

OM ①
(TOP OF HEAD)

HUNG ②
(FOREHEAD)

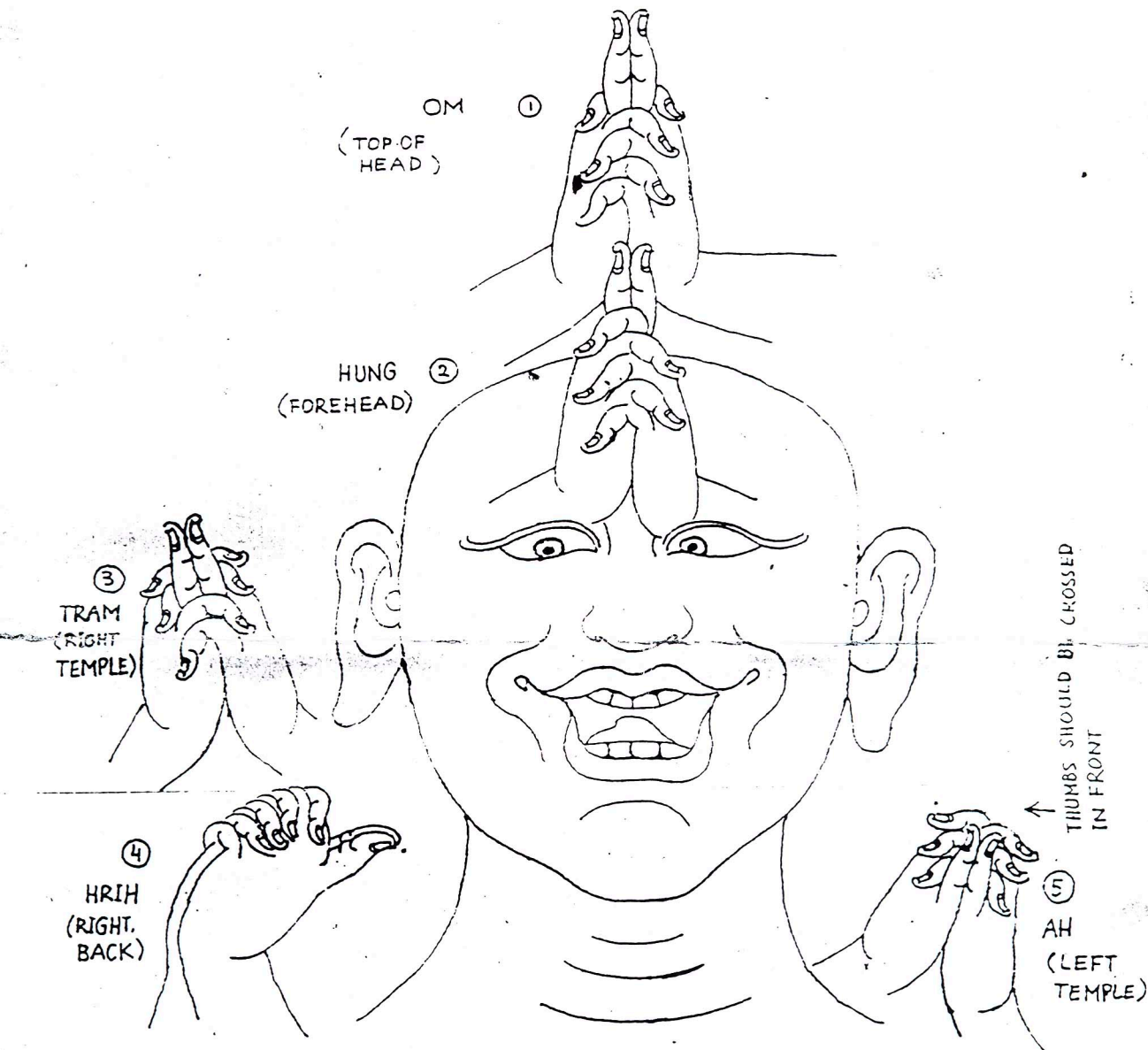
③
TRAM
(RIGHT
TEMPLE)

④
HRIH
(RIGHT,
BACK)

THUMBS SHOULD BE CROSSED
IN FRONT

⑤
AH
(LEFT
TEMPLE)

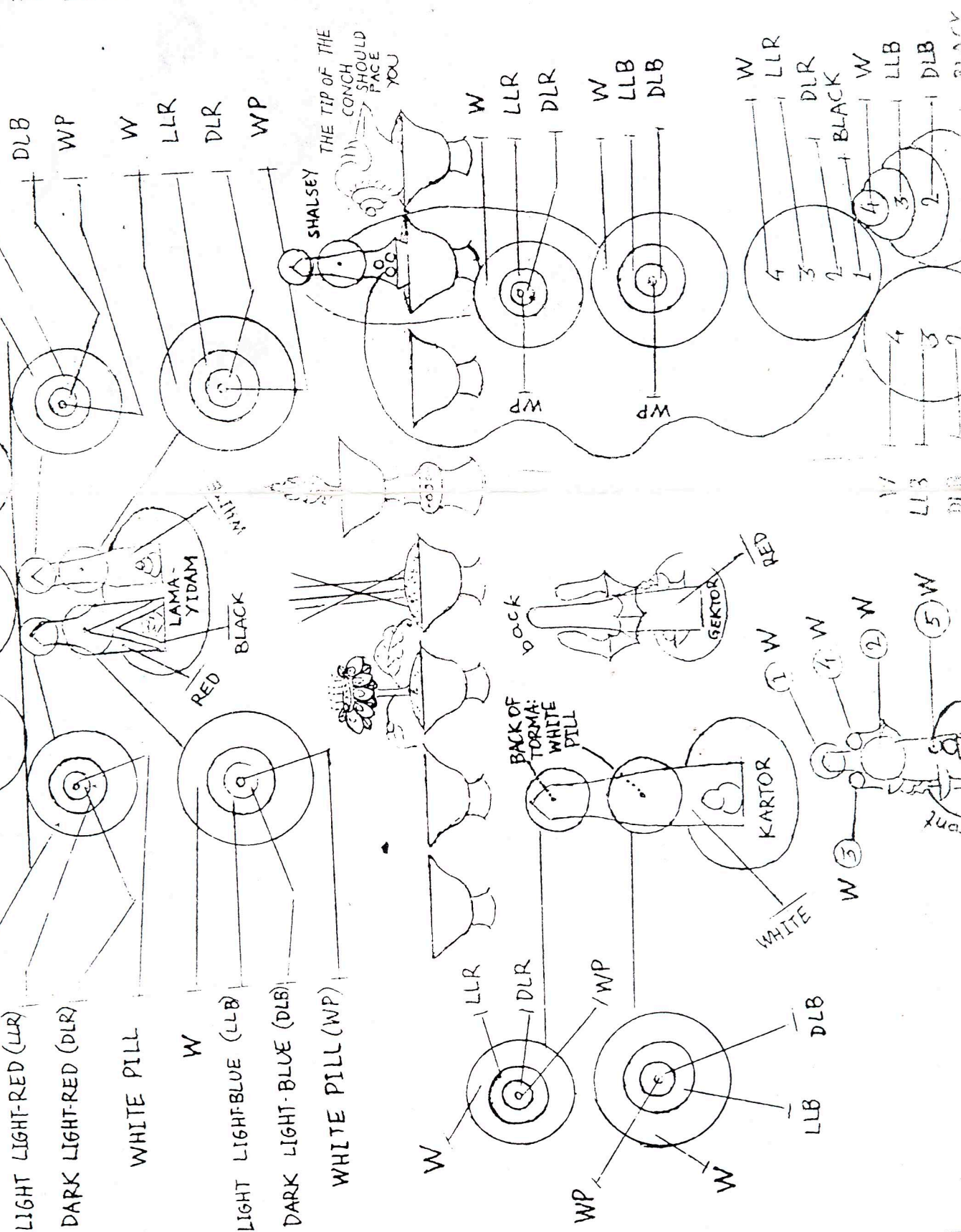
① ② ③ ④ ⑤ CROSSED THUMBS



OF THE
CH
HOULD
FACE
YOU

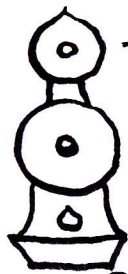
R
R
/
LB
LB

W
LLR
LR
K
W
LLB
DLB
SUNNY





બેચ



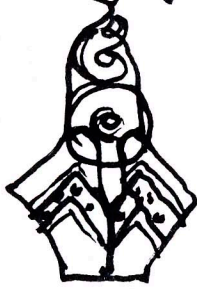
- ૧૨૫૫૧

સગરકુંડા જેવો ગુપ્તમા

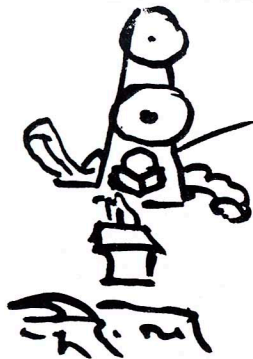
કામડા

જે. વડે. જાણવડા.

મુશ્કેલી વગર.



જાણવી કામડા

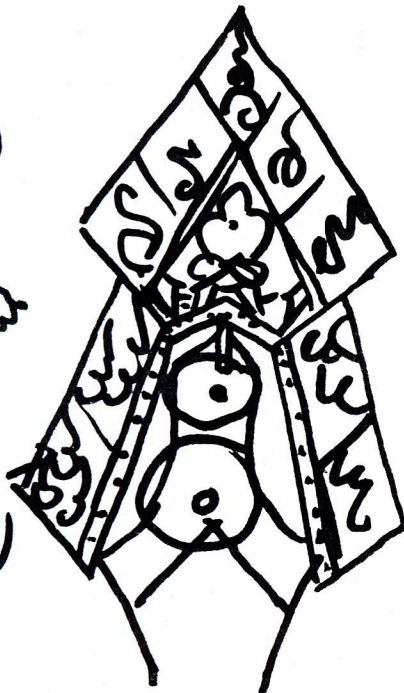
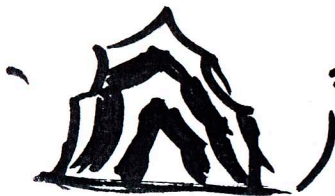
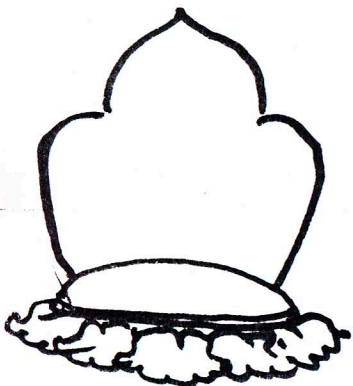


જે. વડે. જાણવડા.

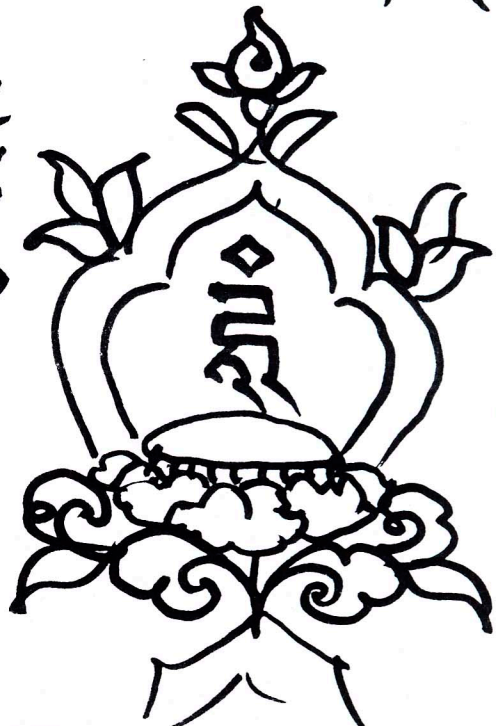
જે. વડે. જાણવડા.

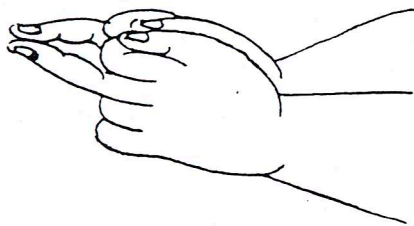


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જે. વડે. જાણવડા.

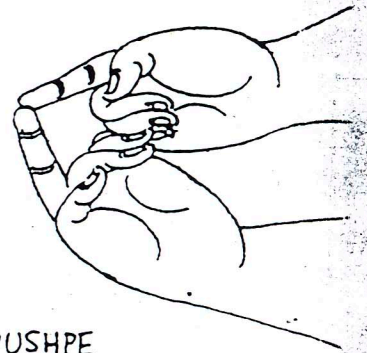




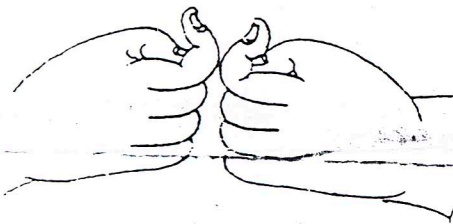
① ARGHAM



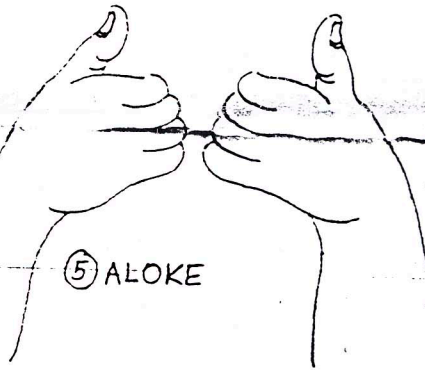
② PADYAM



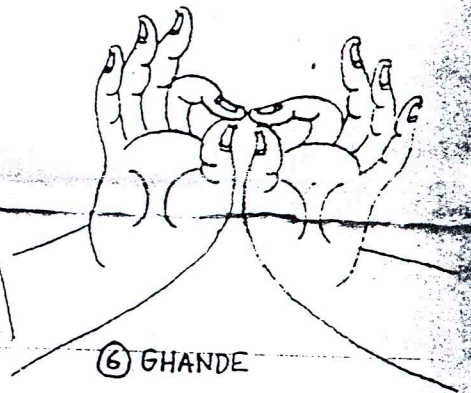
③ PUSHPE



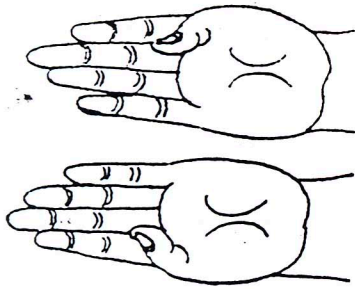
④ DHUPE



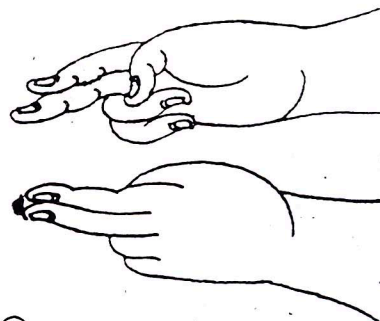
⑤ ALOKE



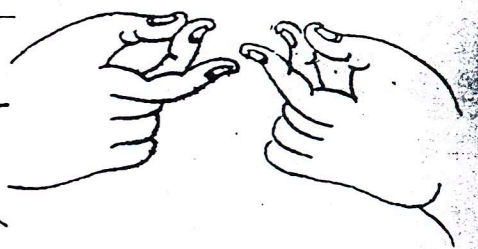
⑥ GHANDE



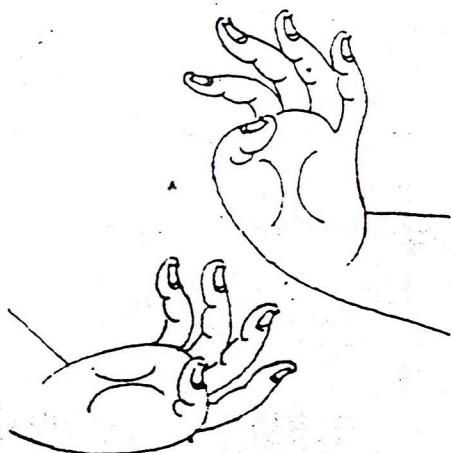
⑦ NAIVIDYA



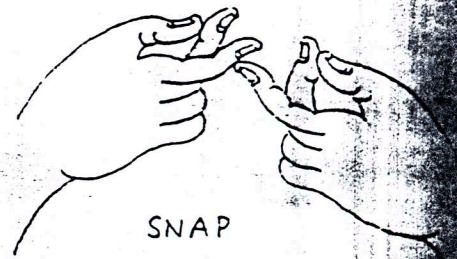
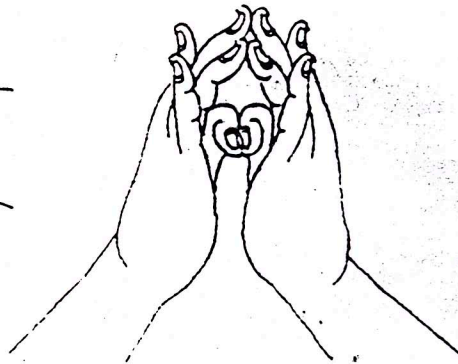
⑧ SHABTA



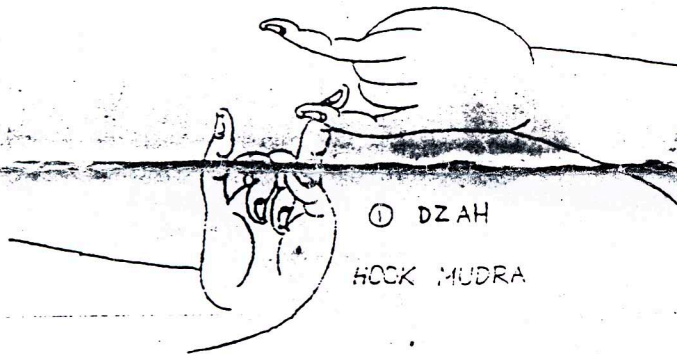
SKY TREASURY MUDRA



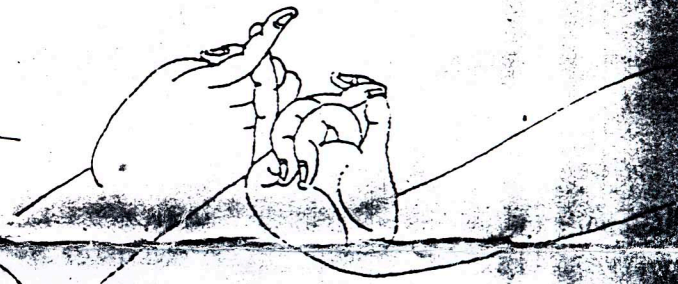
LOTUS WHEEL MUDRA



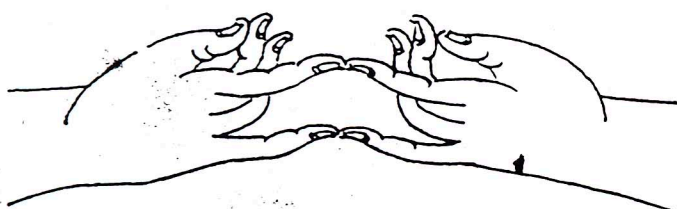
SNAP



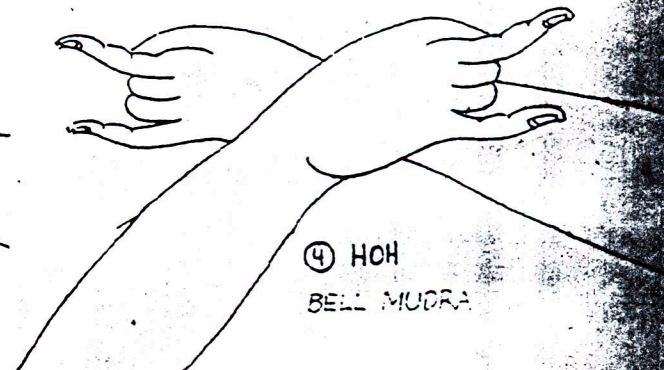
① DZAH
HOCK MUDRA



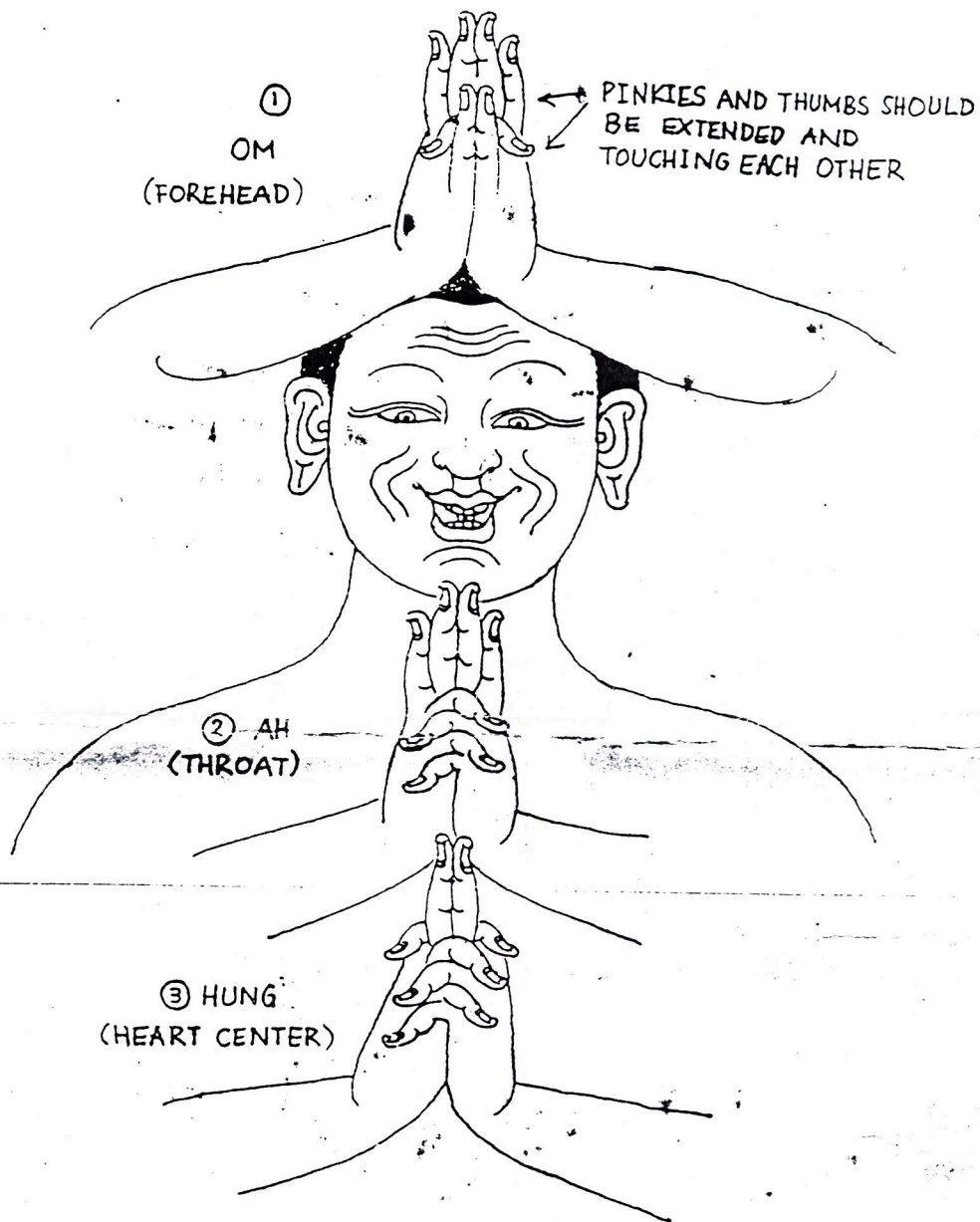
② HUNG
BINDING MUDRA



③ BAM
CHAINING MUDRA



④ HOH
BELL MUDRA



② ③ CROSSED THUMBS