

Mudras

Mudras are used in all aspects of life for many different reasons and outcomes. Most Mudras are used during Meditations. Some Mudras are designed to be used while interacting with the physical world. Many Mudras have Sacred Geometry found in their design. Because Humans are electrical beings, Mudras can be used to complete dielectric and magnetic electrical circuits in the brain through various hand positions. Different Mudras will have different outcomes depending on what circuits are being connected.

There are three components to each Mudra. When doing any Mudra, you greatly amplify the intended effect by understanding all three aspects. The first thing you must know is the purpose of the Mudra. Each mudra has a designed purpose and you want to make sure you use the right Mudra for intended outcome.

The second thing you must know is the correct way to do the Mudra. Many Mudras have slight differences from each other and it is important to know the slight differences. Like when to use the tips of your fingers opposed to the pads or where you rest your Mudra. These are all important factors so take the time to ensure the Mudra is positioned correctly.

The last and most important thing you must know about amplifying the effects of the Mudra is what to focus your awareness and intentions on while you are doing the Mudra. This aspect of Mudras is the one that is most often overlooked. When doing a Mudra, you must direct your focus and intentions to the fulfillment of its purpose. By doing this, you amplify the impact of the Mudra by creating a positive feedback loop. You strengthen the mudra while the Mudra strengthens you.

Abhaya Hridaya Mudra

Use this Mudra to open the Heart Chakra. This Mudra creates feelings of protection and fearlessness.

To do this Mudra, place the backs of your hands together with your palms facing to your left and right. It does not matter what hand is in front, that depends on your personal comfort. Interlock your pinky, ring and middle fingers so that the pads of your fingers touch, left pinky to right pinky, left ring finger to right ring finger and left middle to right middle. Touch the pad of the left index finger to the pad of the left thumb. Do the same for the right hand.

Once done, rest the Mudra in front of your heart center.

When doing this Mudra, focus your awareness and intention on having immense protection, right now and always. Know that you have no reason to conduct yourself any other way than to be completely confident and fearlessness. Connect with this feeling deeply.

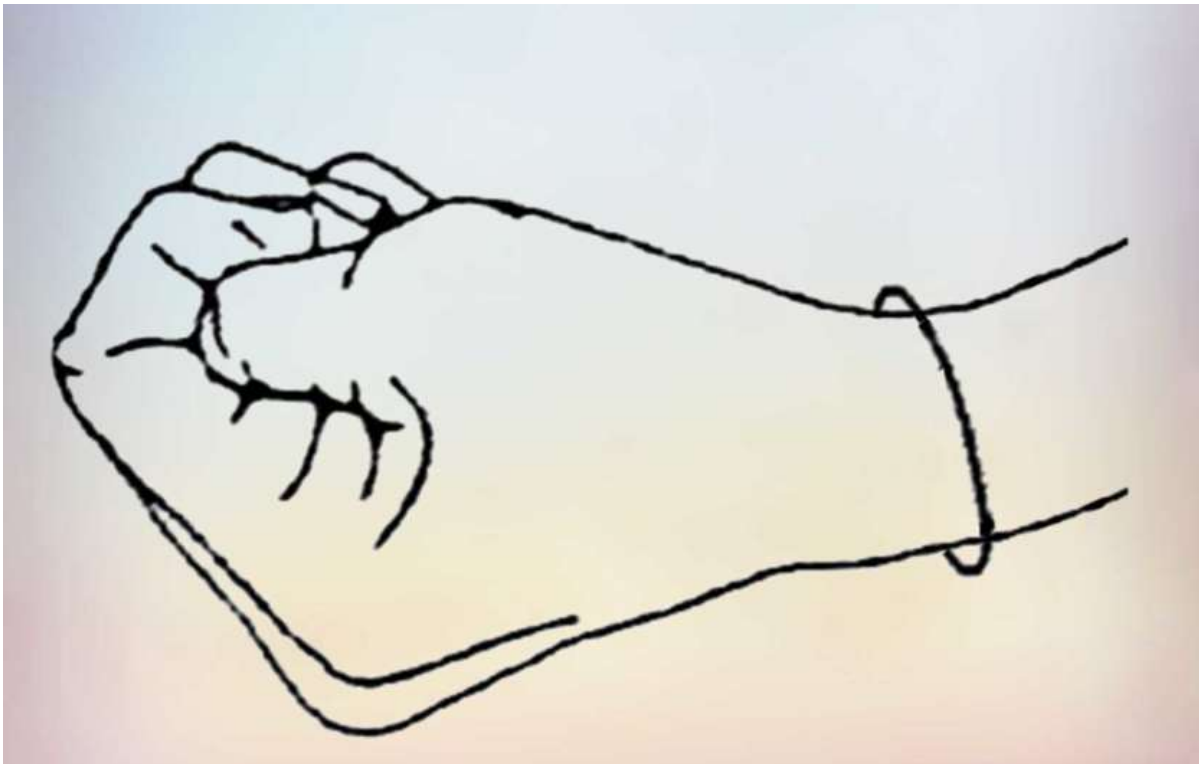


Adi Mudra

Use this Mudra to relax the nervous system. This Mudra will increase lung capacity and improve the flow of oxygen to the brain. This Mudra is also good for bedtime to stop snoring.

To do this Mudra, fold your thumb into your palm at the base of your fingers. Fold all four fingers over your thumb making a light fist. Do this for both hands. Relax both fists on your lap or beside you with your palms facing upwards.

When doing this Mudra, focus your awareness and intention on breathing in fresh, clean, life-giving air. See it fill your lungs as you breath in. Place your awareness on the life it gives you with every inhale. Connect deeply with that thought.



Anjali Mudra

Use this Mudra to align your consciousness with gratitude and harmony. This mudra uses Sacred Geometry and gives you energy and vitality. This Mudra expands your consciousness for spiritual awareness.

To do this Mudra, place your palms together with your fingers pointing upwards. Apply slight pressure inwards. Rest this Mudra in front of your heart center.

When doing this Mudra, focus your awareness and intention on Gratitude. Find deep and genuine gratitude for everything you have in your life. You are here to fulfill your Soul's Life-Purpose. Express Gratitude for being right here, right now.

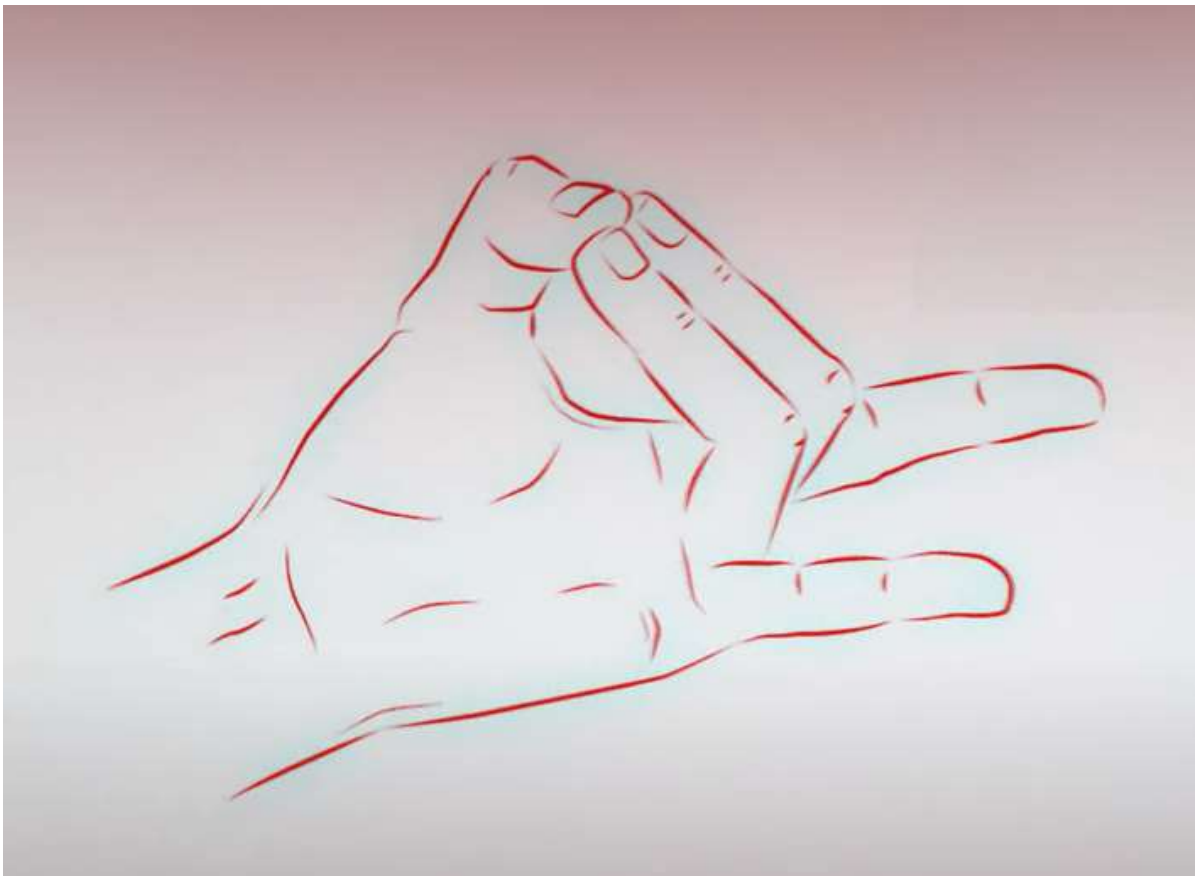


Apana Mudra

Use this Mudra to tap into and awaken Kundalini Energy. This Mudra will cleanse and purify your energy channels. Use this Mudra while you are going through emotional, spiritual or physical healing. This Mudra is also very useful to keep your stomach and digestion healthy.

To do this Mudra, touch the tip of the thumb to the tip of the middle and ring fingers. Have your index and pinky pointed out. Do this for each hand. Rest the Mudra with your palms facing up, either on your lap or next to you.

When doing this Mudra, focus your awareness and intention on living, healing energy surrounding you. Visualize that you are submerge in this energy and it is consciously healing every aspect of your Emotional, Spiritual and Physical Being.

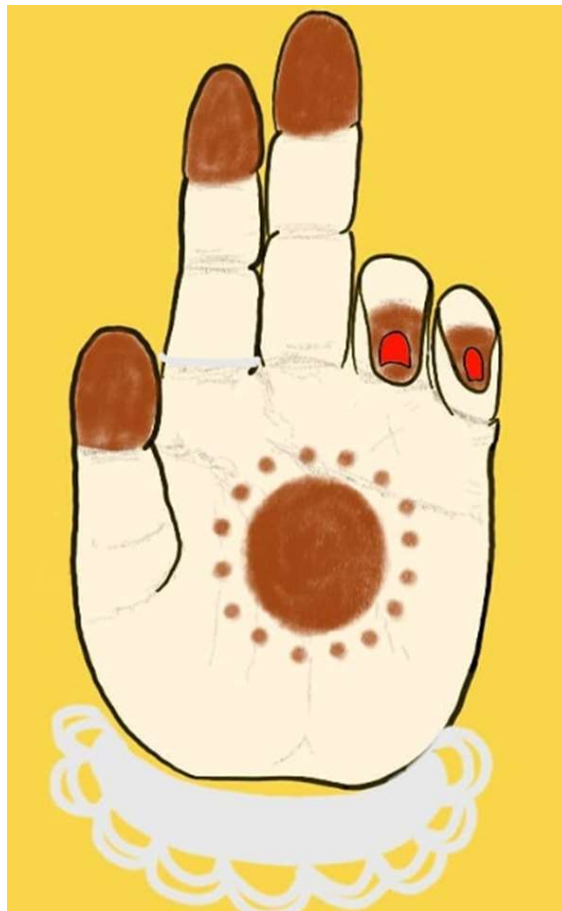


Ardhapataka mudra

Use this Mudra to restore your body's sense of balance and ground you to earth. This Mudra will help give you a sense of power and control over your thoughts and reactions to various situation. It is most useful when you need to take a step back and gather your thoughts during difficult or frustrating situations.

To do this Mudra, bring your dominant hand up next to your heart center and face your palm facing in front of you. Bend your ring finger and your pinky down to also point forward. Have your thumb, index and middle finger pointing up.

When doing this Mudra, focus your awareness and intention on your inner strength. Remember that you are in control of your thoughts, words and actions. You have great power but the will and ability to properly wield that power lies within you and you alone.

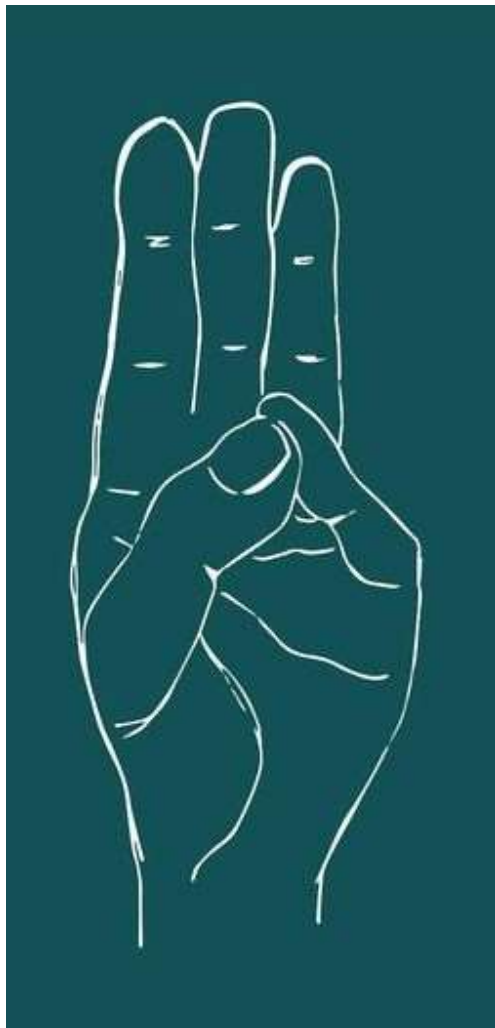


Buddhi Mudra

Use this Mudra to strengthen your communication. This Mudra will improve your internal and external dialogue. This Mudra can greatly assist Psychic development. This Mudra can help relieve muscular pain.

To do this Mudra, touch the tip of your thumb to the tip of your pinky finger. The remaining three fingers should be extended. Do this for both hands. With your palms facing up, rest your hands next to you or in your lap.

When doing this Mudra, focus your awareness and intention on being open to receive messages or inspiration from your higher-self, guardians or guides. Remember that they are there always. Acknowledge and commune with them.



Chin Mudra

Use this Mudra during meditations to go deeper into meditation. This Mudra is designed to give you Mental Clarity and Inner Peace. The Chin Mudra connects you to the source of Divine Oneness of all there is.

To do this Mudra, touch the pad of your thumb to the pad of your index finger. The remaining three fingers should be extended. Do this for both hands. With your palms facing up, rest your hands next to you or in your lap.

When doing this Mudra, focus your awareness and intention on the Divine Oneness of all things. Remember that you are not separate from it. You are a part of it and everything is working out perfectly regardless of appearance.



Dhyana Meditation Mudra

Use this Mudra to start a meditation or when you need to relax your body and mind. This Mudra is good to use when your mind is racing and you need to prevent unnecessary thoughts.

To do this Mudra, rest your left hand in your lap with your palm facing up. Place your right hand above your left hand with that palm facing up. Allow the four fingers of the right hand to rest on top of the fingers of the left hand leaving your palms exposed. Touch the tips of your left and right thumbs together with little to no pressure. Allow your hands to completely rest in this position in front of your stomach.

When doing this Mudra, focus your awareness and intention on nothing or your breath. It may help to visualize a big white room with nothing in it. If your thoughts wander, bring your attention back to your breath. Do this until you have a quiet mind. Change to a different Mudra when you are ready to focus on a particular thing.

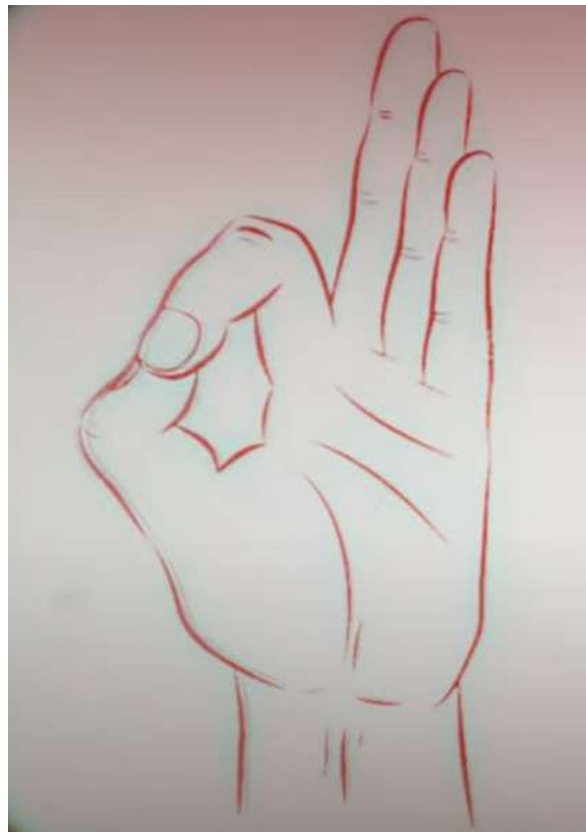


Gyan Mudra

Use this Mudra to enhance concentration, gain spiritual insight and tap into Divine Universal Wisdom. This Mudra is used to tap into and awaken Kundalini Energy. This Mudra will decalcify and activate pineal gland. This Mudra is great to use prior to Visualization. This Mudra also enhances Intuition and Psychic perception. The calming effect of this Mudra is great for relaxing the mind, alleviating stress and anxiety.

To do this Mudra, you will use the tips of your fingers instead of the pads of your fingers. Touch the tip of your thumb to the tip of your index finger. The remaining three fingers should be extended. Do this for both hands. Rest your hands with the palms facing up either in your lap or resting next to you.

When doing this Mudra, focus your awareness and intention on the conscious Divine energy that surrounds, connects and permeates all things. Remember that you are connected to this energy field and it is as available to you as the air you breath. Allow this energy to flow though your entire being. Connect with it. Be open and receptive to all it has to offer right now.

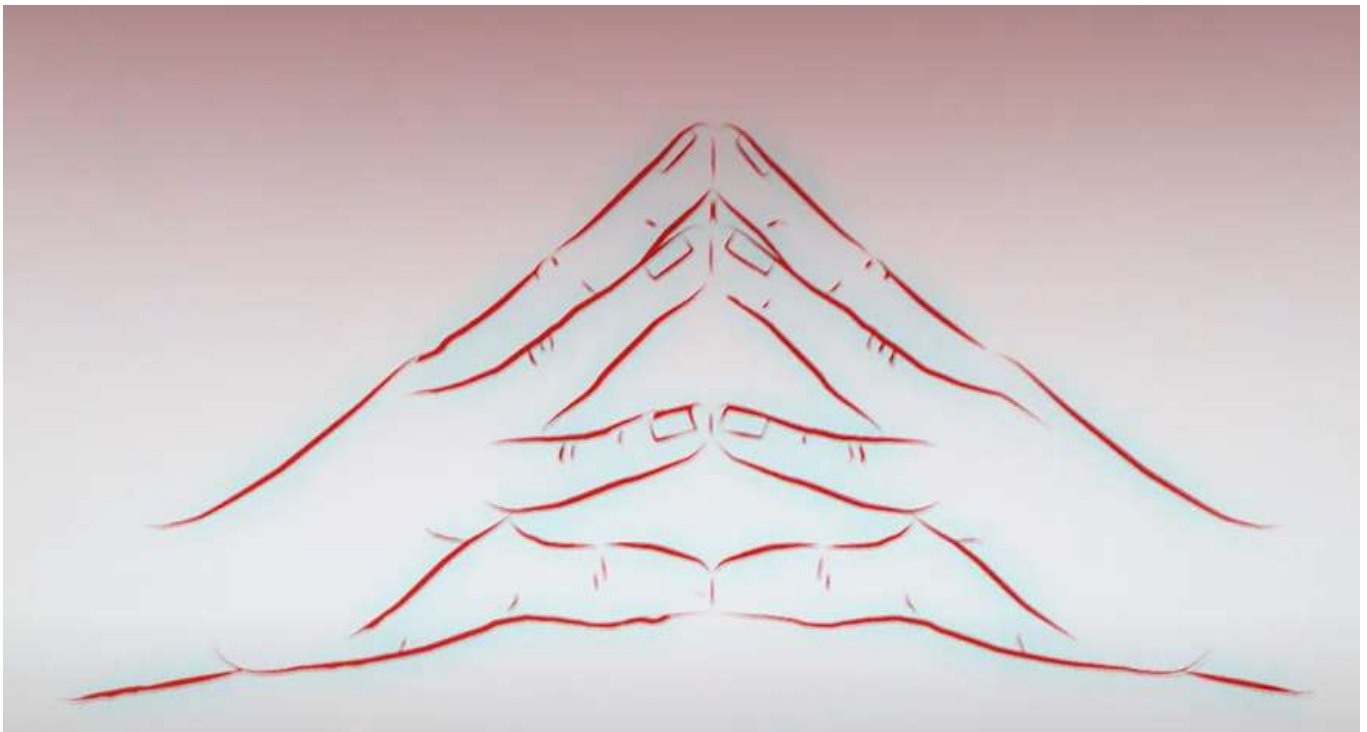


Hakini Mudra

Use this Mudra to expand your Conscious Awareness of all that is. This Mudra will enhance your concentration, contemplation, knowledge and wisdom. This Mudra uses Sacred Geometry. This is the best Mudra to use when channeling inspiration from or giving energy to the unified field of creation. This Mudra syncs the left and right hemispheres of the brain for strong concentration. This Mudra is great in and out of Meditation.

To do this Mudra, connect the pads of each finger to the pads of the corresponding finger on the other hand. Allow the weight of your hands to slightly push your hands together while your fingers spread apart. Rest your hands in front of your heart center.

When doing this Mudra, quiet your mind and focus your awareness and intention on a single purpose, thought, task, goal or a connection you want to make with the conscious energy available to you. Be open and receptive to what ever may come to help you.

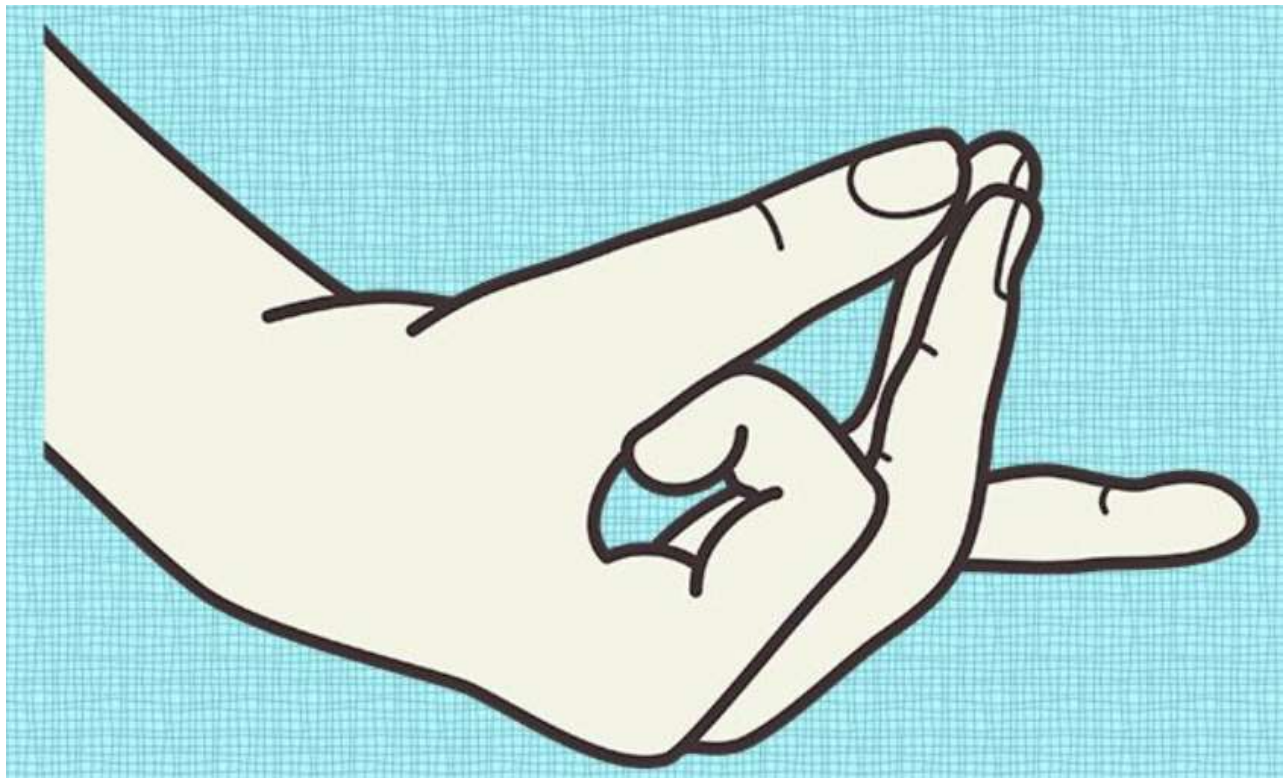


Hridaya Mudra

Use this Mudra to open the Heart Chakra. Doing this Mudra creates the feelings of love, connection and compassion. It connects and aligns you with the purest energy of God, Unconditional Love. This Mudra is useful anytime in or out of Meditation.

To do this Mudra, roll your index finger to the bottom of your thumb. Bring the tips of your thumb, middle and ring finger together and extend your pinky. Do this for both hands. Suspend both hands in a comfortable spot in front of your heart center with your palms facing up.

When doing this Mudra, focus your awareness and intention on the Source Energy of the Universe, Unconditional Love and Light. Channel it through you and let it permeate your entire being. Remember that you are Love. You are Light. You are here to experience and express Unconditional Love. Be Love. Be Light.

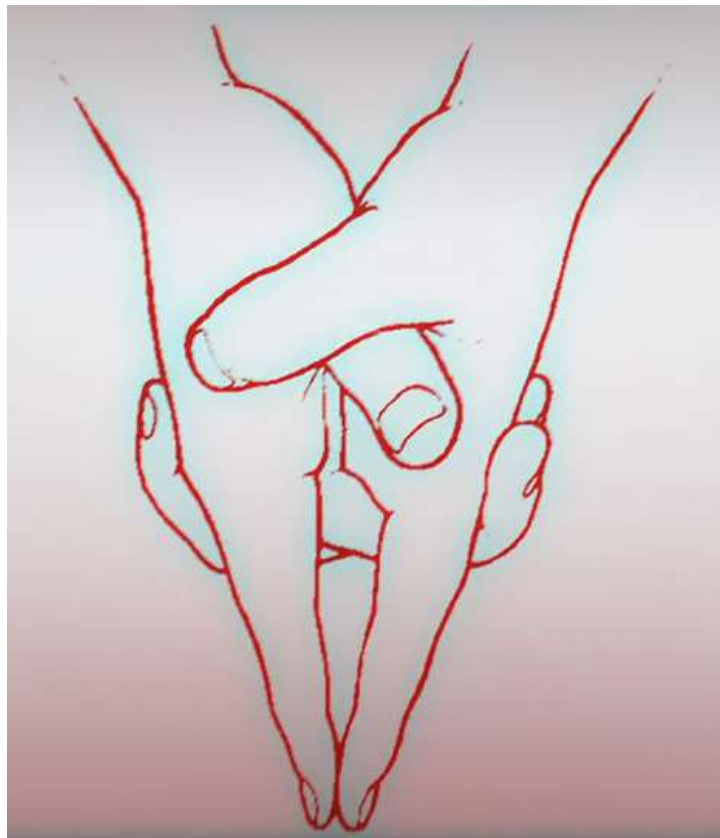


Ksepana Mudra

Use this Mudra to release any negative feelings or emotions that you may have built up or processing at the moment. This Mudra releases feelings such as fear, stress, worry, anxiety, anger, resentment and even hate.

To do this Mudra, interlock your pinky, ring and middle fingers. Extend both index fingers and touch the pads together. Lay one thumb over the other. It does not matter what thumb is over the other. Find what is comfortable for you. Rest your hands in front of your stomach while pointing your index fingers down and away from you.

When doing this Mudra, focus your awareness and intention on the feeling or emotion that you want to release. As you breath in, visualize that to are taking in healing Love and Light Energy. As you breath out, visualize that any and all negative energy, feelings and emotions are leaving your body through your hands and falling away from you. Do thins until all negative energy has left your entire being, both physical and spiritual.



Kuber Mudra

Use this Mudra to tap into the feelings of abundance and wealth. This Mudra increases blood flow to the brain enhancing memory, concentration and clear visualization. When used in Meditation, this Mudra enhances your ability to focus on the feeling of abundance.

When used out of Meditation, this Mudra can be used as an emotional booster.

To do this Mudra, roll your pinky and ring finger into your palm. Touch the tips of your middle and index finger to the tip of your thumb. Do this for both hands. Rest your hands on your lap or next to you with your palms facing upwards.

When doing this Mudra, focus your awareness and intention on the natural order of the universe which is abundance and expansion. The universe is designed to take care of you.

You are abundant with life and you are supported in everything you need. Lack is an unnatural state. Visualize that you are abundant in all aspects of your life.

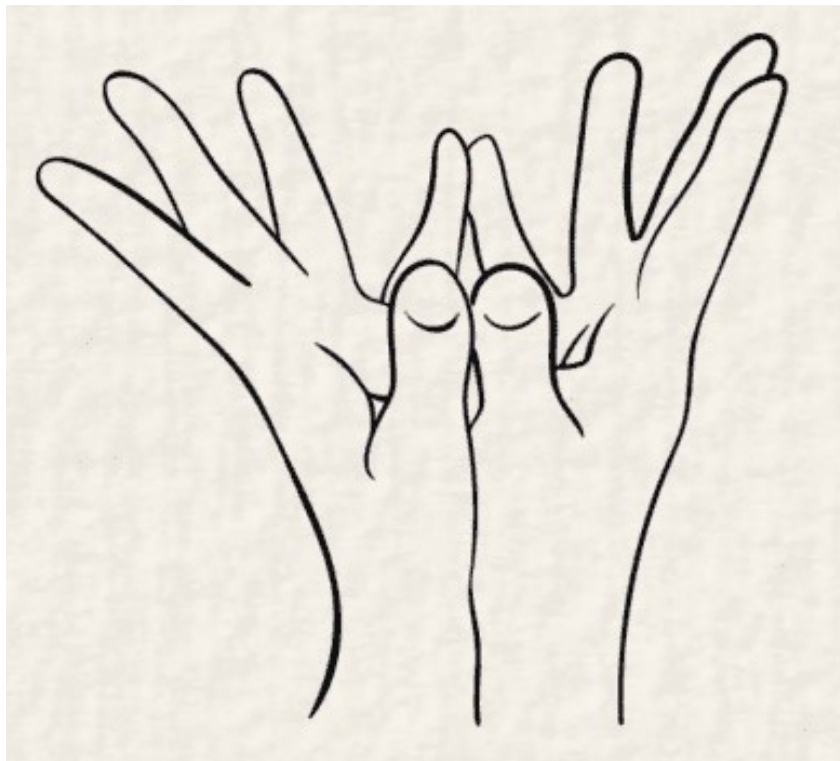


Padma Mudra

Use this Mudra to tap into Universal Guidance, strengthen intuition, channel inspiration or receive energy. This Mudra uses Sacred Geometry and will deepen contemplation when asking the Universe to send you answers, ideas or inspiration. This Mudra will assist you in developing, enhancing and practicing psychic gifts and abilities. This Mudra is best done in Meditation where you can center your attention and focus.

To do this Mudra, bring the bottom of your palms together. Touch the sides of your thumbs to each other as well as bring the pads of your pinkies together. Have your ring, middle and index fingers spread apart like an open flower. All fingers should be pointed up and out as if you are holding an orb of energy. Rest your hands in front of your heart center.

When doing this Mudra, focus your awareness and intention on receiving. Be aware that there is infinite wisdom and consciousness around and within you that is available to you always. Focus on what it is that you are needing to receive at the moment and visualize it coming to you in what ever form is best for the situation. Be open to what may come and accept it with gratitude.

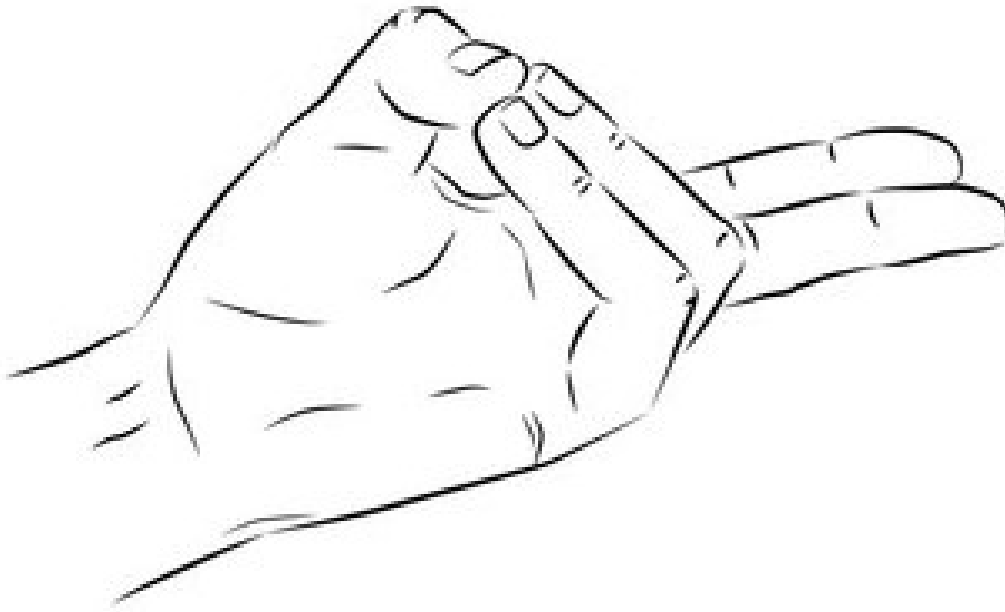


Prana Mudra

Use this Mudra to activate physical energy in the body. This Mudra is best used in the Morning to make you sharp and productive. This is also useful during the day for rejuvenation or if you are feeling fatigue. This Mudra will also boost your immune system.

To do this Mudra, Touch the tips of your pinky and ring finger to the tip of your thumb. Extend the index and middle finger straight out. Do this for both hands. Rest your hands on your lap or next to you with your palms facing up.

When doing this Mudra, focus your awareness and intention on the non-physical energy that animates all physical matter in existence. This non-physical energy is conscious, infinite and inexhaustible. Focus on receiving that animating and healing energy and channeling it throughout your entire physical being. Visualize that this Life-Force energy is surrounding and charging every cell in your body.



Prithvi Mudra

Use this Mudra to increase your mental and physical balance. This Mudra gives you mental stability, confidence and strength through a sense of calm and stillness. This Mudra connects you with the collective consciousness through Earth Energy. This Mudra works during any part of the day. This works very well during outside Meditations or while on a walk.

To do this Mudra, touch the tip of your thumb to the tip of your ring finger. Extend your index, middle and pinky finger pointing straight out. Do this with both hands. Rest your hands with your palms facing up either in your lap or extended to your side. You can also place your hands by your heart center with your palms facing forward.

When doing this Mudra, focus your awareness and intention on the strength of the Earth and your connection to its energy. Feel the Earth giving you strength and confidence. Accept and receive it with Gratitude. Absorb it with every breath. See it surround every cell of your body and intertwine with every aspect of your being.

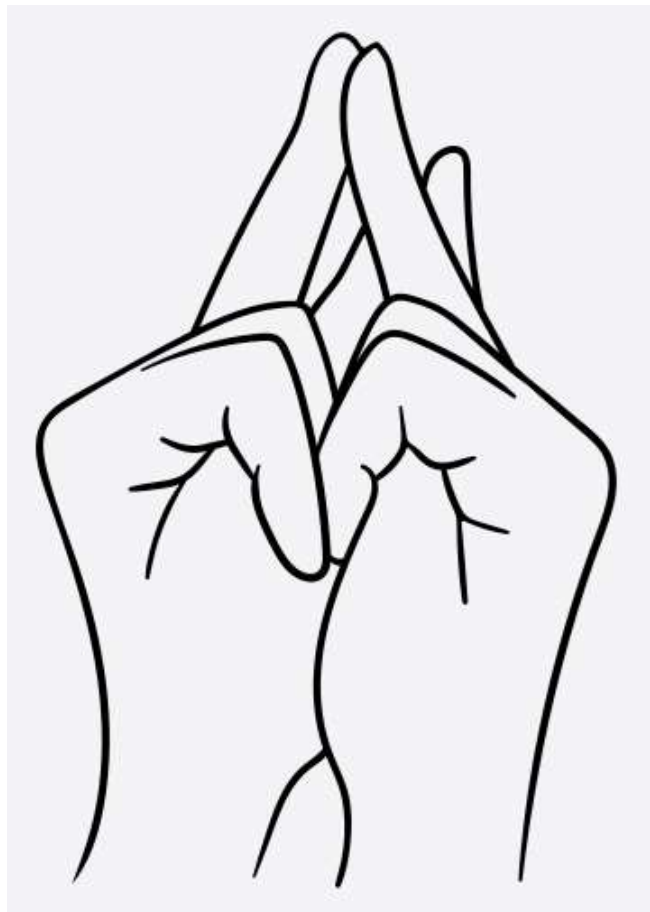


Shakti Mudra

Use this Mudra to focus on, control and enhance your breathing. This Mudra is best used at the beginning of Mediations as it enhances oxygen flow for deep breathing. This Mudra is also great to use while in bed. The calming effects can induce sleep.

To do this Mudra, tuck your thumb into your palm. Roll your index and middle finger over your thumb. Extend the ring and pinky finger. Do this for both hands. Bring your hands together. Bring the pads of your ring fingers together. Bring the pads of your pinky fingers together. Bring the bottom of your palms together.

When doing this Mudra, focus your awareness and intention on breathing in fresh, clean and life-giving air. See it fill your lungs as you breath in. Place your awareness on the life it gives you with every inhale. Connect deeply with that thought.



Shuni Mudra

Use this Mudra to strengthen Patience, Discipline and Stability. This Mudra connects you to and awakens Kundalini Energy. This Mudra strengthens mental clarity and focus. Great to use during Meditations.

To do this Mudra, touch the tip of your thumb to the tip of your middle finger. Keep your index, ring and pinky finger extended straight out. Do this for both hands. With your palms facing upwards, rest your hands either in your lap or extended next to you.

When doing this Mudra, focus your awareness and intention on the awakening, blossoming and overall expansion of your total self. See yourself as more than your physical body. Know that you are a Soul. As your consciousness expands, see yourself finding new and never before tapped into strength. Absorb this strength into your entire being. Use this strength as your foundation to keep moving forward, with confidence, to the completion of your life's goals no matter what.

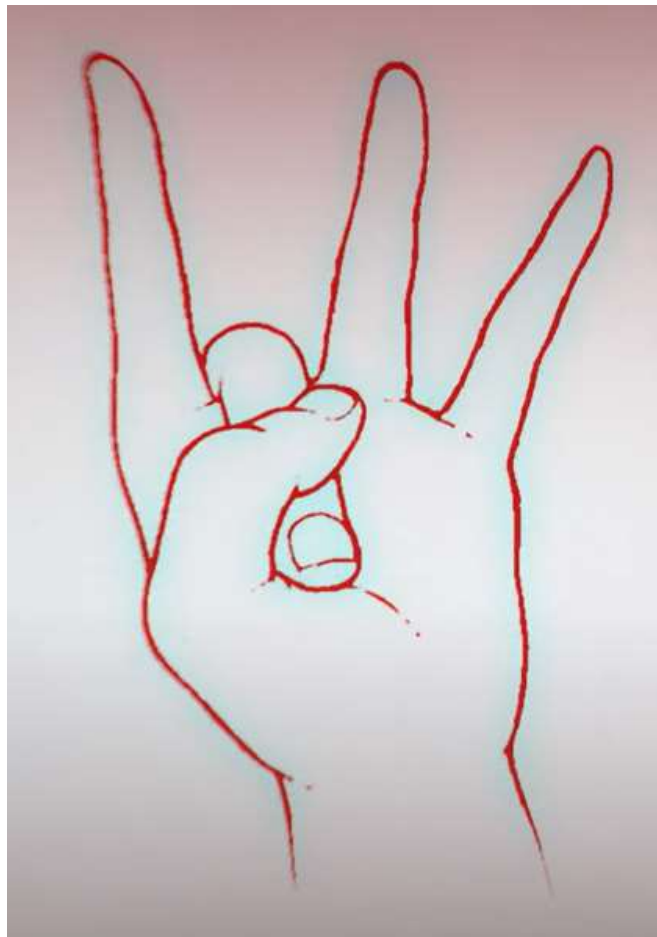


Shunya Mudra

Use this Mudra to heal various parts of your head. This Mudra heals headaches, earaches, vertigo, dizziness and ringing in the ears.

To do this Mudra, bend your middle finger down towards your palm. Place the pad of your thumb over the middle bone of your middle finger applying light pressure. Have your index, ring and pinky fingers extended out. Do this for both hands. With your palms facing upwards, rest your hands either in your lap or extended next to you.

When doing this Mudra, focus your awareness and intention on healing energy swirling around and within you. See it penetrating and permeating the specific parts of your head that need healing. See it healing you. See the pain or irritation emptying out of your body. Finish by bringing your awareness to the completion of healing process.

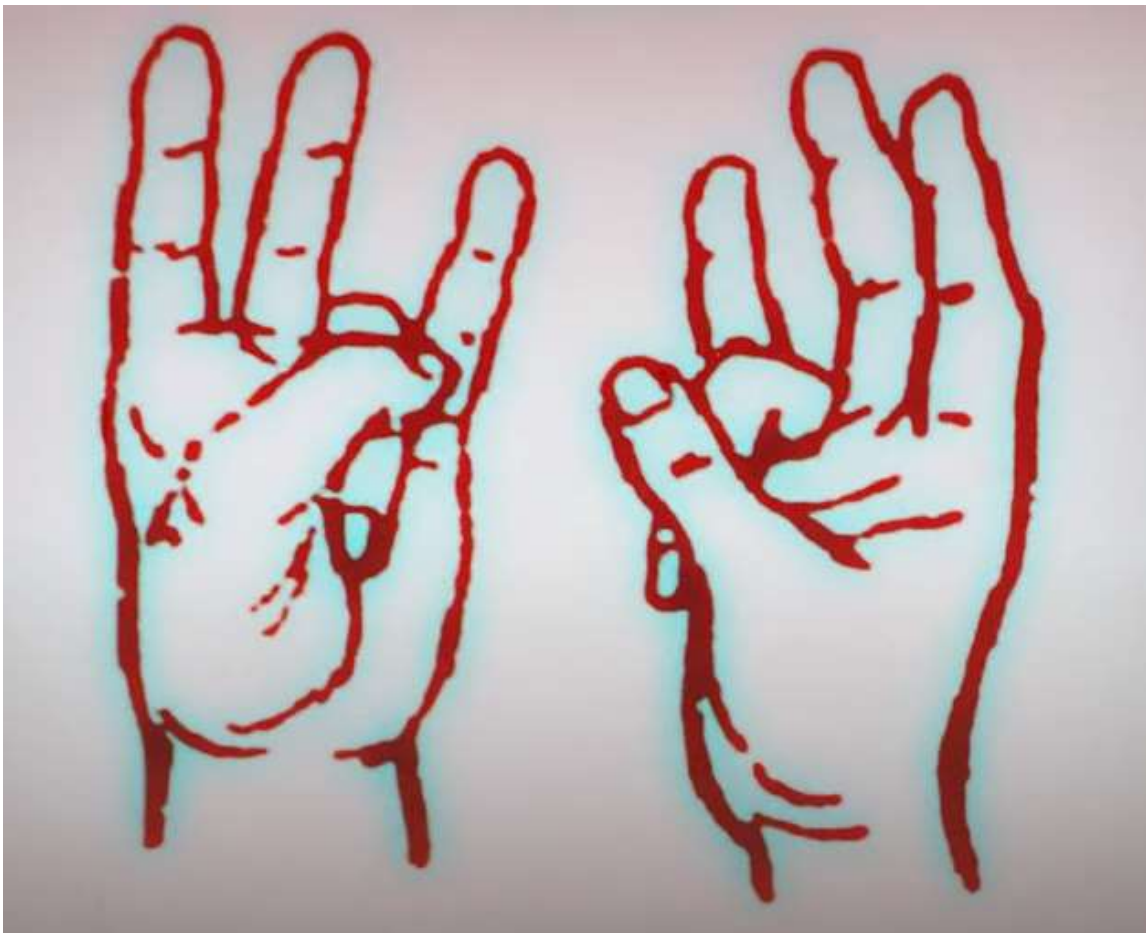


Surya Mudra

Use this Mudra to boost Will-Power. This Mudra helps you focus when your mind is clouded and you need to think clearly. This Mudra can also boost your metabolism.

To do this Mudra, bend your ring finger down towards your palm. Place the pad of your thumb over the middle bone of your ring finger applying light pressure. Have your index, middle and pinky fingers extended out. Do this for both hands. With your palms facing upwards, rest your hands either in your lap or extended next to you.

When doing this Mudra, focus your awareness and intention on one thought, problem, task or goal. Pay attention if other thoughts come up and consciously direct your attention back to the single thought you are seeking to think through. Visualize yourself completing the next step you need to take. Visualize the completion of the entire problem, task or goal.



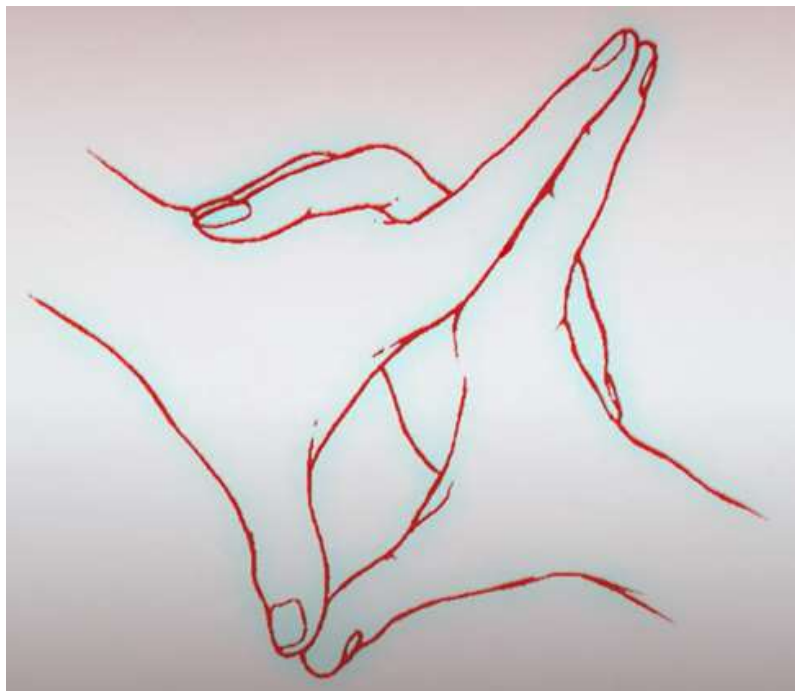
Uttarabodhi Mudra

This is the Masculine version of the Yoni Mudra

Use this Mudra out-side of meditation to as you take action on your visualization and manifestations by interacting with the physical world. This Mudra creates collaboration between the two brain hemispheres. It greatly enhances creativity and problem solving. This Mudra gives you control over your own thoughts, words and action and greatly increases confidence and fearlessness.

To do this Mudra, bring your hands together and interlock your pinky, ring and middle fingers. Extend both index fingers pointing out and touch the pads of the index fingers together. Extend both thumbs and touch the pads of each thumb together. This will create space between your palms. In a comfortable position, point your index fingers away from your while your thumbs are pointed towards you. Rest your hands in front of your stomach.

When doing this Mudra, focus your awareness and intention on Divine Power and your connection to it. You have a place and purpose in this world. Focus on your place and purpose in this world. Know that no one can stop you. See your self drawing from an unlimited source of energy that is there to strengthen and support you.

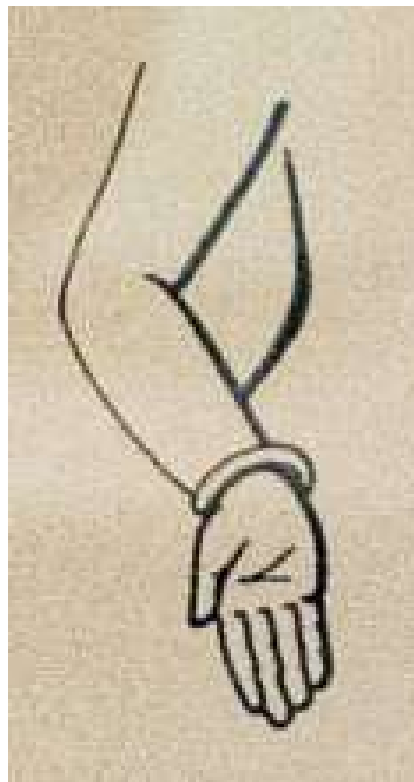


Varada Mudra

Use this Mudra to cultivate good qualities within yourself. Cultivate generosity, compassion, good will and love for others. This Mudra will align you with higher spiritual principals such as selflessness, service to others and unconditional love. This Mudra can be done in or out of Meditation.

To do this Mudra, flatten your dominant hand with all fingers pointed out and touching. Either rest your hand in your lap or to your side with the palm facing up. You can also bring your hand up to your heart center and have your palm facing forward.

When doing this Mudra, focus your awareness and intention on the collective consciousness and the energy of love that binds everything together. As you breath in, see yourself absorbing the love energy from everything all around you. As you breath out, release your own love energy into the universe. See it contributing to the collective consciousness.



Vayu Mudra

Use this Mudra to heal various parts of your stomach. This Mudra heals stomach-aches, gastral blockage, nauseousness and indigestion.

To do this Mudra, bend your index finger down towards your palm. Place the pad of your thumb over the middle bone of your index finger applying light pressure. Have your middle, ring and pinky fingers extended out. Do this for both hands. With your palms facing upwards, rest your hands either in your lap or extended next to you.

When doing this Mudra, focus your awareness and intention on healing energy swirling around and within you. See it penetrating and permeating the specific parts of your stomach that need healing. See it healing you. See the pain or irritation emptying out of your body. Finish by bringing your awareness to the completion of healing process.



Yoni Mudra

This is the Feminine version of the Uttarabodhi Mudra

Use this Mudra during a Meditation to tap into the creative energy of all existence. This Mudra strengthens your Visualization, Imagination and Manifestations. This Mudra will tap into and awaken Kundalini Energy. Use this Mudra while you practice Mantras. This Mudra strengthens your ability to create from the unified quantum field. This Mudra can greatly assist those looking to astral travel or have an out of body experience (OBE).

To do this Mudra, interlock of your pinky, ring and middle fingers in an inward position, to where your fingers will be between your palms. Touch the pads of each of these fingers, to the pads of the corresponding finger on the other hand. Extend both index fingers pointing out and touch the pads of the index fingers together. Extend both thumbs and touch the pads of each thumb together. In a comfortable position, point your index fingers away from you while your thumbs are pointed towards you. Rest this Mudra in front of your stomach.

When doing this Mudra, focus your awareness and intention on the creative and conscious energy of the universe. Know that you are not separate from it. You are not only apart of it, YOU ARE IT. You are a creator. All the power of creation lies within you. Bring your awareness to the complete creation of the thing or situation that you are manifesting in the physical world. See it as done and have gratitude for its completion.

IT IS DONE.

