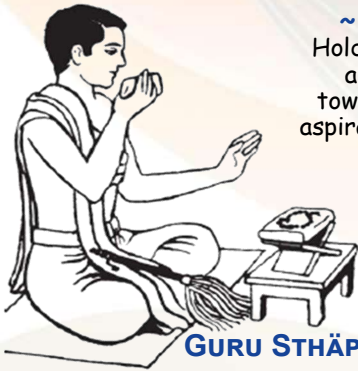
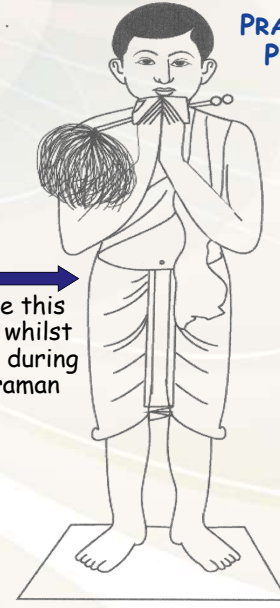


Mudras - Ritual Postures



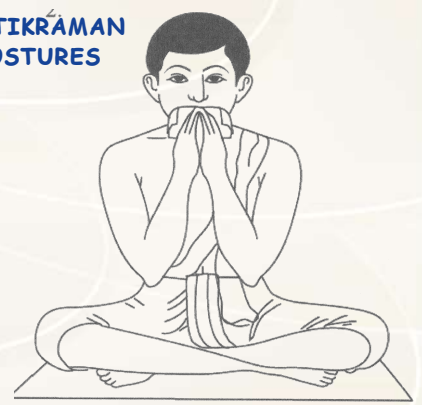
GURU STHÄPANÄ

GURU STHAPANA
 ~ To commence *Samayik* ~
 Holding Muhapatti in the left hand and extending the right palm towards the preceptor's seat, the aspirant should recite the following :
 Navakär Mahämantra and Panchindiya Sutra

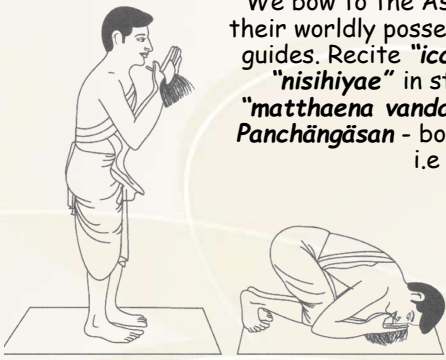


PRATIKRAMAN POSTURES

Observe this posture whilst standing during Pratikraman



Observe this posture whilst sitting during Pratikraman



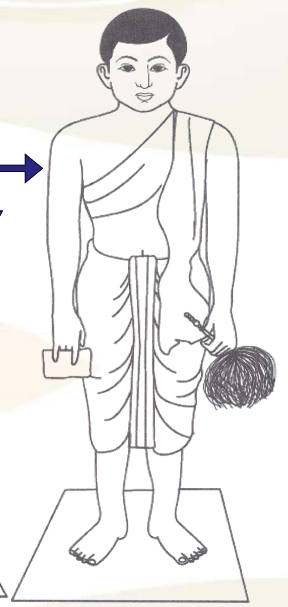
STARTING POSTURE **ENDING POSTURE**

KHAMASAMANA POSTURE
 We bow to the Ascetics who have left all their worldly possessions & are our religious guides. Recite "*icchami khamasamano*" to "*nisihyae*" in standing pose. Reciting "*matthaena vandami*" - give khamasamana *Panchängäsan* - bowing the five body parts i.e two hands, two feet & the head

JINA MUDRA - KAUSSAGGA (KAYOTSARGA)

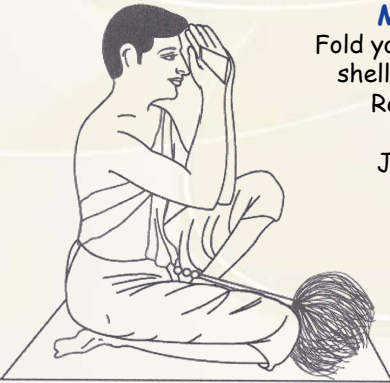


SEATING POSTURE



STANDING POSTURE

in "*Annattha Sutra*" after "*Appanam Vosirami*"



POSTURE AFTER "ABHAVA-MAKHANDA"
 Lowering both hands till forehead but not to lower than belly button.

MUKTA SHAKATI MUDRA
 Fold your two palms hollow like a pearl-shell and then touch your forehead
 Recite Javanti Cheiam Sutra, Javant Kevi Sahu Sutra & Jaya Viyaraya Sutra UNTIL "*abhava-makhanda*"

HOW TO DO KAUSSAGGA ?
 After saying "*appanam vosirami*" - eyes should be fixed on the tip of our nose ; stand up in such a way that there is a distance of 4 fingers between the two feet at the toes in the front and a little less in between the heels of the legs, keep the body firm. Standing or sitting Charvalo on left hand and muhpatti on right hand.
 Jina Mudra - Navkar Mantra | Loggassa Sutra Kausssagga



YOGA MUDRA - Fold Ten fingers in the form of a Lotus, keep the elbow on the belly
 Chaiyavandan upto & incl Namuththunam. Stavans & Stutis



"ABHUTTHIO"
 Put right hand on charavala & bow down with forehead



GURU UTTHÄPANÄ
 To finish *Samayik*
 Recite Navakär Mahämantra keeping the open right hand palm in front of the face. This is symbolic of withdrawing the attributes that were supposed to have been incorporated in the preceptor's seat.

