

Hand Mudras

A gesture or positioning of the hands, that guides energy flow to the brain. This can be done through curling, crossing, stretching and touching the fingers and the hands. These gestures allow us to talk to The body and mind as each area of the hand reflexes to a certain part of the body and mind.

I'll start with the most commonly used mudra throughout the world and move on from there:

Prayer Mudra also known as Anjali Mudra : Your palms are pressed together, this neutralizes and balances yin & yang for centering, also a symbol of respect.

Guyana Mudra: The tip of the thumb touches the tip of the index finger, stimulating knowledge and ability. The thumb represents the ego. This Mudra imparts receptivity and calm, mental peace and concentration.

Shuni Mudra: The tip of the middle finger Touches the tip of the thumb, giving patience.

Surya or Ravi Mudra: The tip of the ring finger touches the tip of the thumb, giving energy, health and intuition.

Buddhi Mudra: The tip of the little finger touches tip of thumb for clear and intuitive communication.

Apan Vayu Mudra: The index finger touches mound of thumb. Pinky is held upright. Then place tips of middle and ring fingers onto the tip of thumb. This will build self confidence, strengthen heart, normalize blood pressure and purifies the entire body.

Surabhi Mudra: Join the little finger and ring finger, then join the middle finger and index finger. Thumb is free. This is the hand gesture that Spock from star trek would always do.

This Mudra sharpens your intellect and also helps with rheumatic inflammation.

This next mudra you can create according to your needs, affecting both the emotion and the corresponding organ. This one works by pressing and squeezing the sides of the fingers;

The thumb represents the stomach and worry.

The index finger represents the lungs, the large intestine and the emotions depression, sadness and grief.

The middle finger represents the heart, small intestine, circulatory and respiratory systems, the emotions are impatience and hastiness.

The ring finger is connected to the liver, gall bladder, nervous system and corresponds to anger.

The pinky finger corresponds to the kidneys and fear.

So if any of these pertain to you try squeezing the finger related to situation, this Mudra works off acupuncture points that run along the sides of fingers.

You can practice these mudras anytime and anyplace. Sitting, standing or lying down. There are mudras for virtually everything.

To believe it, you need to try. There is nothing to lose and so much to gain.

If you are interesting in learning more about mudras locally Janice will have mudras included in each Kundalini yoga set she teaches, and I will choose one Mudra per week to be repeated in all of our classes. Among the students favorites are mudras for Love, Patience, Efficiency, Guidance and Healing.

My favorite Mudra book is written by Sabrina Mesko "Healing Mundras Yoga for your hands". Another great resource is spirit voyage.com Through spirit voyage you can register to be a part of global mudras as well as so much more!

Namaste, peace and blessings,
Christina

Christina Ptak-Pawlaczky
Yoga & Friends, Inc.
5126-6th ave. Kenosha, Wi. 53140
262-658-2108
www.myyogafriends.com