HH Sri Swamiji Upadesha @KSHT 7/15/2022

(Video with mudras can be found here)

Jaigurudatta

When you sit in Meditation, dhyana, some people chant Mantra given by Sadguru or any deity's mantra or beejakshara. No need to count. You can count after meditation is complete. When you close your eyes, don't count, because the energy is flowing.

Concentrate and meditate. Sometimes you can perform Japa with mala. Mala helps the senses and gives energy to the heart and mind. How does this happen?

Japamala exerts pressure on your fingers. After some time, you can change the hand you are using the mala with. I will show you today how to use real mala.

Some people use Rudraksha mala. Some people go rotate it very fast. it's not good. You shouldn't show the mala while doing the Japa. Keep it in a bag.

The mala takes cosmic good energy and pass to us through the finger. While the thumb and pointing finger rotate the beads in mala, you can chant the mantra given by the Sadguru. Concentrate on the mantra.

Everyone can take and use the mala. After completing one mala (one round), you can use paper or a finger on the other hand to keep track of the count. After 10 rounds of mala, 1000 count, you can leave the mala, rub your hands and keep your hands on your eyes for a few seconds.

Then you can change the fingers you use to rotate the mala. You chant your mantra very slowly. Reduce the speed. After 10 rounds, you can open your eyes and you can use your energy by taking the support of the next finger. Just rotating the mala with a different finger can help you count. If you practice, you can do it very easily.

Otherwise, it would be difficult to move the mala with your fingers. If you are counting with your thumb and one other finger at a time you can complete 4 rounds.

That would be 400 counts. But the thumb is also helping so you can do 500. First practice without mantra on how to rotate the mala. It's enough to complete 5 males in the morning. Your mind will be peaceful and you will get good energy and strength. You will make good decisions after Japa. You will be peaceful.

Your activities, and your appearance will be peaceful. After Mala, perform Mudras.

The five fingers represent 5 elements, pinky water, ring finger - earth, middle finger - air, and the pointing finger - fire. Agni - fire is vital in your body. When you take in the food, it has to balance the fire (digestive juices). The food must be chewed well before swallowing. If you chew well, the fire inside will help digest the food well. If you have any digestive issues. the mudra is very important closing the hand (Swamiji shows the mudra).

Without any problem also, you can practice the Agni mudra. You can test it, then you will understand.

Vayumudra should be used to solve any breathing problems like snoring. (pointing finger) which causes sleep issues. With that Vayu mudra, you can chant your mantra. Breathing, sleep, nose problems, and air-pipe problems will all reduce by Vayu mudra.

With Akasha mudra (closed middle finger), you can control your mind. You can control your wavering mind which is going to so many places. Aakasha mudra helps with headache, giddiness, anger issues,

You are a good man but you get upset about small issues and start quarrels. Then you can put akasha mudra to reduce the issue. You can test for 3 minutes and then mail me, how you controlled your anger and other issues. Don't go into other people's issues. Don't scold anyone else. Don't complain on anyone. Then you will be happy and your giddiness goes away.

Pruthvi, earth mudra (with ring finger). helps with back pain, leg pain, thigh problems, Mooladhara chakra pains, piles issue (even after the procedure, the issue keeps coming back, and it can't be mentioned to anyone, they struggle, can't sit in Swamiji program),

Finally Jala (water) mudra (with little finger closed).

You can't stay in AC for so long, you experience too much cold and cough. people might think you have corona. It's tough with just cough also. Please drink a lot of water after meditation, not before meditation. If you drink before meditation, your meditation might happen in a different place :-) Take a small sip before meditation or during the day.

These 5 mudras are the 5 element mudras. There are thousands of mudras. In the olden days, Rishis used to use the mudras. Fingers need to be massaged; the knuckles don't need to be cracked. You can crack the knuckles rarely, and when you are not around people. It's not good to do it around people.

I don't even know how to crack knuckles, In movies, heroes do it with a loud sound, we can't even make some sound with them. The sound shouldn't come.

Some people whip their heads sideways, it's dangerous. you can only do the exercise slowly with your neck. Some kids are happy listening to the neck-cracking sounds. It is dangerous. You shouldn't do it.

Some kids flip their hair. It's not good. Some have hair falling and blocking their view. After some years, they will have eye issues. Some young boys also started putting their hair on their forehead for fashion. It's "Maremma" (a village deity) style.

While performing mudras, your hands should be at heart level. You can even perform mudras with one hand. Doing with both hands is also good. Don't put your hands anywhere, to the side of the body or on your head. Then you might feel like there's no improvement.

Namostute bhajan is like khadgamala (a powerful stotra of Durga).

Swamiji has written all bhajans like a full meal. You need to enjoy them.