

Practice the 42 Seals

Here follows a practical summary of the entire technique, comprising: the name of the seal, the mantra in Sanskrit, the uninterpreted translation, and the general state of being to cultivate. This summary will not compensate for the in-depth study and contemplation of the dharma presented before. You should practice the entire series of 42 seals, in row, when you have studied it diligently before. The technique being what it is, it will bring results nonetheless if practice before initiation or serious contemplation.

For each seal:

- Breathe in slowly but comfortably while making the mudra
- Recite the Sanskrit mantra with a soft clear voice, while modulating inside you the intended feeling/emotion
- Take a second breath, relaxed and silent, while softly savoring the feeling.
- Proceed to the next seal

When you finish with the 42 seals, put both your palms back on your knees or thighs. Once the complete series becomes more natural for you, you can skip the second breath, and do the entire process continuously, one breath per seal.

You should also practice the steps you feel you need more with more dedication. Any amount of time will do. New practitioners should limit their practice time to one hour or less per day, allowing time for the nervous system to adapt to the new power invoked with this practice.

1. Wish-Fulfilling Pearl Mudra

Om vajra bhadra hum phat

Om, pure state of fortune, experienced intensely.

Abundance, gratitude

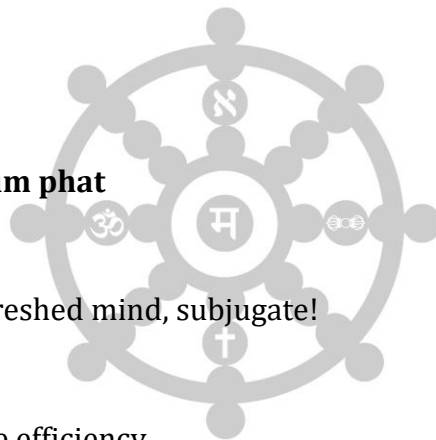
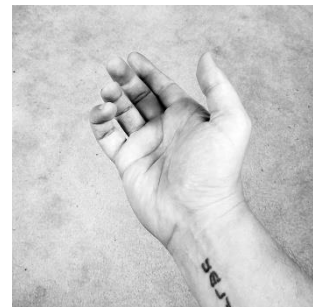


2. Lasso Mudra

Om jala rora man aira hum phat

Om, flowing functional refreshed mind, subjugate!

Peace, coolness, rest before efficiency.



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3. Precious Bowl Mudra

Om jala jala vajra hum phat

Om, flowing, circulating, true Self, subjugate!

Forgiveness, relaxing, confidence.



4. Precious Glaive Mudra

Om dasa-daja duvini dudevataya hum phat

Om, demon-based pain and spirits, be gone, subjugate!

Responsibility, courage, commanding.



5. Vajra Mudra

Om nabha nabha napaya mahasrija swaha

Om, bursting from the heavens, undisturbed great creative force, I pay homage.

Faith, security, invoking.



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6. Vajra Pestle Mudra

Om vajra zana pranapadaya swaha

Om, pure state, absorbed in calmness, completely unaffected by rules and limits, I praise.

Freedom, confidence, optimistic.



7. Fearless-Giving Mudra

Om vajra naya hum phat

Om, True Self behavior, experience intensely!

Courage, power, certainty.



8. Quintessence Mani Mudra

Om duvo gayaduvo varni swaha

Om, get more and more rich colors, perception, I praise.

Humility, accepting information, observing

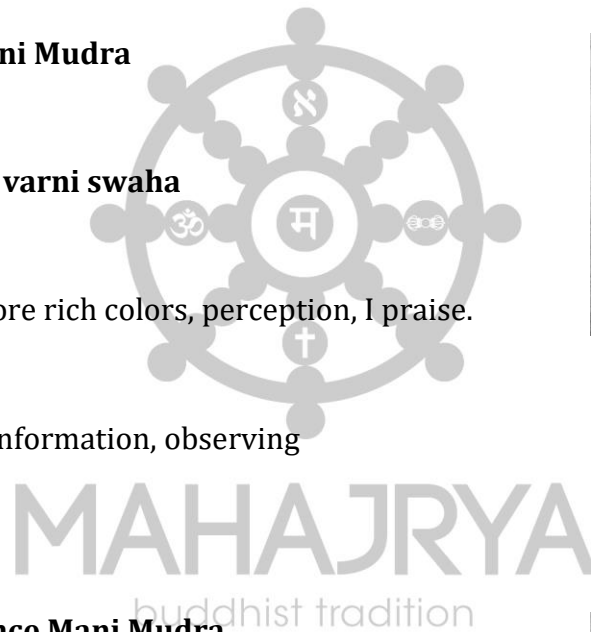


9. Moon-Quintessence Mani Mudra

Om shusa dhikkara swaha

Om, reduce the heat, I praise.

Non-dramatic, cool-headed, peaceful.



10. Precious Bow Mudra

Om AzA vara swaha

Om, best prospect, I praise.

Positivity, accomplishments.

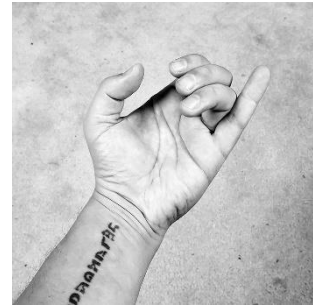
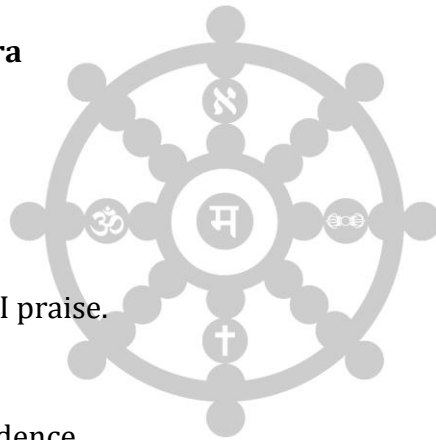


11. Precious Arrow Mudra

Om gamara swaha

Om, enhanced convection, I praise.

Hopeful, patient, self-confidence.



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12. Willow Branch Mudra

**Om shusa dhikkara vara dAnam dA mudAya
vajra pata hanna hanna Hum Phat**

Om, remove fever, well providing purification, with gladness,
nourished from the Self/soul, evacuate hindrances intensely.

Incarnate, healthy, available.



13. White Brush Mudra

**Om pranamana bhagavate mahadeva
gamahani swaha**

Om, bowing reverently to the holy great divine in the highest aspects in nature, I praise.

Reverent, loving kindness.

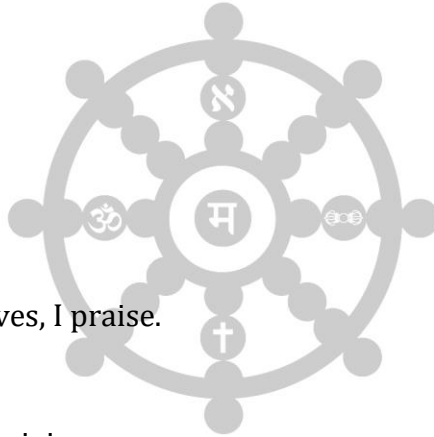


14. Precious Vase Mudra

Om kara samanya swaha

Om, interacting with relatives, I praise.

Rejoicing of the world, forgiving.



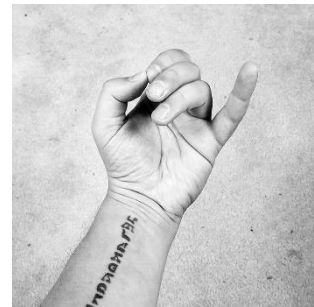
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15. Shield Mudra

**Om yakshana nayajana radanuboraya
bhasha bhasha swaha**

Om, to all spirits living as creatures on the way, to those with teeth and claws, who bite and tear, who make all kinds of sounds, I pay homage.
(Embrace nature and its power.)



16. Axe-Tomahawk Mudra

Om miraya miraya swaha

Om, free, limitless like the ocean, I praise.

Unbounded by judgement nor rule.

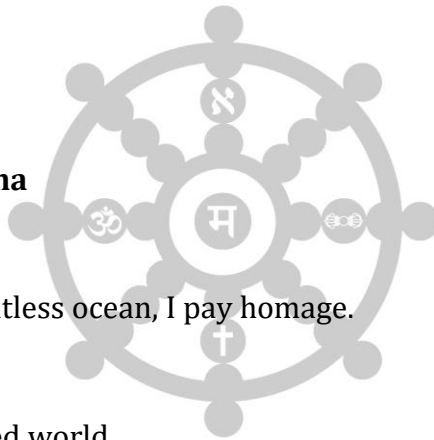


17. Jade Bracelet Mudra

Om pranaha miraya swaha

Om, holding still in the limitless ocean, I pay homage.

Secure in a limitless unruled world.



18. White Lotus Mudra

Om vajra miraya swaha

Om, the true self as limitless as the ocean, I praise.

Self-contained, virtuous, present.



19. Blue Lotus Mudra

Om jala jala vajra bhurapanta swaha

Om, intensely flowing consciousness of the true Self in the pure land of ten directions, experienced intensely!!!

Awakened on all planes of consciousness.



20. Precious Mirror Mudra

Om visapura naragacha vajra mantra hum phat

Om, promote the advancement of humanity by speaking from the true Self, expressed with certainty.

Integrity, personal growth, honest with yourself.



21. Purple Lotus Mudra buddhist tradition

Om sara sara vajra gara hum phat

Om, drinking the refined essence of the true Self, experienced intensely!

Integrity, personal growth, transformation.



22. Precious Box Mudra

Om vajra bhujagari kanakam ra hum

Om, true self holding dense riches, that provides experiences.

Divine incarnation, wonderful world.

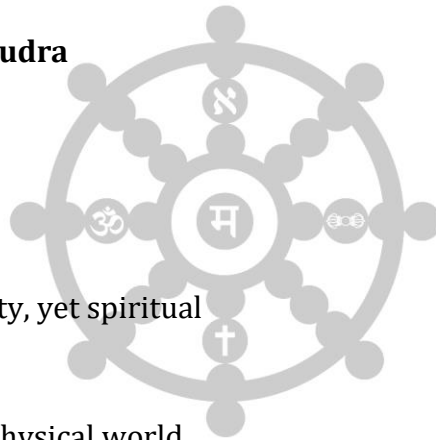


23. Five Colored Cloud Mudra

Om vajra gariraja hamsa

Om, true self, king of density, yet spiritual

Consciously embrace the physical world.



24. Bath Bottle Mudra

Om vajra shakara raja hamsa

Om, true Self, energetic king spirit

Responsible, spiritual.



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25. Red Lotus Mudra

Om shamgala swaha

Om, favorable incarnation, I praise

Satisfied, grateful.

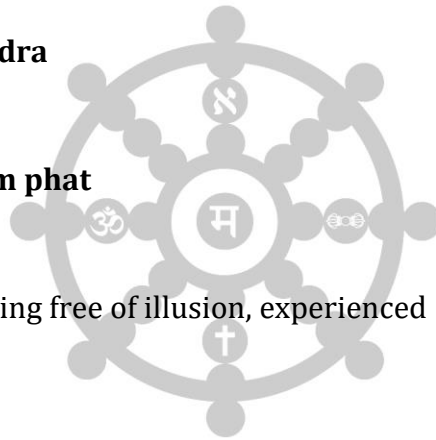


26. Precious Halberd Mudra

Om samaye janahare hum phat

Om, with synchronicity, living free of illusion, experienced intensely

Freedom, faith, trust.



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27. Precious Trumpet Shell Mudra

Om shamgala mahasamanyam swaha

Om, favorable incarnation with the broadest possibilities, I praise

Freedom, communication, guidance.



28. Skull Staff Mudra

Om duna vajra hai

Om, I bravely welcome the true nature of death.

Acceptance, mourning, peace.



29. Prayer Beads Mudra

**Namo ratna-trayaya Om anavadhi vijaya
siddhi Siddhartha swaha**

Salutations to the three jewels, Om, unlimited triumph,
accomplishing successfully, I praise

Accomplishment, dedication, work.

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30. Precious Bell Mudra

**Namo pranaham bhaumaya Om amritam yan-vajraya
shrijam-rana swaha**

Salutations to the one breathing on earth, Om, immortal
essence conveyed by the vajra-resonating-sound, I praise

Open-mind, vibration, wisdom.



31. Precious Seal Mudra

Om vajra nitanjaya swaha

Om, pierce like the indestructible diamond, I praise

Communication, dialogue, respect.

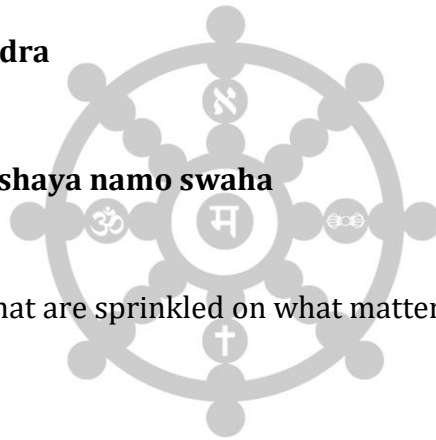


32. Kushinagara Iron Mudra

Om Aguru dharaghara vishaya namo swaha

Welcoming the blessings that are sprinkled on what matters, I praise

Virtuous behavior, tolerance, justice.



33. Tin Staff Mudra

Om nilati nilati nilaja padhi niladhi nayapani hum phat

Om, absolutely impenetrable blue steel, with a strong stance and a clear mind, subjugate!

Steadfast, presence, responsibility.



34. Joining Palms Mudra

Om paramañjaly hri

Om, with the highest reverence, purify

Respect, caring, loving kindness.



35. Nirmana Buddha Mudra

Om chandrabahum jhari garana jharina jharini hum phat

Om, feel the flow of grace that emanates from the pure mind, subjugate!

Clear mind, grace, plenitude.

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36. Nirmana Palace Mudra

Om visara visara hum phat

Om, so plenty, so abundant, subjugate!

Recognize Buddha consciousness in all.

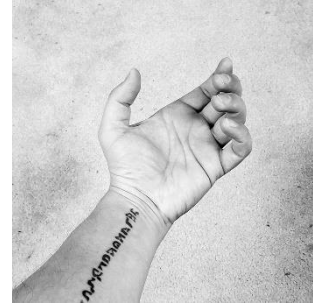


37. Precious Sutra Mudra

Om ahara-zaravani navetara bhunidhi swaha

Om, acquiring eloquent ancient wisdom, I praise

Knowledge, inspiration, revelation.

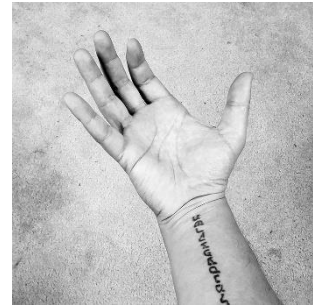
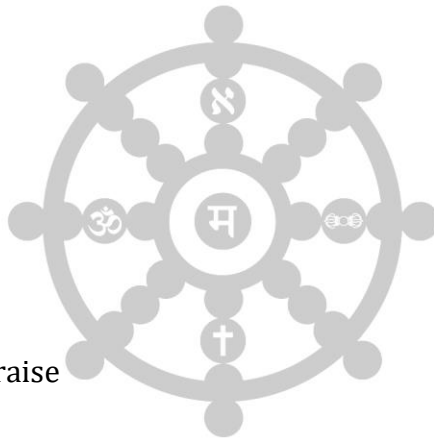


38. Gold Wheel Mudra

Om senamaja swaha

Om, so many blossoms, I praise

All possibilities, infinite awareness.



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39. Summit Nirmana Buddha Mudra

Om vajrana vajramaya swaha

Om, the true Self revealed in the dense world
as if made of diamonds, I praise

Universal awareness, certain to self-accomplish.



40. Grape Mudra

Om amalA kamada nanam swaha

Om, granting various desired fruits, I praise

Soberness, satisfaction, gratitude.



41. Refreshing Dew Mudra

Om suru-suru prasuru prasuru suru-suruya swaha

Om, shine, shine, shine gloriously, shine gloriously, shine, shine everywhere, I praise!

Equity, charity, generosity.

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42. Total Retention of a Thousand Arms Mudra

Tadyatha Avalokiteshwara sarvadhasya swaha

Om, simply as it is, the all-encompassing Avalokiteshwara, I praise

Simplicity, meditation.

