

**The Path of Accomplishing the Mandala of Mudra**  
**The Mudra that Generates Exaltation**  
*Guhyagarbha Tantra, Ch 8*






**The Body Mandala** (p. 375)<sup>1</sup>

Head – The Buddha/Vairocana  
 Right arm – Akshobhya  
 Left arm – Ratnasambhava  
 Left leg – Amitabha  
 Right leg – Amoghasiddhi

**The Four Mudras**<sup>2</sup> (p. 375)

Great Mudra (mahamudra)  
 Dharma mudra<sup>3</sup>  
 Samaya mudra  
 Kharma mudra (consort)

**Hand mudras** (pp. 375-376)

Family	Buddha	Finger	Syllable		Symbol	Crossed <sup>4</sup>
			Male	Female		
Vajra	Akshobhya	Middle	<i>Hung</i>	<i>Mum</i>	Vajra	
Buddha	Vairocana	Index	<i>Om</i>	<i>Lam</i>	Wheel	
Ratna	Ratnasambhava	Thumb	<i>So</i>	<i>Mam</i>	Jewel	
Lotus	Amitabha	Ring	<i>Ang</i>	<i>Bam</i>	Lotus	
Karma	Amoghasiddhi	Little	<i>Ha</i>	<i>Tam</i>	Sword	

Or at least do vajra palms together

**Hand Mudras of the 5 Buddha Families** (pp. 376-379)

Male Deities

Right hand with finger extended at heart  
 Syllable becomes symbol  
 Left fist  
 Bell is rung  
 Embrace, left hand on consort's left thigh  
 Symbol dissolves into consort's heart –  
 Arouses pleasure

Female Deities

Left hand with finger extended at heart  
 Syllable  
 Visualize bell ringing  
 Blazes  
 Right fist  
 Embrace, right hand on other's right thigh  
 Bows, gazes, smiles

<sup>1</sup> See also pp. 382-385 for additional details

<sup>2</sup> Also *Dza, Hung, Bam, Ho* - summoning, binding, fettering, and pleasing

<sup>3</sup> Some lists use jnana mudra in place of dharma mudra

<sup>4</sup> Mahamudra