

HAND MUDRAS

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WHAT ARE MUDRAS?

- A symbolic movement or hand gesture
- from Sanskrit meaning 'sign or token' and/or 'sealing the energy'
- Mudras are elaborate hand and finger gestures which have symbolic meaning as visual language. As physical postures, their energetic powers can be directed to heal our bodies

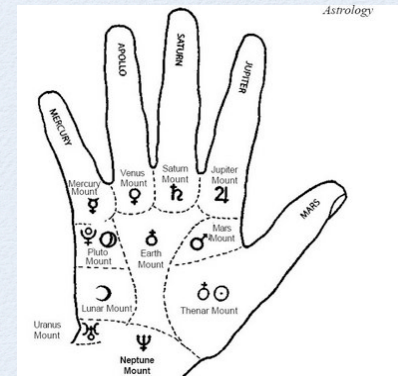
FINGERS & ELEMENTS



In the Vedic tradition, the fingers of the hand represent the five basic elements that make up the human body: air, wind, fire, mud, and water. By positioning the fingers in various postures known as mudras, we can regulate the flow of the vital elements in the body, promoting health and mind-body balance. Joining the fingers or touching them to another part of the body creates a circuit that allows the energy or prana to flow within the physiology rather than dissipating.

Sometimes referred to as “yoga of the hands,” there are hundreds of different mudras used for specific healing purposes and meditation.

HAND MAPS

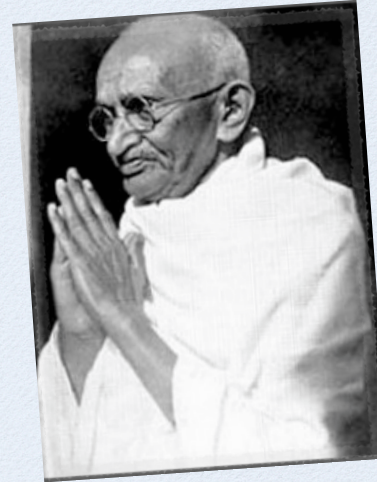


NAMASTE / ANJALI

- (NAH-mes-tay)
- nama = to bow
- as = I
- te = you
- **Namaste** = I bow to you
- **Anjali Mudra**
anjali = offering/ salutation
mudra = sign



- The hand mudra namaste is the gesture representing the belief that there is an inner light within each one of our Heart chakras, thus, when we place the hands together in Anjali Mudra, we are honouring the Inner Light, within the person we are acknowledging as well as our own Light. In meditation you can do Namaste mudra to yourself as a meditation technique to go deeper inside the heart Chakra.



KALI MUDRA

'Goddess of Purification'

(Fingers point at throat. Contraindicated for hyperthyroid conditions)

"Purification of all dimensions of my being awakens true freedom."

Vishuddha chakra in the throat center translates as 'purification'. As you clear out what is 'not you' through spiritual practice, limiting beliefs are also released that keep you from feeling freedom. Kali Mudra assists in bringing limiting beliefs to the surface to support awareness, release and integration of a new way of seeing yourself and the world. Tension is released from the throat, vocal cords, neck, and shoulders to open a sense of limitlessness and inner quiet. Space Element becomes balanced and intuition is enhanced.



SHUNYA MUDRA



'Transformation'

(Hands rest in lap)

"With greater openness, space is created for my true Self to emerge and guide me."

Shunya means 'empty' and this mudra assists you to expand into openness in order to get a larger picture of who you are, raising the eternal question: 'Who am I?' Energy arises into the neck and throat – 5th Chakra – to clear blockages and release conditioned beliefs of the small self. Thyroid gland comes into balance with enhanced circulation to the throat area. Space is created between the thoughts, helping you to loosen identification with them as who you are. Intuition is awakened so you may hear the guidance of your inner voice.

USHAS MUDRA



'Dawn'
(Hands rest on lap)

"I awaken each day to a dawn of infinite possibilities."

Ushas Mudra allows us to greet each day enthusiastically and more openly with fewer expectations and more trust in the natural flow of the world and our life. This reduces stress and cultivates positive attitudes. Practicing Ushas Mudra allows the breath to be naturally directed into the front of the torso aiding a natural massaging motion that restores all systems of the body. As the mind is cleared, calm mental clarity increases allowing you to rest easily within your true Self, opening to life as a field of possibility.

HANSI MUDRA

'The Smiling One'

"My inner smile awakens the bliss that is always present."

Hansi Mudra allows the breath and energy to arise upwards to open heart and chest, as well as soften tension in the neck and head. This enhances uplifting energy, creating a positive mood and outlook. Cultivates innate but sometimes overlooked positive qualities. Enhances immunity, releases jaw tension (good for TMJ), and is lifting for depression.



AVANA MUDRA



'Invocation'

"I receive each moment of life as a gift and blessing."

Heartfelt acceptance of all of life's ups and downs received as 'gifts' helps us to begin to see all of life as a learning journey – one which allows us to naturally evolve when we pay attention and allow ourselves to be receptive. Avahana allows your heart to soften by drawing energy upward into the solar plexus and into the chest, the place of unconditional love and acceptance.

Good for the immune system and thymus gland, heart chakra, energizing, acceptance and opening to love.

ANJALI MUDRA

'Reverence'

"Compassion is my guiding light."

Cultivates balance between rest and alertness as it awakens one to inner unity of all polarities. Nourishes the breath through the chest, heart, and lungs. Directs senses inward for contemplation as it calms and centres the mind and emotions. Connects one with all that is within a state of gratitude and reverence invoking the highest spirit within ourselves and others.

Good for fear, anxiety, as it helps us to integrate, calm down and connect.



PADMA MUDRA



'Lotus Flower'

"My heart is a deep lake of loving kindness."

Opens and reveals your wholeness within your essence. Padma draws heart energy upward into higher chakras – third eye and crown, thus bringing unconditional love and acceptance into higher knowing. This mudra is like a healing salve for the heart from any emotional wounding.

Good for clearing the past, moving forward with positive energy, and creating a sense of union with all of life.

BEAR GRIP

'Heart'

"Helps balance body and mind to eliminate anger and maintain inner calm."

Lift your right hand in front of your chest, with your elbow out to the side and your palm facing away from the body. Bend the tips of your fingers. Lift the left hand with the elbow out to the side, bend the tips of the fingers and clasp your hands together. As you inhale - keep the fingers clasped and gently pull your arms away from each other creating resistance. As you exhale - keep the fingers clasped and stop pulling.



PRANA MUDRA



'Prana'

"Breathe"

This mudra promotes the flow of vital energy or prana throughout the body. It is said to increase vitality, invigorate the immune system, and slow the aging process.

Prana mudra is performed by gently joining your thumb with your little finger and ring, while keeping the middle and fourth fingers apart and extended. You may hold your hands in either a vertical or horizontal position.

TEJAS MUDRA

'Lotus Flower'

"My heart is the radiant light of the Divine."

Opens and nourishes chest, lungs, heart, and heart center Anahata chakra, the center of unconditional love. Cultivates emotional calm and centering within all levels of being. Inspires an open heart and the flame of love for that which is higher. Awakens devotion to the divine.

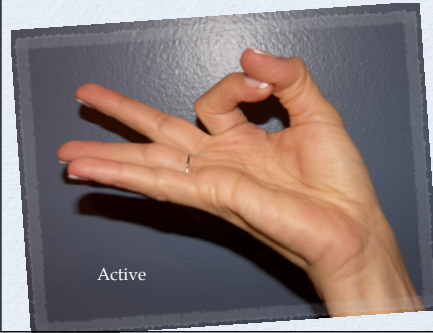
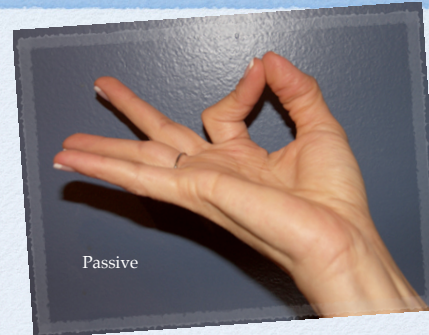
Good for strengthening the immune system, breathing, healing from grief, and sadness, and opening to the Divine in every experience.



GYAN MUDRA

'Knowledge' - passive

Put the tip of the thumb together with the index finger. This stimulates knowledge, wisdom, and the power to compute. The index finger, also known as the Jupiter finger, is expansive. This mudra is most commonly used. Calmness and receptivity may also be experienced. We use "passive," unless otherwise specified when meditating.



Gyan Mudra - Active

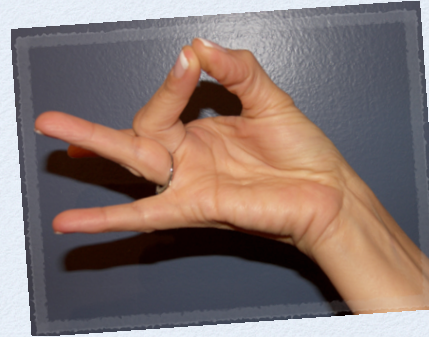
Lock thumb over index finger, you bend the index finger under the thumb so the fingernail presses against the back of the second joint of the thumb. The "active" form of the mudra is used in powerful pranayams.

SHUNI MUDRA

'Patience'

Place together the tips of the middle finger and thumb. The middle finger is associated with Saturn. The planet Saturn represents patience, discernment, and the law of karma. This means one should be courageous and responsible.

Shuni mudra increases the aakaash (space) element within the body. Practice of this mudra enables the individual to reunite with the collective consciousness. Negative emotions like fear, anger, sorrow, etc., are replaced by positive emotions and thoughts.



SURYA MUDRA

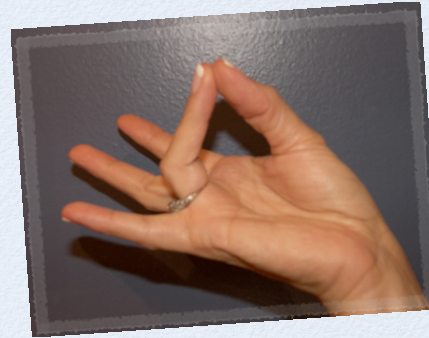
'Sun'

Place the tip of the ring finger on the tip of the thumb.

This strengthens the nervous system, gives energy, good health, and the power to win.

This mudra is formed by first placing the tip of the ring finger on the base of the thumb and then bringing gentle pressure of the thumb upon this finger. This amounts to suppression of element earth (residing in the ring finger) by element fire (residing in the thumb). The earth element thus suppressed, fire is able to rage unopposed

Practice of Surya mudra helps to maintain the body-temperature and keeps the metabolism going. The element Agni is also connected with vision. Hence, regular practice of Surya mudra helps to strengthen weak eyes and improve vision.



JALA/BUDDHI MUDRA



'Mental Clarity' 'Water'

"I flow through the rhythms of the rivers and tides of life."

Jala mudra enhances fluidity, refreshment, hydration, nourishment and purification throughout the body. This invigorates your Water Element to assist you with internal flow.

That also means you will have more fluidity and flow within thoughts and feelings, allowing for increasing feelings of freedom and trust.