

# Vang Mudras

Taught by Nong Típ based on instruction she received from Master Tháy Thé

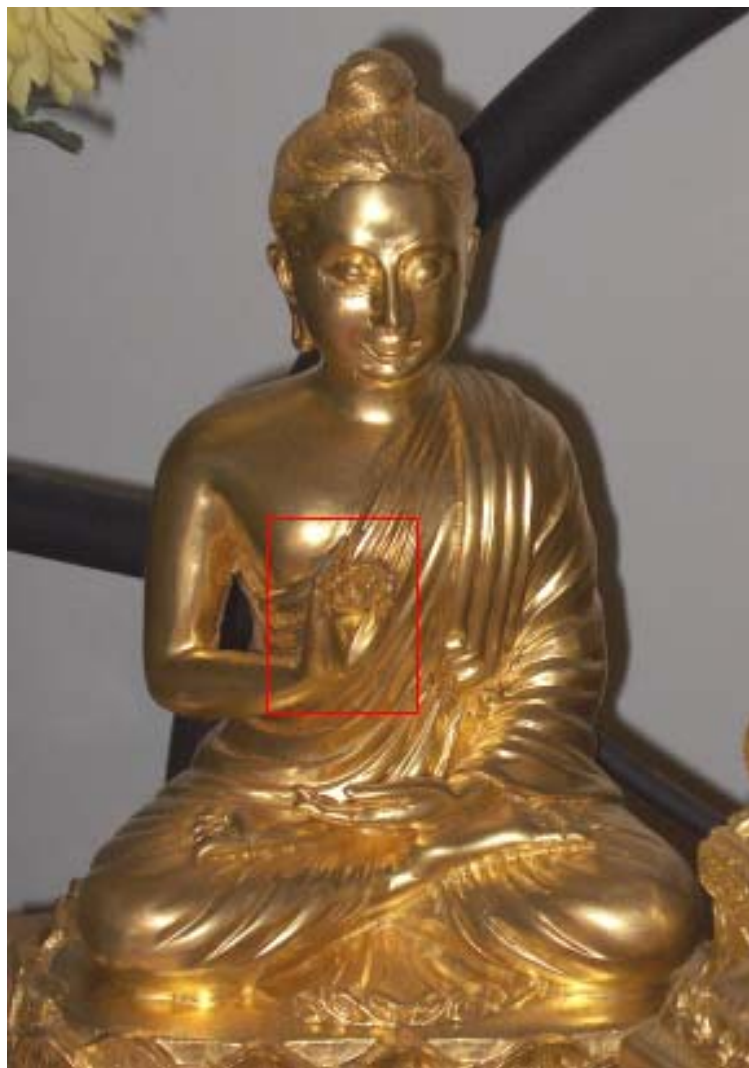


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# Mudras

Mudra, often called hand yoga, is an ancient technique of hand postures to control, direct, and refine our vital energy. Mudras can be traced back to various cultures and religious practices. The Nordics used some hand gestures to invoke the gods. The Polynesians used mudras in their dance rituals. Various gestures are used by Christian priests during a Mass. Many paintings show Jesus and angels with specific mudras. Kabbalistic literature also shows diagrams of hand postures. Mudras are integral to various practices in India. They are also very common in Taoist and Buddhist practices. Buddhists and Taoists often use mudras to enhance their meditation experience.



# Swastika

The swastika is an ancient powerful symbol that has been used for over 3,000 years in China, Japan, India, and Europe. It was called "wan" in China, "vang" in Vietnam, "Fylfot" in England, "Hakenkreuz" in Greece, and "Swastika" in India. It was said that the swastika was second in popularity only to the OM symbol. "Swastika" comes from the Sanskrit word "svastika," where "su" means "good," "asti" means "to be," and "ka" is a suffix. Thus, the swastika is a symbol of life, sun, power, strength, and good luck.

Adolf Hitler adopted the swastika as the Nazi symbol. Since then it has become a negative symbol to many. The direction of the swastika was used interchangeably in ancient times. However, some have differentiated the clockwise swastika used by Hitler as a symbol of hate and death and the counter-clockwise one as a symbol of life and good luck.



Clockwise Swastika  
Hate & Death Symbol



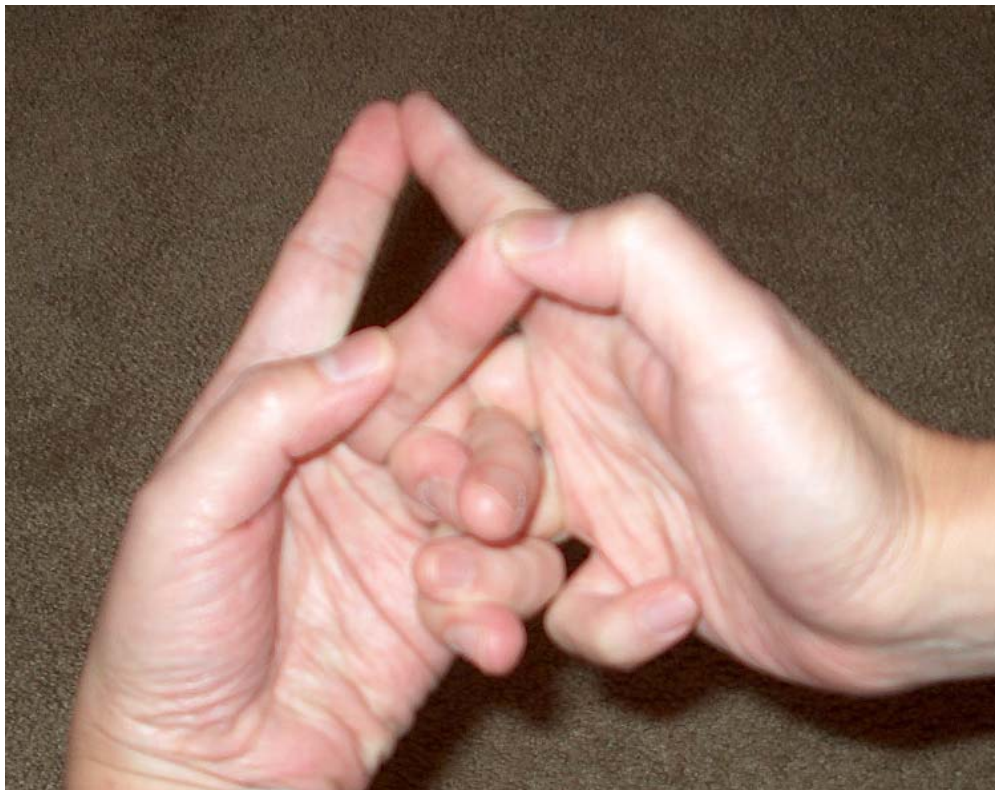
Counter-clockwise Swastika  
Good Luck & Life Symbol

# Vang Mudras

Vang mudras as taught by Master Tháy Thé of Vietnam are a powerful set of mudras. They can be used to regulate and promote energy flow in our body. They can be used to cure diseases. They open energy gates, including the seven chakras and the eight dragon gates. Master Tháy Thé taught three different Vang mudra practices: Easy Vang, Lazy Vang, and Vang. Only the first two practices are included in this document since they are easy to perform and are suitable for most people.

## Easy Vang Mudra

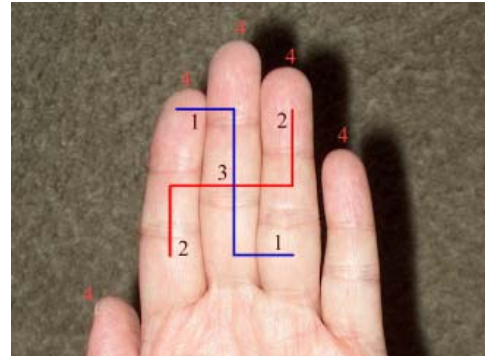
Easy Vang mudra is only one hand posture. It can be done anytime and anywhere with ease. It is best to perform it during a meditation session. When performed during a meditation session, try to keep the mind neutral to increase the sensitivity in observing the flows of energy. As a general rule, a mudra should be performed for at least 15 minutes.



# Lazy Vang Mudras

Lazy Vang mudras consists of four mudras. A counter-clockwise swastika symbol can be drawn on the left hand as shown on the right.

The four mudras are demonstrated below:



Counter-clockwise Swastika



Mudra 1 (15 minutes)



Mudra 2 (15 minutes)



Mudra 3 (20 minutes)



Mudra 4 (5 minutes)