand are placed on the fingers of the left hand. The right index finger of Vayu (air) principle is placed on the little finger of the left hand Prituvi (earth) principle. Move two thumbs like fish swimming. The earth and air on the end of both hands



circulates and energies. And the flow of prana throughout the body. In Tantra Matsaya is related to Pranayama so this Mudra eases the flow of prana in the body based on the principle of Vayu movements or flow. And the thumps are space.

The Matsya Mudra is the Mudra of the fish, which symbolizes swimming across the ocean of worldliness without fear. Yogi tells us to be like the fish at the bottom of the pond. He is always in the mud, but never dirty.

### 19. Kurma Mudra “Yo - mantra”

Kurma means Tortoise, the 2<sup>nd</sup> Evaluation of Life, it is an Amphibian, Lord Vishnu 2<sup>nd</sup> Avataaras to help Devas and Asuras to churn the ocean to get “Amruth”. Kurma Mudra is a hand gesture which is very good for a disturbed mind. The concentration is on the forehead chakra. The breathing in this Mudra is of utmost importance. Slow and steady breathing is very important. Tortoise breathes very slowly and therefore it can live more than hundred years, this kind of breathing we perform is called “pranayama” and tortoise can withdraws into its shell all his sense organs, **Pratyahara** (withdrawal of the senses). **Pranayama** (restraint or expansion of the breath).



# Vedic Tantra Yoga:

## 24 Gayatri Mudra Meditation



**Kurma Mudra**

This Mudra is formed by folding the middle and ring fingers of both hands and placing them in the middle of the palm, Place your right hand, palm down, onto the palm of the left hand. Placing the right index finger on the left thumb and right small finger of left index finger and stretch the right thump finger and left small finger. This is “Kurma Mudra” the folded middle and ring fingers of both hands hold each forming hooks.

In this way the right index finger the symbol of Vayu(air) and left thumb the symbol of Akash(ether) and the right small finger Prituvi(earth) and the left index finger Vayu(air) comes together and in this Vinyas. In this mudra the both hands Vayu energy active and guides us about the slow and minimum number of breathing during pranayama, like Kurma or Tortoise.

### 20. Varaha Mudra “Nah – mudra”

Varaha means Pig/bhoar, Pure living animal on the Earth, Lord Vishnu’s 3<sup>rd</sup> Avataar to save the Mother Earth (Boomi Devi) which carried away by the great demon Hiranyaksha. This Mudra helps to reach Brahmpada. When we come down from our sadhana, Varaha mudra helps to come up our sadhana.

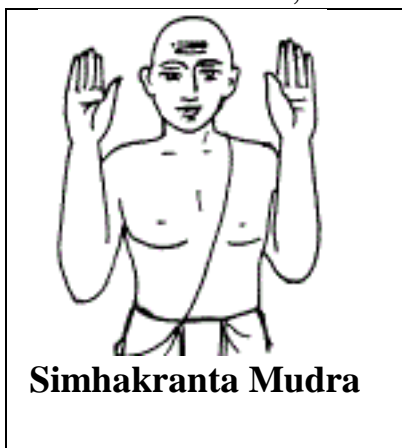
Keeping right index finger touching left thump finger and grab three fingers of right hand (middle, ring and little) with four fingers of the left hand. Right hand thumb finger fix between left thumb and right index finger, and all three pointed upwards.



**Varaha Mudra**

### 21. Simhakra Mudra “Pra – mantra”

Simha means Lion, The Occupying as like lion, Narasimha is the 4<sup>th</sup> Avatar of Vishnu, one who incarnates in the form of part lion and part man with knowledge and wisdom to destroy evil and restoring Dharma, this Mudra remove all evils in you and develop Dharma.



**Simhakra Mudra**

Join all fingers in both hands, Cup the palm and place them on the shoulders and that is Simhakra Mudra.

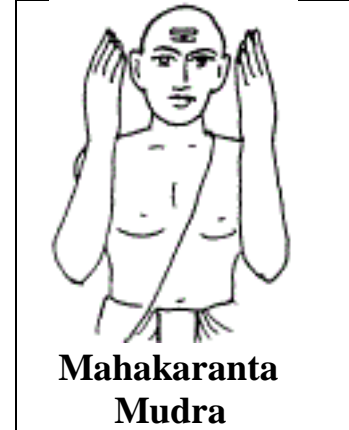


# Vedic Tantra Yoga: 24 Gayatri Mudra Meditation

## 22. Mahakaranta Mudra “Cho – mantra”

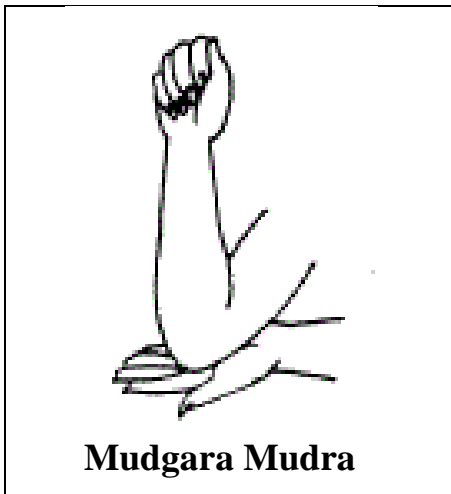
Mahakaranta means supreme power, Extraordinary occupying, after removing of Ajnaana Extraordinary Spread of Gnaana and power.

Bring all fingers closers, cup your palm and hold them facing towards face, turn palms to the face.



## 23. Mudgara Mudra “Da – mantra”

Mudgara is weapon used in olden times. A weapon for Destroyness of the Universe.



Hold all five fingers of right hand, place your right elbow on your left palm and exhibit the musti by using the fist, this Mudgara mudra.

As the weapon Mudgara is used to silence the enemy, this mudra is the symbol of destroying evil forces. This mudra also symbolises the concept of ‘unity is strength’.

## 24. Pallava Mudra “Yaat”

The term Pallava means a flower. If is offering beautiful soft and fragrant flowers to the lotus feet of god. It represents and stands for our moral duty.



## Vedic Tantra Yoga: 24 Gayatri Mudra Meditation

This Mudra is formed by making the five fingers which symbolise five elements in the shape of petals in a flower. It is called Pallava Mudra. It is a very special Mudra through which we offer the flowers of our heart 'Hrudaya pushpa or Kamala' to Goddess Gayatri.



**24 Gayatri Mudra** start with **Ganapathi Mudra** “Sumukha” and ends with **Pallavam**” the flower offering Mudra, at the lotus feet of **Goddess Veda Matha Gayatri**.

These are the twenty-four sounds of Gayatri mantra and scientific Mudras.

**Om Shanti Shanti Shantihi**

With Love and Light to You  
*Shajesh Tantra*

