

MUDRAS FOR HEALING AND TRANSFORMATION

Alphabetical Listing & Sanskrit Pronunciation Guide

SANSKRIT PRONUNCIATION GUIDE

The names of the mudras are in Sanskrit, an ancient Indian language, especially used for spiritual texts. The Sanskrit alphabet has 50 letters as compared to 26 in English; therefore, a series of diacritical marks, comprised of dots above and below letters as well as lines above letters, are used with our alphabet to show the additional letters. Below is a guide to pronouncing the letters of the Sanskrit alphabet.

VOWELS:

A long vowel (e.g. ā) is held twice as long as its corresponding short vowel (e.g. a).

a – short a as in drama; example: yoga

ā – long form of a, like the a in water; example:

āsana; mudrā

i – as in sift; example: maṇipūra

ī – long form of i, like the ee in seen; example:

īśvara

u – as in bull; example: guru

ū – long form of u, like the oo in boo; example:

pūrṇa

ṛ – rolled r followed by a very short i, like fiber;
example: Kṛṣṇa

ṛī – rolled r followed by a long i, like starring;
example: pitṛīnām

ḷ – short l followed by a rolled r, like cavalry;
example: kḷp

ḷī – long l followed by a rolled r, like cavalry (held longer);

no example is found in Sanskrit

e – as in say; example: Vedānta

ai – as in high; example: chaitanya

o – as in open; example: Gopāla

au – as in bow; example: śauca

ṅ or ṁ – a nasal n or m; example: śāṅkha, oṃ

ḥ – a final unvoiced aspirated h sound; example:
namaḥ

CONSONANTS:

k – regular k as in kite; example: karma

kh – like the kh in bunkhouse; example: duḥkha

g – regular g as in good; example: Gāṇeśa

gh – like the gh in ghee; example: ghat

ṅ – as in sing; example: piṅgalā

c – regular ch as in church Example: cakra

ch – like the chh in coach house Example: chāyā

j – regular j as in jam; example: jīva

jh – like the geh in hedgehog Example: jhalā

ñ – as in banyan; example: Patañjali

ṭ – like the letter t in taste; example: muṣṭi

ṭh – like the th in anthill; example: svādhiṣṭhāna

ḍ – like the d in god; example: daṇḍa

ḍh – like the dh in adhesive; example: ḍṛḍha

ṇ – like the letter n in not; example: prāṇa

t – like the letter t in tongue; example: tantra

th – like the th in lighthouse; example: atha

d – like the d in dorm; example: doṣā

dh – like the dh in buddha; example: buddha

n – like the n in now; example: nāḍī

p – regular p as in pop; example: Pārvatī

ph – like the ph in uphill; example: phala

b – regular b as in boy; example: bāla

bh – like the bh in clubhouse; example: bhakti

m – regular m as in man Example: mālā

SEMI-VOWELS:

y – as in yes; example: yoga

r – as in run; example: rajas

l – as in long; example: Lakṣmī

v – as in victory; example: vāyu

SIBILANTS:

ś – similar to the sh sound in sugar; example: Śiva

ṣ – as in sharp; example: upaniṣad

s – as in safe; example: sādhana

ASPIRATE:

h – aspirated h as in hello; example: hari

COMPOUNDS:

kṣ – like the ksh in backshift; example: mokṣa

jñ – like the gy in Guyana; example: jñāna

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ALPHABETICAL LISTING OF MUDRAS WITH TRANSLITERATION

Abhaya Varada (47)	abhaya varada
Abhisheka (87)	abhiṣeka
Achala Agni (46)	acala agni
Adhara (106)	ādhāra
Adhi (11)	adhi
Adho Merudanda (12)	adho merudaṇḍa
Akasha (44)	ākāśa
Anamika (2)	anāmikā
Ananta (61)	ananta
Angushtha (5)	aṅguṣṭha
Anjali (108)	añjali
Anudandi (21)	anudaṇḍi
Anushasana (54)	anuśāsana
Apana (50)	apāna
Apana Vayu (32)	apāna vāyu
Apanayana (23)	apanayana
Avahana (93)	āvāhana
Bhairava (104)	bhairava
Bhramara (38)	bhrāmara
Bhu (40)	bhū
Brahma (29)	brahma
Chaturmukham (80)	caturmukham
Chin (83)	cin
Chinmaya (55)	cinmaya
Citta (18)	citta
Dharma Chakra (62)	dharmacakra
Dharma Pravartana (45)	dharmapravartana
Dharmadhatu (88)	dharmadhātu
Dhyana (103)	dhyāna
Dirgha Svara (85)	dīrghasvara
Dvimukham (70)	dvimukham
Ganesha (69)	gaṇeśa
Garuda (34)	garuḍa
Gupta (68)	gupta
Hakini (6)	hākinī
Hansi (19)	haṁsī
Hastaphula (76)	hastaphulla
Hridaya (105)	hṛdaya
Ida (63)	iḍā
Ishvara (86)	īśvara
Jala (41)	jala

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Jalashaya (48)	jalāśaya
Jnana (102)	jñāna
Jyeshtha Sharira (9)	jyeṣṭhaśārīra
Kaleshvara (99)	kāleśvara
Kali (59)	kālī
Kanishtha (1)	kaniṣṭhā
Kanishtha Sharira (7)	kaniṣṭhaśārīra
Kapota (74)	kapota
Karuna (94)	karuṇā
Kubera (77)	kubera
Kurma (71)	kūrma
Linga (53)	liṅga
Madhyama (3)	madhyamā
Madhyama Sharira (8)	madhyamaśārīra
Mahashirsha (33)	mahāśīrṣa
Mandala (89)	maṇḍala
Mani Ratna (39)	maṇiratna
Matangi (52)	mātaṅgī
Matsya (22)	matsya
Medha Prana Kriya (101)	medhāprāṇakriyā
Merudanda (13)	merudaṇḍa
Mira (30)	mīra
Murti (84)	mūrti
Mushtikam (81)	muṣṭikām
Padma (58)	padma
Pala (36)	pāla
Palli (92)	palli
Pingala (64)	piṅgalā
Prajna Prana Kriya (100)	prājñāprāṇakriyā
Prana (51)	prāṇa
Pranidhana (72)	praṇidhāna
Prithivi (15)	pṛthivī
Purna (95)	pūrṇa
Purna Hridaya (17)	pūrṇahṛdaya
Purna Svara (10)	pūrṇasvara
Pushan (28)	pūṣan
Pushpanjali (78)	puṣpāñjali
Ratna Prabha (49)	ratna prabhā
Rupa (20)	rūpa
Sakshi (82)	sākṣī
Samputa (75)	samputa

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Shakata (65)	śakaṭa
Shakti (97)	śakti
Shankha (26)	śāṅkha
Shivalingam (90)	śivaliṅgam
Shunya (91)	śūnya
Surya (42)	sūrya
Svadhithana (56)	svādhiṣṭhāna
Svasti (67)	svasti
Tarjani (4)	tarjanī
Tejas (107)	tejas
Trimurti (27)	trimūrti
Trishula (60)	triśūla
Urdhvam Merudanda (14)	ūrdhvaṃ merudaṇḍa
Ushas (73)	uṣas
Uttarabodhi (98)	uttārabodhi
Vaikhara (66)	vaikhāra
Vajra (57)	vajra
Vajrapradama (35)	vajrapradama
Varahkam (96)	varāhkam
Varuna (24)	vāruṇa
Vayan (31)	vāyan
Vayu (43)	vāyu
Vishuddha (79)	viśuddha
Vittam (16)	vittam
Vyana Vayu (37)	vyānavāyu
Yoni (25)	yoni