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Like any Yoga, Mudras are nature's way of healing, as intended by nature and therefore, the mandates of nature are to be followed. There are no instant pills for any health problem, although there are some which do give temporary relief but harm in the long run. In case of Mudras, they show positive signs after some time of regular practice.

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SABRINA MESKO Ph.D.H. is the international bestselling author of "Healing Mudras -Yoga for your Hands" by Random House. Her book reached number five on the Los Angeles Times Health Books Bestseller list and is translated into 14 languages. Her other books include "Power Mudras" by Random House, "Mudra Cards" by Andrews McMeel, "Mudra- Gestures of Power" video by Sounds True, a set of 12 "Astrological Mudra books" and "The Book of Peace" by Random House in Germany.

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Using Healing Yoga Mudras - heal your body with your hands If you are using healing yoga mudras as a preventative measure, you should hold each of the mudras for 15-20 minutes, while in a meditative state and observing your breathing. If you are trying to heal a specific ailment, use the appropriate mudra and hold it for 30 minutes. Follow this by holding the Prana Mudra for 15 minutes.

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