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Mudras & Hand Symbolism--the Power of Mudras Part 7 : Mudras of the Esoteric Christian Tradition

All religions without exception have their roots in the Spiritual Hierarchy of the Great White Brotherhood (GWB), although some have strayed afar from the original teachings of their messengers and founders and the purposes of their establishment. Fortunately, in every religion there is an esoteric side perpetuated by the Initiates of the GWB. We will not discuss the Great White Brotherhood in detail here, those who are interested in acquiring more information may refer to the many metaphysical books on the subject. Suffice to say that the GWB is the "community of saints" mentioned in the Holy Scriptures. The members are non-sectarian and universal in their attitudes and beliefs. Collectively and individually, they have transcended dogmatic religions and their schisms, and have embraced the pristine teachings, principles, and laws of the Spirit, which is the source of pure Religion. Within the GWB is a Spiritual Hierarchy of Cosmic beings that represents the God-Government of our beloved planet operating at present in higher dimensions. The members currently holding offices in this hierarchy were the saints, prophets, sages, and avatars of the past. In one aspect, "heaven made manifest" is the application of cosmic laws governing the omniverse and upheld by the GWB, on the individual, social, national and international levels.

As alluded to above, every religion has an esoteric aspect where the Ancient Wisdom of the GWB is preserved for those who are spiritually awakened and prepared to receive higher revelations. Teachings of Deity cannot be confined or limited to a single book, tradition, or teacher. Revelation is a continuous process that meets the growing spiritual and psychological needs of humanity.

As the "prodigal son," humanity answers to God's call to return Home by initially being obedient to the unfolding spiritual "conscience," or the "still small voice" of the Spirit. Religions were established to foster this growth--not to enforce and educate a false conscience based on man-made interpretations of the Word of God, but to awaken within the soul that which is already inherent and supra-natural. This was recognized by Socrates who, with his unique system of inquiry, sought to awaken the souls of his listeners to "recollect" Truth.

Pure religious precepts direct men and women to free themselves from the creation of a sense of limitation and negativity in all expressions--in thought and behavior, for these hinders the voice of the Spirit from making its presence felt--and consequently, the delay of the spiritual evolution of the indwelling Soul.

Enforced religious dogmas programs in us a state of being where we no longer have any personal desire to commit theological "sin," of which consequence is the rise of a sense of morbid guilt and fear in their violation or non-obedience; this unnatural psychological condition prevents the Christ photonic-energies from penetrating the lower aspects of the microcosm. It is to the voice of the Spirit and the scripture of the Heart that one should pay heed, not to the confused interpretations of the minds of men.

"Behold, I (the Christ-force) stand at the door ("Sahasrara" chakra, or crown psychic-center), and knock: if any man hear my voice, and open the door, I will come in to him, and will sup with him, and he with me. (Rev:3:20)"

Essentially, the purpose of exoteric religion is to prepare us psychologically for the pursuit of the greater metaphysical mysteries where we are taught to transcend our mortal state of being in mind, body, and soul, and to acknowledge and identify ourselves with the Truth of our inner nature.

Purification is the first step in the Mystery Schools of the GWB, and essential religion is the portal leading toward the atrium of the GWB. Only when an individual is perfected in the embodiment of the cardinal virtues as taught by religion, will he be ready for the next phase of esotericism. Bypassing any step along the way only entails returning to the point of embarkation. People may claim to be illumined, to have witnessed Heaven in all its splendor, to have experienced the highest bliss, to know and socialize with the Ascended Masters, to have risen the kundalini and anchored the higher chakras into their physical form, or to have "seen" God; however, if the sense of duality and the sense of the false ego with its negative expressions still exist strongly within them, and their inner light shines but dully, all of their claims are false. They have entrapped themselves in a world of glamour and illusion and misinterpreted esoteric precepts. Students of spiritual paths may assert that their methodology takes them quickly to the mountain-top via the helicopter route; however, they often land on the holy mountain still with their feet shod, back loaded, and hands empty--with nothing to offer their Source but earthly garbage. Alternatively, while flying in their helicopter, they sometimes do not land at all, preferring to enjoy the ride and view. This is unfortunate--as they end up in a cloud of spiritual smugness.

Esotericism is the "meat" of the Spirit in contrast to the "milk" of exoteric religious precepts meant for infants aspiring to the spiritual path. In Islam, the heavier nourishment symbolised by meat is referred to as "Hakikat" and "Marifat" or in Christianity as "Gnosis." Judaism knows it as the "Kaballah" while in Hinduism it is the "Gupta Vidya." "Vajrayana" and its teachings is the Buddhist equivalent to the esoteric side of the Semitic religions.

Christianity, like so many other traditions, was influenced by various foreign elements--not only Judaism, and Buddhism, but also by the various Mystery Schools existing in the several centuries prior to and after its establishment. One of these Mystery Schools were the Essenes, a mystical Order of some prominence and existing in the region of the Holy Land when the Piscean Master walked the earth. They are unrecorded in the gospel stories except for the few references regarding their members--the men in white robes who were mistaken and interpreted to be angels. The Essenes were a semi-monastic Order that was formed for the purpose of preparing the conditions necessary for the incarnation of the Christ Spirit macrocosmically and microcosmically. The parents of Jesus were members of the Essenes as were the parents of John the Baptist. Naturally, the future avatar and his way-shower were raised under the tutelage of the Essene Brotherhood in preparation for their holy missions. According to esoteric tradition, while in his teens and early manhood, Jesus traveled to Egypt, India, Tibet, Persia, and Greece to study in the Mystery Schools. This was Jesus' so-called "lost-years"--18 long years that the canonical scriptures enshroud in mystery and are mute.

During his ministry Jesus formed a secret metaphysical school. The number of members in this school was at least 120 (see Acts 1:15). These students were given esoteric teachings in contrast to the general populace who were taught metaphysical mysteries in parables and similitude. The masses were taught exoteric precepts, the gospel, or the "good news" which were clarified and elaborated in secret assemblies. Students of the esoteric doctrines of Jesus were shown how to realize the truth of the gospel in a single embodiment, here and now, and not senselessly wait for some future event to occur that would raise them from the grave.

"Verily I say unto you, There be some standing here, which shall not taste of death, till they see the Son of man (the Truth, the Way, and Life) coming in his kingdom (the lower microcosm)." Matt. 16:28

Out of the many there were those earnest few who wanted to delve further into the mysteries of life and they were subsequently invited into Jesus' secret school. The metaphysical seminary that Jesus established may be referred to as the Inner Court, in contradistinction to the Outer Court that are represented by the Churches of our present day.

In the 3rd and 4th centuries after the advent of Christ, because of political and egoic ambition, the leaders of the Outer Court divorced itself from the Inner Court and even attacked and persecuted its members and hierophants. Later known as Gnosticism, the doctrines of the secret school of Jesus subsequently went underground and branched-out into several spiritual/magical Orders, metaphysical schools, and secret fraternities. The Cathars, Knights Templars, the Order of the Garter, the Order of the Round Table, the Martinist Order, the Rosicrucians, and the Alchemists, were some of these organizations descended from the arcane school of Jesus and preserved and perpetuated the metaphysical teachings that he had taught.



The Benediction Mudra (Sign of Blessing or Blessing, Mano Pantea)

The esoteric precepts of the incarnated Christ concerns the transformation of man into a divine being, the manifestation of Heaven on Earth, the unfoldment of spiritual virtues and powers within humanity, the embodiment of the Christ force and consciousness within the lower aspects of the microcosm, etc. Jesus especially taught how each member of the human race might emulate him and acquire what he acquired, attain what he attained, overcome what he overcame. In his public teachings Jesus emphasized that he was the model for us all, that we should all become like him in order to unfold the Kingdom of Heaven within our hearts and be saved from our personal ignorance with the power of the Truth of our spiritual essence.

"Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me." John 14:6

We will not go into detail of the story of Christianity and its hidden history in this mudra-series. All we wanted to do was to give a basis for the secret practices of the mudras associated with Christianity. These disciplines were known to various historical personalities who were initiates of Esoteric Christianity. There were those whose profession was art, and they depicted the secret signs and mudras in their paintings, drawings, and sculpture. Although there are many secret mudras in the Esoteric Christian Tradition, below we will present just a few of the more popular ones including their purposes--these may be practiced by the spiritual aspirant with untold benefits.

The Benediction Mudra (Mano Pantea)

If we can curse and swear at one another so easily why is it that no one ever thinks of blessing one's fellow men? Blessings, or Barokah as it is called in Islam, are dynamic operations of the Divine Spirit acting through pure instruments, whether angelic or human. Ideally, the operator channeling blessings from on High must be pure in mind, body, and soul and have attained a certain degree of attunement and oneness with his/her Progenitor. Whatever flows through a conduit is tainted by it. This is how energies are transformed into force. Force is energy imbued with a certain quality or character. It is for this reason that some degree of spirituality must be attained before one is qualified to serve as a channel for blessings to others, for it is inappropriate to radiate from our beings the quirks and negative characteristics of our personality. At least, when giving blessings, we should strive to raise our vibrations and frequency to match as much as possible the standards of our Higher Self. How this is done may be learnt from a true spiritual teacher.



The Channeling Hands

The act of blessing or consecration is facilitated by the benediction mudra. The benediction mudra is a sign, signal and code to our Higher Self and spiritual beings that the act of blessing is about to take place and that cooperation from them is requested. Psycho-energetically, the mudra also temporarily rearranges the auric and etheric structures to act as a conduit for the flow of "gift-waves," as blessings are called in the Buddhist Vajrayana tradition.

In the Benediction or blessing mudra the first two fingers and thumb are used--these represents the etheric, air and fire elements of which the formal ritual of the baptism of "fire" is facilitated and enacted.

The object to be blessed may be a living organism, an object, or an act. Blessings raises the frequency of the person or thing receiving the blessing, and integrates into them a divine power that lasts for some time. Being blessed by a holy, spiritual person, acting as mediator, is spiritually beneficial in that it makes the Path of Life easier for one to tread and to spiritually evolve. Both the giver and receiver of blessings are benefited in some manner that is often too subtle for detection by the insensitive, untrained mind.

In this literary work it is possible for us to offer only a simple method for blessing others. The art of glorification actually requires spiritual training and disciplines that are beyond the subject matter of this mudra-series.

To bless an object or someone, first visualize energy in the form of a ball of light hovering over your head. Reach out to it mentally and emotionally, raising thoughts and feelings as high as you spiritually can. Then let the light descend as a beam through the crown of your head and flow outwardly from you from these three points: Ajna chakra, or between the eyebrows; anahata chakra, or heart center, and your right hand which is making the sign of benediction.

The full or complete sign of benediction is executed by first placing your left hand over your heart, and with your right hand assume the Mano Pantea sign, that is, extend your thumb and first two fingers vertically while folding the ring and little finger into the palm. Then recite this invocation :

"Elohim (3x). I call upon the angelic powers of the Universe, in the name of the Most High, in the name of my Mighty I AM Presence and Holy Christ Self, (state the name of your Holy Christ Self if known) to establish N . . . (name of person or object) in the Power of Truth, Light, Life, and Love. Ateh Gadol Le Olam--A.m.e.n."
3x

Next focus upon the subject or object that you wish to bless. See light from those three points mentioned above flowing to and enfolding them. If an individual, visualize the person expressing joy, peace, and happiness, or the object aglow with divine radiance. Especially see the subject's higher chakras aglow with light. After several minutes of this, seal the energies in the person's aura or object with the mudra by making the sign of the cross or any other symbol meaningful to you while at the same time decreeing: "May the peace and power of Heaven's blessings be upon thee."

This operation may be done from a distance with the subject visualized in one's mind's-eye.

The Channeling Hands

There are times when we need to direct healing energy to a person. This may be done with the Channeling Hands. Although there are many techniques and methodologies for channeling energy depending on the nature of the problem and the healing tradition, this method is simple to recall and does not require much effort on our part.

For a general healing, the two hands are extended outwards--towards and within the aura of the patient--a centimeter or two away from the subject's physical body. Imagine the hands radiating a white-golden force filling the patient's aura. Next seal this magnetic-field with an inscription of a symbol meaningful to you. Trace this symbol in the air slightly above or beyond the person or object.

Like everything else in metaphysical practice, prior spiritual training under a true Guru, directly or indirectly appointed by the Holy Council of the Chohans, gives greater satisfactory results in healing operations.



Elijah with the Manifester Mudra

The Manifester Mudra

"And it shall be, that thou shalt drink of the brook; and I have commanded the ravens to feed thee there. And the ravens brought him bread and flesh in the morning, and bread and flesh in the evening; and he drank of the brook." 1 Kings 17:4,6

Elijah, one of the biblical prophets, was commanded by God to go to the "wilderness" to "hide." This can actually be conjectured to be God's (actually a Guru's) command to Elijah to undergo a spiritual retreat to engage in meditation and other spiritual disciplines. Such spiritual retreats are called "Uzzlah" in Islam and "Hitbodedut" in Judaism, of which a specific physical environment is not always meant. Some people seem to think that meditation should only be done in peaceful and

quiet surroundings--this is not true for someone of Elijah's caliber who is able to precipitate such conditions in his soul whenever he wills. Advanced practitioners are not dependent on the environment for peace, for this is a false sense of peace. True peace comes from within and is a state attained by meditators wherever they physically find themselves.

Now while in retreat Elijah was fed bread and meat by ravens. This anecdote may be interpreted literally or more appropriately, esoterically and symbolically. We will not over dwell upon this issue here. What interests us is that Elijah's needs were somehow fulfilled by an external force as a result of the workings of Cosmic laws. The scriptures do not relate this, but Elijah's desire or need was preceded by a request to be sustained--"ask and it shall be given"--that is the spiritual injunction. How desires may be requested for fulfillment is "coincidentally" depicted in the picture of Elijah above. The finger-tips of the two hands are placed together forming an empty space between them. Occultism teaches that this mudra builds up a natural magnetic-force between and around the hands while in this position, and this force may be imbued with a certain quality, feeling, idea, or thought. The resultant accumulation of power and the magnetization of this packet of energy with a thought or feeling is known as a thought-form, and at more advanced levels where a degree of consciousness is imbued to it, the packet of energy becomes a "servitor" or a "familiar."

When subsequently released to the Cosmic realms, this thought-form strives to manifest on the physical plane that which it was programmed to do. This is why we name this mudra "the Manifester," for it helps to generate the energy and force to manifest one's desires--one reason why it is instinctively used during prayer. The mudra is one of the secret tools applied in the art of mental creation. We may manifest anything within the world of possibility and such manifestations may occur instantly or after a time delay.

In order to manifest anything, one must first accumulate psychic energy. There are many methods of doing this which are taught in metaphysical schools. One must also be able to release the thought-form to angelic intelligences and elementals and to urge their cooperation in the work of manifestation of which in this context we act as the First Cause. Their help are essential and this cannot be done if we do not acquire and maintain a good relationship with these beings or have authority over them. In the biblical story of Elijah mentioned previously, these elemental and angelic beings are represented by the ravens.



The Beast Master (Sign of Faith)

As this work with the elementals requires training under a qualified Guru, we will not offer the formula in full here for to convey such power to those who would abuse or misuse it is a dangerous thing to all parties concerned. We are to be responsible for what we give out. If a student abuses power the teacher likewise reaps a percentage of the karmic effects. There are metaphysicians who would deny this in their ignorance; nevertheless, it is true. In their ignorance, irresponsible "paranormals" or Gurus offer their occult teachings, their so-called powers and knowledge without any consideration as to the moral fitness of the recipient. We emphasize right here that some things just cannot be put into print for public consumption--not when the false ego reigns supreme. However,

to return from our digression and putting the training work aside, the basic steps for manifesting anything are as follow :

- 1) Assuming the mudra and the generation/accumulation of Power
- 2) Attunement
- 3) Invocation of the angelic intelligences and elementals
- 4) The building-up of the thoughtform and empowering it
- 5) Release of the thoughtform with the certainty and faith that it will manifest

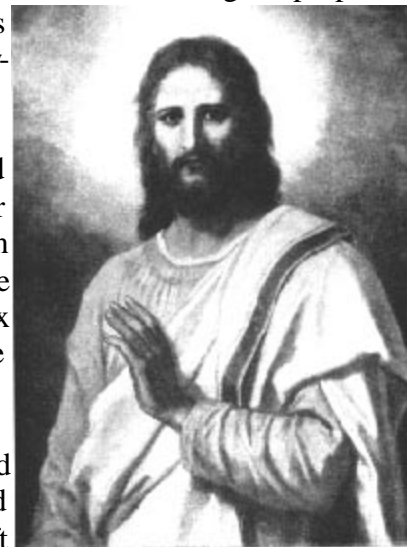
The Beast Master

Every student of biblical study is familiar with the story of Daniel and how he was thrown into the lion's den due to the nefarious plot of jealous individuals (Daniel 6:3-24), and also how he survived the ordeal. Like many other stories in the scriptures, this tale offers more value to us when interpreted esoterically rather than understanding it in a historical sense.

Metaphysically speaking, beasts of prey represent the lower instincts, desires, and emotions within man. The task of the disciple is to tame these energies and harness them for a higher purpose. Therefore, Daniel, having subdued the lions signifies a disciple's spiritual mastery over the forces governing his four-fold personality--his mental, astral, etheric and physical bodies.

The Beast Master mudra collects energies from the cosmos and directs them to the heart, it also raises and transmutes the lower "animalistic" energies residing in the solar plexus to the heart region where a major chakra is located. The energy that accumulates in the heart builds up the chakra that subsequently attracts a greater influx of power from the Monad, which is the divine spark within the microcosm.

To conduct the Beast Master exercise, extend your left hand outwards, palm facing upwards. The right hand should be placed over the heart, palm inwards. The next step is to visualize the left hand collecting energy from the cosmos. See silvery-golden light from a spiritual source entering your left palm and travelling to your heart. Do this for 5-10 minutes. By placing your right palm over your heart, a closed-circuit is formed that would build magnetism within the chest and thus further nourish the important heart-center.



Heart Polarizer Mudra

To conduct the Beast Master exercise, extend your left hand outwards, palm facing upwards. The right hand should be placed over the heart, palm inwards. The next step is to visualize the left hand collecting energy from the cosmos. See silvery-golden light from a spiritual source entering your left palm and travelling to your heart. Do this for 5-10 minutes. By placing your right palm over your heart, a closed-circuit is formed that would build magnetism within the chest and thus further nourish the important heart-center.

Continuing to the next phase of the exercise, while still in the same mudra position, visualize a ball of energy in the solar plexus region. See it scintillating and vibrating with power. Suck this energy upward to the heart until the ball of energy at the solar plexus diminishes while the energy in the heart chakra area increases. This second part of the Beast Master should also be done for several minutes.

After completing the second stage, continue with the last step: Visualize a scintillating ball of silvery light above you. Chant and vibrate the word "Yeheshua" for 7x. Now inhale deeply and as you do so, direct a beam of light from this silvery ball of power above you to the crown of your head--continue visualizing its descent downwards where it engulfs the heart. As you hold your

breath, see your heart covered in divine radiance as depicted in the picture above of the Benediction mudra. Exhale when you feel uncomfortable. Repeat the chanting and the breathing cycle for 5-10 minutes.

Once the heart chakra has unfolded, the energies residing in it may be directed in various ways by the white magician.

The Heart Polarizer Mudra

The purpose of the Heart Polarizer is to strengthen the psychic center in the heart region and to polarize one's consciousness at the level where love reigns in all its splendor.

The average person is polarized in the solar plexus chakra where the lower emotions are based. By transcending this chakra and focusing and functioning from the heart center we liberate ourselves from our human mortal thoughts, feelings and attitudes, and claim the heritage of our innate divinity.

To perform this mudra: place the left hand sideways against the center of the chest, thumb inwards to the heart as may be seen in the picture above. Maintain this position for 5 minutes or more while doing deep breathing. Focus your attention upon the heart where the spark of your divinity lies.

The Energizer Mudra (Sign of Reverence)



Jesus with the Energizer Mudra (Sign of Prayer)

This mudra generates a certain energy within one's bio-magnetic field. It is a hand pose to be found in the practices of countless spiritual traditions and religions. While in prayer we often assume this pose and arise out of it spiritually strengthened and nourished. The power generated with the use of this mudra uplifts the mind giving one a new zest and enthusiasm for life. Needless to say, one of the secrets of prayer is the pose of the body and hands that configures one's energy structure to greatly facilitate the communion between worlds and the exchange of forces.

Execute this mudra by uniting both hands at the level of the chest, palms together and fingers pointing upwards. Maintain this pose for 5-10 minutes--or much longer if you are able to. Feel the energy developing in the area of the hands as it slowly spreads up to the arms and body. This mudra could trigger an automatic response from the nervous system resulting in unusual movements of the limbs and body.

The Christ Wisdom Mudra

This mudra develops in us spiritual wisdom. As mentioned in a previous chapter, every finger symbolically and magnetically represents a certain element. In this mudra we have spirit or ether (middle finger) acting on air or the mental faculties (index finger). When the mind is influenced by spirit it develops spiritual wisdom-not the wisdom of this world, but the wisdom of the gods that transcends human understanding.



The Christ Wisdom Mudra

For 5-10 minutes (or longer), place the tip of the right forefinger upon the tip of the middle finger of the left hand. The rest of the fingers of the right hand are folded, while in the left only the thumb and first three fingers are extended. The palms of both hands should face towards the chest. Refer to the painting at left.

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Pronunciation Guide to the Mantras/Prayers/Chants

A = Ah as in father

C = Ch as in choose

E = a as in pay

G = Gh as in grape

I = ee as in tree

U = oo as in tool

Letters not mentioned are pronounced as in the English language.