

INTRODUCTORY GUIDE TO MUDRAS

A mudra is a gesture or position, usually of the hands, that locks and guides energy flow. By curling, crossing, stretching and touching the fingers and hands, we can talk to the body and mind as each area of the hand reflexes to a certain part of the mind or body.

Mudras are an important part of yoga because energy, and how it's controlled by gesture (mudra) and sound (mantra), produce deep spiritual effects on the consciousness.

In each mudra, exert enough pressure to feel the flow of energy through the nadis and up the arms but not enough to whiten fingertips.

Most importantly, do what feels best for you!



PALMS UP ON THIGHS



PALMS UP ON KNEES



PALMS DOWN



OM MUDRA

Tip of thumb touches tip of index finger making a circle.



WISDOM MUDRA

Tip of index finger touches middle of thumb pad. Tip of thumb extends past index finger.



AHAMKARA MUDRA

Tip of thumb touches middle of index finger pad. Tip of index finger extends beyond tip of thumb.



CHALICE MUDRA

Palms up. Left hand rests on top of right palm. If your legs are crossed, whichever leg is underneath, that hand is also underneath (right leg under = right hand under).



BUDDHI MUDRA

Thumb and index finger make Om mudra. Remaining fingers rest knuckles to knuckles.

OM MUDRA

Thumb and forefinger merge and blend perfectly.

There is no god. There is no me. There is only life. The circle is complete. Brings peacefulness and solidarity within the self.

WISDOM MUDRA

Thumb (reality, divinity) and forefinger (personality) touch with tip of thumb extending past tip of forefinger. Middle, ring, little fingers held outright.

Although god is in me and I am within god, I have the right to be me as long as I don't interfere with life.

Divinity manifests. Ego subsides. Sitting back allowing forces of universe to manifest.

Expressing self harmoniously.

AHAMKARA MUDRA

Ego Transcending Mudra. Index finger extends past thumb tip.

Gives us strength to put ego aside at appropriate time and place and do what needs to be done.

Individuality manifests. Use when lacking self-confidence.

CHALICE MUDRA

Balances. Regenerates. Strengthens. Attuning.

BUDDHI MUDRA

Spiritual energies harmonize and mingle with ego personality allowing manifestation of spiritual individuality. Produces a quieting effect on the mind and regenerates.

NAMASTE:

My soul bows to your soul. My divinity recognizes the divinity in you.



Middle: Saturn

Karmic conditioned forces. Use only when heavy stabilizing forces are necessary.

Index: Jupiter

Ego personality. Sub-conscious mind patternings. Expansion

Ring: Sun

Strength of the individual

Little: Mercury

Energies important to unfoldment of intellect and business.

Thumb: God/Divine Energy

Energy flows unconditioned by subconscious patterns or karmic proclivities. Can draw upon power by willing.

