

Finger Modes, Mudras and Nadi Shakti

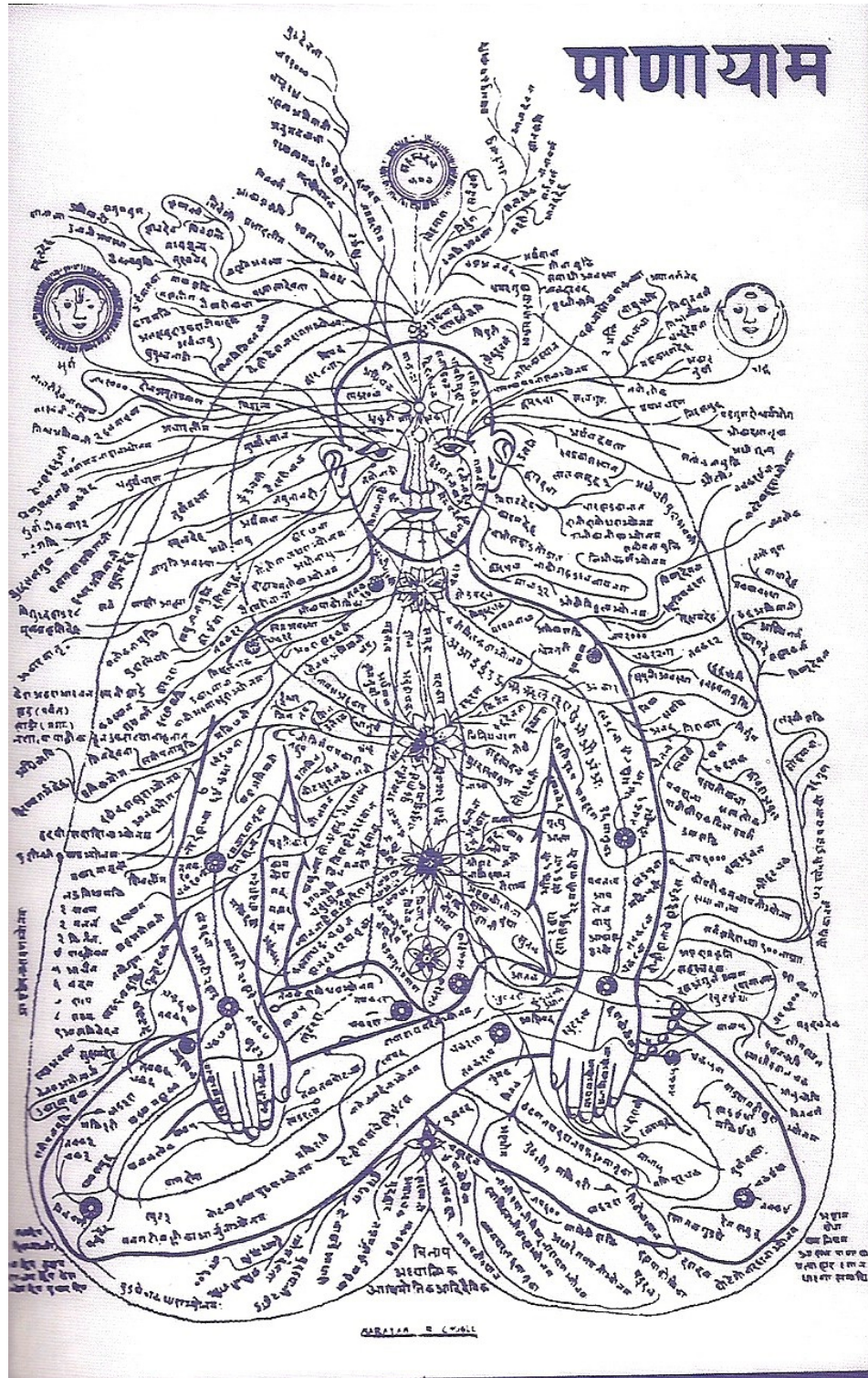
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Nadis



To understand Finger Modes, we have to have an inch of understanding of Mudras – the 10,000-year-old finger mode.

To understand Mudras, we have to have an inch of understanding of Nadis – the 10,000-year-old energy system.

So here is the *Cliff Notes* version of
Nadis for Dummies
written and very sketchily researched,
by The Big Nadi Dummy,
moi.

The word nadi is derived from Sanskrit word meaning hollow stalk, sound vibration and resonance.

Nadi is sometimes also derived from the Sanskrit root *nala* meaning motion.

Nadis are tubular organs of the subtle body through which energy flows.

Nadis are ducts and channels that carry air, water, blood, nutrients, and other substances throughout the body.

Nadis are our arteries, bronchioles, veins, capillaries and so on.

In our subtle and spiritual bodies, which cannot be weighed or measured, nadis channel cosmic, vital, seminal, and other energies. They carry sensations and conscious and subconscious thought.

They are called different names according to their functions.

Nadikas are small nadis.

Nadichakras are ganglia or plexuses in all physical, as well as throughout all the subtle energy bodies.

We have Chakras, nerve bundles, intersecting blood vessels... we are just one big and little bunches of nadis.

It is said in the Varahopanisad by *Vihangama Yoga, The Science of Consciousness* that the nadis penetrate the body from the soles of the feet to the crown of the head.

In the nadis flows prana.
Prana is the breath of life.
In that prana/life abides Atma.
Atma, is the home of Shakti.
Shakti is the creator of the animate and inanimate worlds.
Shakti is the Primordial Cosmic Energy.
Shakti is Power.
(hence the very groovy pic of Shakti on cover).

All nadis originate from two centers

The Kandasthan and The Heart

Originating from the Heart

There is a center called the Atma.
The Atma – is the home of Shakti.
The Atma is the home of Power in all our bodies.

From the Atma center in the heart, the size of a thumb, radiate 101 nadis.

From each of these 101 nadis emanate 100 subtler nadis.
Each of these 100 subtler nadis branches off into another 72,000 nadis.

Originating from the Kandasthana

The Kandasthana, or Kanda, is located between the perineum,
and just below the navel.

The Kanda is an etheric egg-shaped bulb.

From the Kanda, 72,000 nadis are spread throughout the body.
Each of the 72,000 are said to branch off into another 72,000.

Whew, that's a lot of nadis!

Nadis move in every direction and have countless outlets and functions.

Though yoga texts agree about their starting points; the **Heart** and the **Kanda**, rarely is there agreement on the ending points.

Some say that nadis can encircle the earthly plane. Some say nadis are our forever tether to all life forms past and present.

The ancient text, Siva Samhita (also called Verses of Shiva – author unknown) studies 350,000 specific nadis.

Of the 350,000 nadis mentioned, 14 are stated to be of maximum importance.

These 14 nadis are generally accepted as, and considered to be, the basis of the 14 meridian system of TCM.

Soooooooooooo that was really interesting – but why do I care?

Ha!

Here is why you care.

You like having your heart work. I know it's true.

You do.

Say thank you to the nadis.

Pranic energy flows throughout your pranic sheath via fixed pathways or nadis (conduit, channel, or artery).

Nadi is energy in motion. (remember *nala*, and oh and a little thing called, quantum physics, that things are always in motion. Somebody really smart said that a while ago and I think they were right).

At various focal points within your pranic body, networks of nadis intersect to form chakras, meridians, auric patterns. Nadis form your Xi Cleft points, your acupoints, your myelin sheath, your Blood Brain Barrier, your HEART. I think you get the picture.

Nadis create our life vehicle in all forms in all ways and the prana of life is carried by the nadis.

Good luck breathing if u not respecting your nadis.

Mudras & Finger Modes

We all have our favorite Mudra... you know the one when you are stuck on the Dan Ryan expressway, in rush hour, and that 16-year kid cuts you off and makes you slam the brakes... yeah that one... it's a Mudra. Granted, not exactly the spiritual Namaste thingy you have come to associate as a Mudra, but it's a Mudra just the same.

Certain mudras in yoga control the involuntary physiological processes and the physical functions of the breathing.

Mudras accomplish this by uniting various nerve/nadi terminals in the fingers that in turn activate different areas of the brain, as well as the sympathetic and parasympathetic nervous systems.

For example, when your hands are placed together palm-to-palm, as in Namaste position, or Anjali mudra, the cranial nerve circuits in the head and the upper part of the body in the vagus nerve system are united together. This produces a physiological response that induces calmness and a deeper breath. No wonder we start and end so many yoga classes with this mudra!

These simple AND complex hand modes are the main stay of the process, acting as a protolanguage and giving us feedback, through allowing a story to emerge as we use mudra after mudra to elicit the subtext or hidden dialogue that lies underneath any state. They create a backdrop, a sentence, phrase, paragraph, or chapter in someone's life portraying the depth, origin, etiology of a situation, eliciting resources, finding old patterns, and forgotten secrets, or simply pointing the way to emergence as a human being.

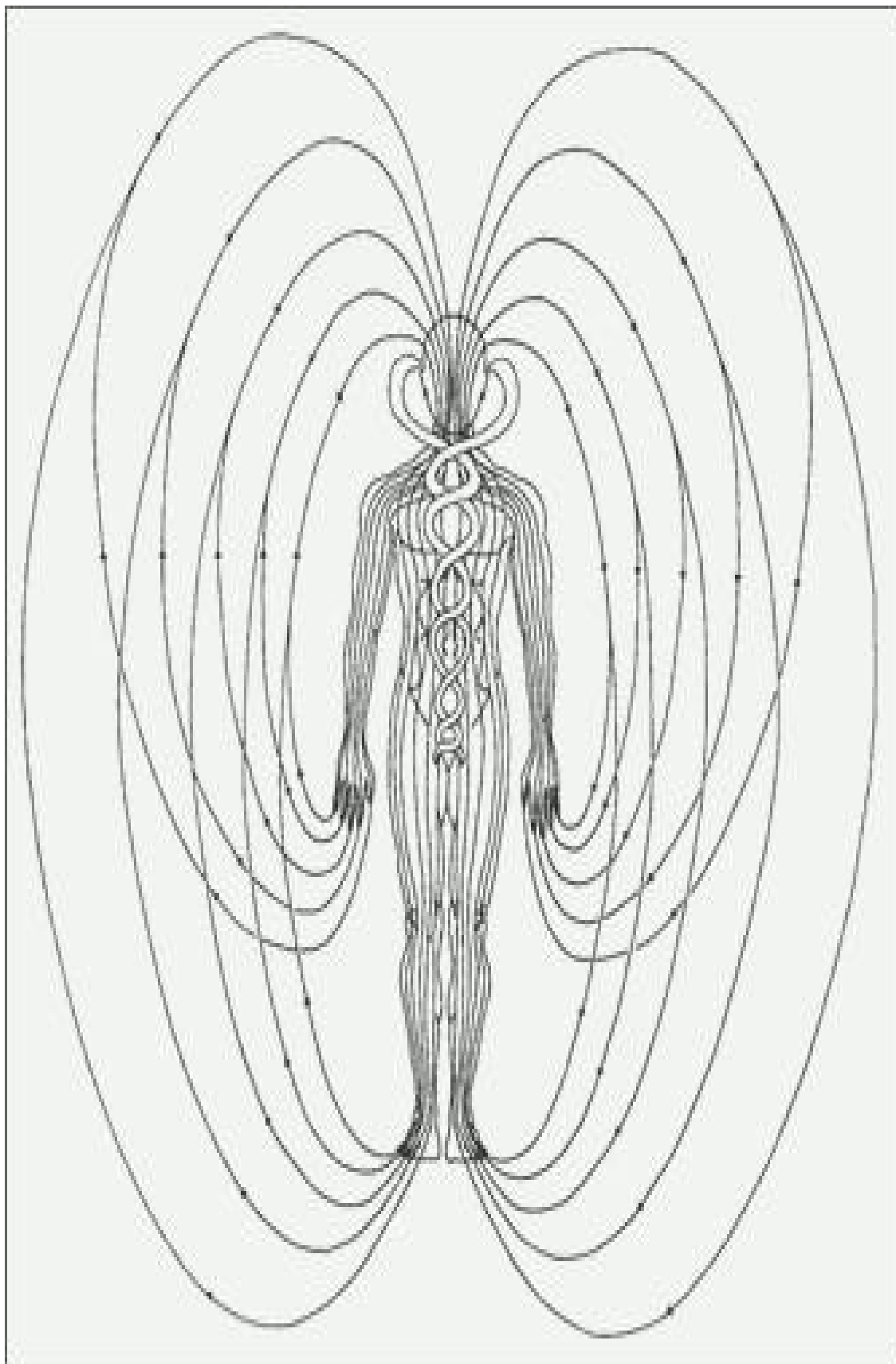
Babies will often illustrate, even with an immature central nervous system, this early communication language – animal in origin – as gestures. Damaged or disturbed postpartum babies illustrate their woes with gestures - their little fingers curled in amazingly simple contortions as well as elaborate configurations.

These little gestures made by babies are MODES, which often can indicate what is ailing them. (I now know that every new Grandmother is going to want to be finger mode literate now).

Mudras, some of which are now used now as therapeutic protocols known as **Finger Modes**, (I know of 381!!! of the Finger Modes... well I don't KNOW them, I have flash cards) are used as a type of sign language, if you will, to communicate with the client's subtle energies.

Coupled with kinesiology, the mudras can be used to 'ask' the human body – and essence – as a dialogue to ascertain what has occurred to cause the present situation.

This enables the practitioner to reveal the story of the person, and the root cause or dynamic that needs to be addressed.



Finger modes cuts through
normal models of illness and pathology.

Finger modes allows us to understand the inner
processes that occur within a human:

the loss of connection

the lack of value

the disorder of their natures

the loss of dynamic as a human being.

Through helping people to understand the etiology of their state, the person can begin to rectify and re- order their own internal self. In turn, this re- organization can promote health and wellbeing.

Finger modes facilitate the person's ability to connect with, adjust to, and re-orientate with a central connection of purpose and wellbeing.

So, it is the Kanda (in 2nd chakra area) and the Atma (in heart area) that initiates and is credited with originates the nadi flow. The nadis are everywhere. They are electricity and they self-generate electricity.

Connecting the finger modes positions orient the body to explain, reveal, and recognize otherwise indecipherable and such subtle/whispers of habits and patterns and sometimes, adjust simply and quickly.

16 Additional Finger Modes

adding to the basic 5 modes that Donna Eden teaches her students



Top row left to right: Toxicity, Body Ecology, Geopathic Stress, Disturbed Field
 2nd row left to right: Bacteria, Viruses, Fungus/Molds, Parasite
 3rd row left to right: Structural, Allergy, Emotional, Glands
 4th row left to right: Chakra, Essences, Meridians, Prioritize

Bibliography

Credits:

Shakti artwork by Psy Trance at PsychedellicArtist.org

German Finger modes by Hartmut Emig at www.naturheilpraxis-hartmut-emig.de

Nadi picture really old, ancient. Don't know who to credit.

Pic on page 8 drawn by Randolph Stone, DC, **Polarity Therapy**.

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Finger Mode info distillations from:

Debra Hurt (Burchard)

Anything by Hugo Tobar

Anything by Richard Utt, LAC

Anything by Charles Krebs, PhD

Anything by Alan Beardsall, DC – originator of the finger modes in 1978.

Finger mode genius and archiver Dr. Louisa L. Willams. www.radicalmedicine.com



About Sara Allen, PhD, EEM-AP...

Dr. Sara is a doctorate level holistic health practitioner. She has studied extensively food as medicine as well as supplemental & herbal medicine. Her specialty is a particular self-brand of energy medicine – best described as a combination of ancient Chinese and East Indian modalities that are systematized via energy kinesiology. She is deeply skilled in Eden Energy Medicine, Pranic Healing, Touch for Health, EFT, Advanced Psych-K, Animal Energy Medicine, and she just cannot stop talking about the fascinating world of German New Medicine.

Dr. Sara is a certified trainer in Leadership Effectiveness Training, better known by its acronym L.E.T., with Gordon Training International. LET is a Rogerian based system of communicating and understanding the complex world of feelings and needs. It is a beautiful and versatile tool that enables practitioners to gently tease out and discern the root emotions causing conflicts within the psyche and in relationships. Dr. Allen also teaches LET skills in the corporate world to ease conflict and enhance productivity in the workplace. She also teaches P.E.T. – Parent Effectiveness Training to anyone raising humans. PET teaches skills to parents and children to create peace, cooperation and individuation between parents and the children who are raising them.

Dr. Sara has a private energy medicine practice in Asheville, NC. She is senior/founding faculty at the Eden Energy Medicine School. Dr. Sara also sits on faculty at the European Energy Medicine School in London. She is the Educational Director for the Central Region Eden School in Chicago and runs the Eden Fundamentals Program in Asheville, NC. Dr. Sara's training, and over 20,000 hours of clinical experience, have resulted in a masterful blend of skill and intuitive understanding of the client's needs. She also understands the practitioner's needs. As a result, she is in high demand as a mentor to the advanced energy medicine student. Her experience and success create outstanding classroom experiences for both the novice and advanced student/practitioner.

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