

|| Shree Sathya Sai Mudhra Sapthakam ||

(Seven fold hand gestures of Sathya Sai)

Shree Sathya Sai Baba's hand-gestures and finger movements, whose real meaning and significance is not easy to fathom, are essentially seven fold. These thoughts on His *mudhras* were jotted down on the afternoon of *Mahaa Maaghi* (the holy full-moon day in the month of *Maagha*) when Baba was graciously distributing apples in the *Mandhir* in Prashaanthi Nilayam.

Shree Raama, the Maayaa Maanusha Avathaar is called Kodhanda Paani (bow and arrow handed). Bhagavaan Rama Chandra had His Divine bow to remove negativities for the welfare of universe and the devotees. Shree Krishna, the Leela Avathaar is described as Chakra Paani (discus-handed). Lord Krishna was adorned with the Sudarshana Chakra that protected Dharma, and provides *Aanandham* (bliss) to the devotees. The most modern Avathaar of Sathya Sai, the Vibhuuti Avataar, is adorned with a number of hastha mudhras (hand-gestures) as indication of His Divine capability of removing negative qualities of the devotees and transforming them into the divine. This Sathya Sai Avathaar can be rightly termed as Saptha Mudhra Paani (the One with seven-fold hand gestures).

No one can fully understand the innumerable *mudhras* of Svaami. There are separate meanings for every small gesture according to the time (*kaala*), context (*sandharbha*) and situations (*paristhithi*). However, the Divine gestures are simplistically categorized into seven distinct holy groups to satisfy a number of queries of the devotees. It is admitted that the supreme authority to elucidate the meaning of the gestures is the almighty Svaami Himself.

Seven fold Hastha Mudhras of Sree Sathya Sai

First is the **Abhaya Mudhra**. It is the gesture of the raised right hand allaying fear and assuring protection to the devotees.



Second is the **Varadha Mudhra**. It is the downward pointed right palm bestowing gifts and boons to the devotees.



Third is the **Anugraha Mudhra**. It is the gesture of raising both hands indicating blessings for the progress and welfare of the mass of devotees. It may also be called 'Yoga Kshema Mudhra'.



Fourth is the **Srujana Mudhra**. It is the gesture of the circular waving of the right palm, pointed downwards for materialising spiritually charged articles (e.g. sacred ash)

Fifth is the **Thirodhana Mudhra**. It is the gesture of circling the right palm in an outward direction driving away impurities or negativities in the surroundings.



Sixth is the **Shakthipaatha Mudhra**. It is the activation of a devotee's spiritual energy by Baba.



The transmission of spiritual energy from BABA to His devotees can take many forms. This blessing is termed in *Yogic* parlance as SHAKTHI PAATHA – the descent of Divine Energy of a Divine Personality.

The first method takes place through the intense gazing of the BABA into the gazing eyes of the Devotee. This is called AKSHI SAMYOGA SHAAKTHI PAATHA.

The second is the mental method of concentrated thought through which the BABA sends out powerful waves of spiritual energy to the seeker-devotee in his hour of need. This can be effected also through an object like a ring or chain materialized earlier by BABA and given to be worn by the devotees. This is called MAANASA-SHAKTHI PAATHA.

In the third method, the BABA puts his hand on the heart lotus of the devotee charging it with love and spiritual energy. This is called HRITH-SHAKTHI PAATHA.

In the fourth method, the divine personality places his full stretched right hand on the crown of the head of the spiritual seeker and blesses him. This is called HASTHA MASTHAKA SAMYOGA – the union of the right hand of the BABA with the top of the head of the devotee. This results in the nectar of Divine bliss overflowing from the head downwards.

In the fifth method, BABA responds to the sincere heartfelt request of the seeker who is allowed to place, in humble supplication, his head and both hands on the feet and toes of the BABA. The feet and toes of BABA exude PRAANIK SPIRITUAL ENERGY. In this manner the sin-erasing life-supportive and protective energy is transmitted to the deserving devotee.

The sixth method combines all the above aspects in one single total event of great spiritual significance. The devotee supplicates in loving, self-effacing humility by falling full length in front of Divine BABA; the seeker places his both hands and head on the Lotus feet and toes of BABA while looking in deep absorption and with wide open eyes into the gazing eyes of BABA. BABA then places his open right hand on the head of the devotee and blesses at the same time. In this moment of mutual touch at PRAANIK and spiritual levels, the devotee experiences incomparable inexpressible, ecstatic, and overflowing bliss in his inmost being.

Seventh is the Tharjani Mudhra. It is the gesture of writing in the air with the index finger. This may indicate communication with extra terrestrial forces.



The significance of these *mudhras* is that they are for the welfare of the devotees. The descent of an Avathaar is always for the enhancement of spiritual life of people with practice of dharma (right conduct). Bhagavaan Shree Sathya Sai Baba has assured all that He is constantly observing us and is available at every step of the way

(*Sambhavaami padhe padhe*) if we pray from the bottom of our hearts. Let us attempt to understand the *hastha-*
mudhras of Svaami and follow the right path with His divine blessings at every step.

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Ghandikota V. Subbarao, Prashaanthi Nilayam, 27 Feb 2002