

Title: **Anandakanda Energy Center Below Heart**

I had felt the energy going down from the heart to this energy center before but I thought the energy was just moving to Yesod. Earlier last month I started a meditation/psi-practice using every sefirot but sending energy through Chesed and Geburah. Eventually so much energy was concentrated just below the heart chakra that I realized it was an actual energy center and not just the energy trying to go along the path to Yesod. Does anyone know how the Anandakanda energy center is used or more about it in general ? Aside from the "celestial wishing tree" stuff on the internet, the only thing I know about it from direct meditation is that it is easiest to visualize as golden and responds to about the same stimulus of the sefirot of Hod and Netzach, mainly through intense need/desire even though it is separate from them.

I haven't learned much about it yet but I'll tell you what happens, I do this psi practice every other day using mainly Chesed and Geburah but channeling a lot of energy from the other sefirot. I have done this particular exercise 13 times and each time after I finish the area in question is filled with energy and stays that way. I'm shooting for doing it 100 times at least, by then maybe I will know exactly how to use that energy center, only 87 times left to go.

There are "traditionally" 3 energy storage centers, that i know of, in the body and they are situated right below 3 main chakras. Brow, Heart, and Solar Plexus(SP).

Energy can be raised and stored in those 3 centers, however it is highly recommended not to do so except on the SP storage center. When it is full it will overflow the other 2 and that is a safe way of doing it. Storing energy in the other 2 directly could cause emotional and psychic disturbances.

Having said that. Last week I have bumped into the very energy center you are talking about. This happened after, what i consider, communion with my Holy Guardian Angel (HGA). I was shown this center as part of an alchemical energy structure in the heart area. This center for me is situated between heart and SP centers. I am still not entirely sure if i was being shown the storage center, or (what i considered) a new chakra?

When I send energy or in healing or even i become emotional I feel this chakra active along with my heart and the Ananda Chakra (the one right above the heart, below the throat).

Please remember not everything maps neatly to the buddhist 7 chakra system, or the sephiroth tree of life. It is interesting if you have an exercise to activate this chakra. I would like to know.

The best way to use this energy center that I have found is through psi practice (for lack of a better phrase) I have now done that practice that I mentioned

earlier 15 times... I've almost got the hang of easily stimulating that energy center when not doing that practice, the only way I can stimulate it is to want the sefirot to do something really bad and focus on it.

Its funny you should mention the storing energy causing psychic disturbances because I wrote a post a month or two ago where I mentioned that if you meditate on Yesod too much it causes problems. Its impossible for me to test that theory with the heart chakra because it is my most awakened one and meditating on it just sends the energy straight up to the top of my neck after the heart is full (I think it is trying to cross the abyss) where it builds and eventually I have to stop for that day, but eventually I'll get through it.

I'll give you an idea of how my psi-practice has gone so here goes, thankfully I have been writing down what has happened at the end of every practice....

1 st day Closed eyes, concentrated on chesed and geburah and then used my will to pull energy from every other sefirot to chesed and geburah and imagined my aura looking like a blue light flowing upwards. I lasted 5 minutes before being unable to maintain concentration.

2nd day Same as before, 7 minutes total time.

3rd day Same as before, 12 minutes.

4th day Same technique, 14 minutes

5th day Same technique, 15 minutes side effect: energy center between eyes and 1 inch into brain began contributing energy, I imagined blue in my aura, but the energy it gave was gold colored.

6th day Same technique 20 minutes, side effect: sweating but only on spine, probably from kundalini energy being used.

7th day Same technique 25 minutes side effect: visualization of aura as large bubble became easier, brighter, still sweating along spine.

8th day S. T. 16 minutes, side effect: first noticed that energy center between heart and netzach and hod was something I never read about.

9th day This practice was done the next day after the 8th practice (something I hadn't done before) total time 17 minutes, energy center below heart continued to grow energy between eyes and 1 inch into brain continues to grow in its ability to give me a headache.

10th day No longer doing the practice back to back days, skipped a day or two, concentration maintained for 21 minutes, and not sweating at spine as much as before.

11th day total time, 25 minutes, side effect: chesed and geburah sefirot are on fire...

12th day total time 27 minutes, during practice the imagined blue light of aura being replaced with golden light from energy center between eyes and 1 inch into brain, from hearth chakra, Yesod reflecting the same color from the others. A slow vibration coming from Yesod and Malkuth.

13th day total time 28 minutes, Spine hardly sweating at all, vibration in Yesod and malkuth increasing, muscles in arms contracted once or twice.

14th day total time 24 minutes Yesod vibrating, energy from kundalini storage center vibrating, chesed and geburah constantly on, all day, every day.

15th day Total time 31 minutes, vibration of Yesod a constant, wondered if malkuth really was vibrating or if it was energy of Yesod coming out of feet, temperature in spine completely stable, only one drop of sweat during the entire exercise. Alternated between upward pull of chesed and geburah and all sefirot above them, and upward push of Yesod don't know which one is stronger...

That's it, though I write them down as days I do take a break of 1 or 2 days to do meditation on the sefirot and to give the energy center or gland (pineal?) between the eyes and an inch into the brain time to rest. Ideally I would keep meditating on chesed and geburah to focus energy through them but the vibration at Yesod is impossible to ignore. Only 85 more practices left to go. I didn't write it down so I don't know what practice it was but on a few of them the heart chakra was pushing me forward and caused me to have to step back but I'll spend time on that after I finish psi-practice to see what chesed geburah and the above sefirot can do, seeing how the reason I started this meditation was to give chesed and geburah more stimulus along with meditation on them to see if I can speed up having the spiritual experience of them.

Unfortunately the difference between psi-practice and meditation is the same as volts and amps. Psi-practice increases the volts, meditation increases the amps (or for metaphysics, the frequency) so I do still take a large amount of time to meditate on chesed and geburah with the same hour long meditations to increase understanding and get closer to the spiritual experience.

So, that's the exercise I do, it does use the anandakanda energy center which I see as golden orange light. It might be a bit of overkill though because doing this meditation I'm using a whole lot of energy and eating a good amount of sweet stuff like grape juice, apple juice, apple turnovers, anything with sugar in it except soft drinks. Ya not everything maps out to buddhist chakras, and sefirot etc, but when I had the spiritual experience of the heart I assumed a position in Yoga called the fish pose (which I found out about a year later while reading in Barnes and Noble) so that's why I use both systems to map everything neatly :)

Last but not least I almost forgot, during the concentration where I started imagining the energy of chesed, geburah and the sefirot above them moving up, I used to imagine it as the aura, but as time went on I was able to see it not just as my aura around me, but within me, and that was what made the feeling of vibration throughout my body but they are really slow vibrations and easy to feel from the heart down, above it, they are very fast and I don't even think they are moving in the same physical space, I can feel them, but not like the ones below the heart where I really do feel it like someone feels the engine in a car vibrating. (though not nearly as strong)

Your excercises are very interesting. Thanks for posting them. surely is worth a

try.

I never used the sephiroth for energy / psi practice. This would be very interesting to try.

I "stumbled" onto this site yesterday.

<http://www.onehealsone.co.uk/13chakras.php?cid=4>

This is an egyptian system that uses 13 chakras. There is a chakra between heart and SP that is a gold chakra!

I wonder if that is the one you and I encountered.

I saw this post and wanted to tell you the rest of what has happened since then. I won't recount the times and length of time of every single practice but will tell the general results so that anyone else who does psi/concentration practice or is thinking about it will get a good idea of the time it can take so that they won't give up after the first month or something.

The last post I made here was from the 15th practice but currently I have practiced this exercise 41 times and will be doing my 42nd this Saturday.

For practice 1 - 14 the main observation I had was how much I was sweating but unlike physical exercise I only sweat on my spine during these exercises. At one point I got to where I would count the beads of sweat that would start close to the top of my spine and roll down to my tailbone. If my memory serves me correctly the very first time I practiced I didn't pull enough energy to sweat, I just got a headache at the point between the hemispheres of the brain.

Practices 16-30: Most of these lasted more than 31 minutes with the final one being thirty six minutes with no headache, no sweating along the spine and no tingly feeling from my hands and forearms (which on the 16th time lasted about an hour after the exercise).

Practice 32: Most notable because it felt like I was an energy pin cushion with the usual tingly feeling felt everywhere on my skin. The time felt like 10 or 15 minutes but was really 28 and I had a massive headache.

Practices 33-40: On practice 33 I experienced the wierdest shaking and muscle contraction in arms, it wasn't constant but it was noticeable and very annoying.

For the practices afterward I continued to be rid of the overheating and headaches (most of the time) and they were mostly pleasant practices where I lost track of time. By practice 37 I was up to a total of an hour and sixteen minutes split between two practices with ten minutes between.

Practice 41: Well anyone who saw the last post knows about the vision I had of my sefirot of Malkuth turning into a red ring and the energy of the middle pillar pouring through it but the one effect that continues to increase is the time it takes for the energy raised from the practices to "wear off" for lack of a better

phrase. The more I do it, the longer the practices the longer feeling from them lasts. I was writing down the effects of the last practice even 6 hours after I finished it but unlike previous practices when finishing the last two I have felt much much stronger (energy wise) than before. At the moment I can actually feel the pressure of my energy around me, just like when you walk outside on a sunny day, but with no heat. All the other side effects are perceptual after I finished practice went and saw a movie six hours later and I could feel the energy of the people in the theater.

Hopefully this helps anyone practicing any psi/concentration exercise, the effects are slow at first but the time is worth it. I only do this concentration practice once a week now (it uses/vibrates about two times more energy than meditation on my most advanced sefirot) but the side effects aren't as random as my meditation on sefirot. I've been doing this particular exercise since July 30,2008. Looking forward to the big one year mark. Hope it helps,

H

by [valli](#), Oct 2, 2007

Mudras are very powerful. If you practice these mudras regularly you can see the wonderful health benefits.

Long before this much publicity came to yoga my grand father used to practice asanas, chakras and mudras in yoga. To my knowledge my grandfather has never gone to a doctor. He has neither **diabetes** nor blood pressure. He taught us the way to practice mudras. **Mudras** are very powerful. If you practice these mudras regularly you can see the wonderful health benefits.

1. Gyan Mudra (Mudra of Knowledge):



Method:

Touch the tip of the thumb to the tip of the index finger, with the other three fingers stretched out.

Specialty:

As it is a mudra of knowledge, it enhances the knowledge. The tip of thumb has centers of pituitary and endocrine glands. When we press these centers by index finger the two glands work actively.

Time duration:

There is no particular time duration for this mudra. You can practice by sitting, standing

or lying on bed whenever and wherever you have time.

Benefits:

- Increases memory power and sharpens the **brain**
- Enhances concentration and prevents Insomnia
- If we practice it regularly, it will cure all psychological disorders like Mental, Hysteria, Anger and Depression

2. Prithvi Mudra (Mudra of Earth):



Method:

Tip of **the ring** finger touches the tip of the thumb, with the other three fingers stretched out.

Specialty:

It reduces all **physical** weaknesses.

Time Duration:

It has no particular time duration. You can practice it any time you want.

Benefits:

- It helps to increase the weight for weak people
- It improves the complexion of skin and makes the skin to glow
- It makes the body active by keeping it **healthy**

3. Varuna Mudra (Mudra of Water):

**Method:**

Tip of little finger touches the tip of thumb, with the other three fingers stretched out.

Specialty:

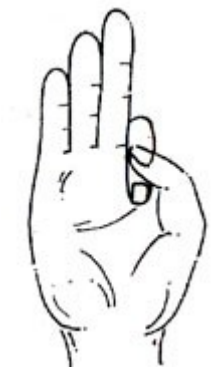
It balances the water content and prevents all diseases which come due to lack of water.

Time Duration:

It has no specific time duration and one can practice it according to their time.

Benefits:

- It retains clarity in blood by balancing water content in the body
- Prevents the **pains** of Gastroenteritis and Muscle Shrinkage

4. Vayu Mudra (Mudra of Air):**Method:**

Keep the index finger on the base of the thumb and press with thumb keeping the other three fingers straight.

Specialty:

It prevents all the diseases that occur due to the imbalance of the air.

Time Duration:

The practice of this mudra for 45 minutes reduces the severity of the disease in 12 to 24 hours. For better results practice it for two months.

Benefits:

- It cures Rheumatism, Arthritis, Gout, Parkinson's disease and paralysis without any medicine
- It is useful for Cervical Spondylitis, paralysis to face and catching of nerve in neck
- It corrects the disorder of **gas** in the stomach

5. Shunya Mudra (Mudra of Emptiness):



Method:

Keep the middle finger at the **mount of Venus** and press it with thumb.

Specialty:

It reduces the dullness in our body.

Time Duration:

One can practice it for 40 to 60 minutes daily until to be cured from the disease.

Benefits:

- It relieves an earache within 4 or 5 minutes
- It is useful for the deaf and mentally challenged, but not for inborn ones.

6.

7.

8. Surya Mudra (Mudra of Sun):



Method:

Bend the ring finger and press it with thumb.

Specialty:

It sharpens the center in thyroid gland.

Time Duration:

Practice it daily twice for 5 to 15 minutes.

Benefits:

- It reduces cholesterol in body and helps in reducing weight
- It reduces anxiety
- It corrects indigestion problems

9. Prana Mudra (Mudra of Life):



Method:

Bend ring finger and little finger and touch the tip of thumb with their tips keeping the

remaining two fingers stretched.

Specialty:

As it is the mudra of life, it improves the power of life. Weak people become strong. It reduces the clamps in blood vessels. If we practice it regularly, we will become active.

Time Duration:

No specific time duration. One can practice it any time.

Benefits:

- It improves immunity
- Improves the power of eyes and reduces eye related diseases
- It removes the vitamin deficiency and fatigue

10. Apana Mudra (Mudra of Digestion):



Method:

The tips of middle finger and ring finger touch the tip of thumb while the other two fingers are stretched out.

Specialty:

It plays an important role in our health as it regulates the excretory system.

Time Duration:

Practice it daily for 45 minutes, but practice for longer time yields more benefits.

Benefits:

- It regulates diabetes
- It cures constipation and piles
- It helps excreting the normal waste regularly

11. Apana Vayu Mudra (Mudra of Heart):



Method:

The tips of the middle finger and ring finger touch the tip of thumb, while the index finger touches the base of thumb and little finger stretched out.

Specialty:

It benefits the heart. It works like injection in the reduction of heart attack. It is as powerful as sorbitate tablet. It reduces the gas content in body.

Time Duration:

Practice it as many times as you can. Heart **patients** and BP patients can practice it for 15 minutes daily twice for better results.

Benefits:

- It strengthens the heart and regularizes palpitation
- It regulates excretory system
- It redeems gastric trouble

12.

13.

14.

15. Linga Mudra (Mudra of Heat):

**Method:**

Interlock the fingers of both the hands and keep the thumb of the left hand vertically straight and encircle it with the thumb and the index finger of the right hand.

Specialty:

It generates heat in our body. Take milk, ghee, more water and fruit juices in addition to practice of this mudra for much benefits.

Time Duration:

Practice it any time you want. But don't practice it a lot as it produces heat in the body. It can cause sweating even in winter if you practice it longer.

Benefits:

- It stops production of phlegm and gives power to lungs
- It cures severe cold and bronchial infection
- It invigorates the body

Your Health in Your Hand

People fold their fingers in various Mudras (Gestures). It is little known, however, that Mudra Science is Tatva Yoga-Yoga based on science of elements. And, believes Acharya Keshav Dev, these mudras can help cure many diseases.



MRIT SANJIVINI MUDRA

In the case of severe heart attack, this life giving device Mudra provides instant relief within a few seconds.
Helping hand for Cardiacs.
First Aid for Heart Problems.

APAN MUDRA

Provide relief in urinary problems
Facilitates discharge of waste material from the body.
Cleanses & purifies the body.



PRAN MUDRA

Energy Bank - Improves Vitality of the body & Eyesight.

LING MUDRA

Practice the Mudra and get rid of
Frequent Cold, Congested Chest
and Incurable Infections.



GYAN MUDRA

Yogic Tranquilizer.



Mudras

A 'Mudra' is performed by pressing a finger onto another in a particular fashion. Acupressure Therapy states that the key to our health resides in our hands and that a particular kind of energy is continuously transmitted from them. It is believed that there is a chakra in the centre of the palm which emits an electro-magnetic ray .

Most of us have experienced that whenever we rub our hands together, it generates heat. If one adds the power of mind and love, the results can be dramatic.

Like the Universe the human body is made up of 5 elements. In the case of the hand:

The THUMB represents the Fire or SUN

The INDEX FINGER represents AIR or WIND

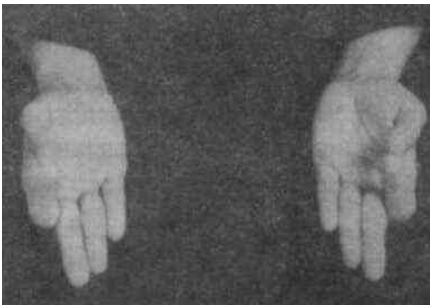
The MIDDLE FINGER represents SKY or SPACE

The RING FINGER represents EARTH

The SMALL FINGER represents WATER.

The proper study of Mudras helps us to control the 5 elements. These Mudras can create energy waves in our body which help to bring the 5 elements into a proper balance. These then cure many diseases, be they physical, mental and/or spiritual. Achaarya Keshav Deo states: "If a human body is a machine, the mudras are the controlling switches of this machine". Different Mudras are performed for different purposes.

GYAAN MUDRA



Touch the tip of the thumb with the tip of the index finger. No need to press. Though you may sit in any comfortable position, best results are derived whilst meditating sitting cross-legged. This mudra increases Brain Power. It brings relief to people suffering from anger, mental tensions, headaches, insomnia, laziness and depression. It also helps mentally retarded children. You may practice this mudra for as long as you please.



Hakini. This mudra is said to benefit the brain, third eye, and lungs. It balances the right and left sides of the brain and creates cooperation between them. It's used to increase concentration and stimulate ideas. Place all of your fingers together. Place the tip of your tongue on your teeth when inhaling, and let it fall when exhaling.



Uttara bodhi. Both hands are held at the level of the chest, the two raised index fingers touch one another, the remaining fingers are crossed and folded down, the thumbs touch each other at the tips or are also crossed and folded. This mudra can be used to stimulate ideas. In Sanskrit, this is the mudra of extreme enlightenment.



Jhana Mudra. Place the tip of the thumb on your index fingertip and extend your other fingers. You can lay both hands on your thighs in a relaxed way. This is the famous hand position of hatha Yoga. In regular practice over time, it can help sharpen memory, mental concentration and thinking.

Acceptance Mudra

Hand position

The index finger is folded into the space between thumb and this finger, so that the nail touches the fold. The outer lower corner of the thumb's nail touches the inner lower corner of the pinky finger's nail.



Emotional / spiritual use

To overcome sadness or an unnecessary resistance to situations, this mudra can help to get into a mood of acceptance. *Hold the finger positions with both hands, for at least a couple of minutes*

Ahamkara Mudra

Hand position

Bend index fingers slightly and put the upper phalanx of the thumb to the side of the middle phalanx of the index finger, at the upper part. Other fingers are straight.



Emotional / spiritual use

Self-confidence and self-assertion.

For counteracting fear and timidity. *Hold the finger positions with both hands, for at least a couple of minutes.*

Apan Mudra

Hand position Join the middle finger and the ring finger with the tip of the thumb; the forefinger and the little finger should be held upright.



Physical use

Moves energy to the periphery of the body. This may help with constipation and urinary problems.

Emotional / spiritual use Gives energy and makes one more self-confident. **Hold the finger positions with both hands, for at least a couple of minutes.**

Back Pain Mudra

Hand position

Right hand: The thumb, middle and pinky fingers touch. Ring and index finger are extended.

Left hand: Put the thumb's upper phalanx over the nail of the index finger.



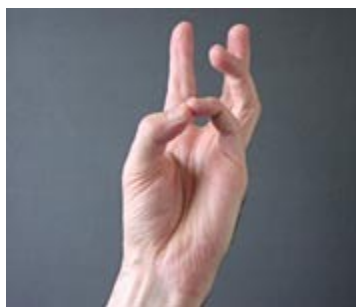
Physical use

Back pain, and particularly of the lower back, can be a sore feeling. When muscles start cramping, it can become very painful. This mudra helps against this escalation. *Hold the finger positions with both hands, for at least a couple of minutes.*

Bhudy Mudra

Hand position

The tips of the pinky finger and thumb touch.



Emotional / spiritual use

Improves feeling and intuition.

Hold the finger positions with both hands, for at least a couple of minutes

Gyan Mudra

Hand position

The tips of the thumb and index finger touch, other fingers are straight but relaxed.



Emotional / spiritual use

Stimulates the Root chakra, and grounds.
Calms and improves concentration.

Hold the finger positions with both hands, for at least a couple of minutes.

Hakini Mudra

Hand position

Let the tips of the corresponding fingers of each hand touch.



Emotional / spiritual use

People tend to naturally put their fingers in this position while talking. This helps to concentrate.

Hold the finger positions with both hands, for at least a couple of minutes.

Pran Mudra

Hand position

The tips of the pinky and ring finger touch with the tip of the thumb.



Emotional / spiritual use

Gives energy.

Hold the finger positions with both hands, for at least a couple of minutes.

Prithvi Mudra

Hand position

The tip of the ring finger and thumb touch.



Emotional / spiritual use

Increases energy, and fosters a sense of inner stability and self-assurance.

Hold the finger positions with both hands, for at least a couple of minutes.

Shuni Mudra

Hand position

The tips of the middle finger and thumb touch.



Emotional / spiritual use

Helps being aware of the moment, and thereby makes one more patient.

Hold the finger positions with both hands, for at least a couple of minutes.

Mudra set for balancing energy

Set of four mudras for balancing energy that are used in a sequence.

Alternately touch the tips of each finger with the tip of your thumb. Keep each connected for a few seconds or longer and do for a few minutes total. Do this with both hands simultaneously.



This is a simple way of balancing your energy that you can do almost anywhere, while sitting, standing, walking, lying down.

The overall effect is that you get calmer, more relaxed and concentrated.

The separate mudras (hand positions) have the following effects:

Thumb touches tip of index finger

Opens the Root chakra, and moves more energy to the legs and lower body. Makes one calmer and more concentrated.

Thumb touches tip of middle finger

Fosters patience.

Thumb touches tip of ring finger

Energy, stability and self-confidence.

Thumb touches tip of pinky finger

Intuition and feeling.

(This set is a simplified version of a Kundalini yoga exercise.)