

INTRODUCTION TO MUDRAS



What mudras are and how to use them.

Mudras are positions of the body that have some kind of influence on the energies of the body, or your mood. Mostly the hands and fingers are held in some position, but the whole body may be part of the mudra as well.



The most well-known mudras are probably the ones performed while meditating. One sits in lotus position (or with crossed legs) and either puts one's hands on the knees, the tips of the thumb and index finger joining, or in the lap, the fingers of the right hand resting on the left palm. But also the christian crossing of the fingers for prayer is a mudra, as is the "Namaste" indian greeting gesture (that is also used while praying), where the hands are held in front of the chest, the palms touching.

The crossing of the hands puts one's attention within, while opening the heart. The indian greeting gesture puts one into a mood of respect.



Some mudras are performed spontaneously by many people, like the Hakini mudra, where the tips of all fingers from the right hand touch the corresponding fingertips from the left.

Mudras have been in use in the East for thousands of years, particularly in Buddhism. Buddha statues often have the hands in certain hand positions.

They have been used as a spiritual practice (and still are), as a way on the path to enlightenment.

However they're also used for physical ailments.

Using Mudras

To use a mudra, keep it for at least a couple of minutes. It is usually more effective to do them a while longer, like 15 minutes or so. You might spread that time over the day, but you could also make it part of meditation.

Hold the finger-positions with both hands, at the same time. This will have a more powerful effect than doing a mudra with just one hand.

Some mudras are simple enough so that you can even do them with your hands in your pockets, like the set of four mudras. You can do these anywhere when you feel you need them, without attracting attention.

Mudra set for balancing energy

Set of four mudras for balancing energy that are used in a sequence.

Alternately touch the tips of each finger with the tip of your thumb. Keep each connected for a few seconds or longer and do for a few minutes total. Do this with both hands simultaneously.



This is a simple way of balancing your energy that you can do almost anywhere, while sitting, standing, walking, lying down.

The overall effect is that you get calmer, more relaxed and concentrated.

The separate mudras (hand positions) have the following effects:

Thumb touches tip of index finger

Opens the Root chakra, and moves more energy to the legs and lower body. Makes one calmer and more concentrated.

Thumb touches tip of middle finger

Fosters patience.

Thumb touches tip of ring finger

Energy, stability and self-confidence.

Thumb touches tip of pinky finger

Intuition and feeling.

(This set is a simplified version of a Kundalini yoga exercise.)

Acceptance Mudra

Hand position

The index finger is folded into the space between thumb and this finger, so that the nail touches the fold. The outer lower corner of the thumb's nail touches the inner lower corner of the pinky finger's nail.



Emotional / spiritual use

To overcome sadness or an unnecessary resistance to situations, this mudra can help to get into a mood of acceptance.

Hold the finger positions with both hands, for at least a couple of minutes.

Ahamkara Mudra

Hand position

Bend index fingers slightly and put the upper phalanx of the thumb to the side of the middle phalanx of the index finger, at the upper part. Other fingers are straight.



Emotional / spiritual use

Self-confidence and self-assertion.

For counteracting fear and timidity.

Hold the finger positions with both hands, for at least a couple of minutes.

Apan Mudra

Hand position

Join the middle finger and the ring finger with the tip of the thumb; the forefinger and the little finger should be held upright.



Physical use

Moves energy to the periphery of the body. This may help with constipation and urinary problems.

Emotional / spiritual use

Gives energy and makes one more self-confident.

Hold the finger positions with both hands, for at least a couple of minutes.

Back Pain Mudra

Hand position

Right hand: The thumb, middle and pinky fingers touch. Ring and index finger are extended.

Left hand: Put the thumb's upper phalanx over the nail of the index finger.



Physical use

Back pain, and particularly of the lower back, can be a sore feeling. When muscles start cramping, it can become very painful. This mudra helps against this escalation.

Hold the finger positions with both hands, for at least a couple of minutes.

Bhudy Mudra

Hand position

The tips of the pinky finger and thumb touch.



Emotional / spiritual use

Improves feeling and intuition.

Hold the finger positions with both hands, for at least a couple of minutes.

Gyan Mudra

Hand position

The tips of the thumb and index finger touch, other fingers are straight but relaxed.



Emotional / spiritual use

Stimulates the Root chakra, and grounds.
Calms and improves concentration.

Hold the finger positions with both hands, for at least a couple of minutes.

Hakini Mudra

Hand position

Let the tips of the corresponding fingers of each hand touch.



Emotional / spiritual use

People tend to naturally put their fingers in this position while talking.
This helps to concentrate.

Hold the finger positions with both hands, for at least a couple of minutes.

Pran Mudra

Hand position

The tips of the pinky and ring finger touch with the tip of the thumb.



Emotional / spiritual use

Gives energy.

Hold the finger positions with both hands, for at least a couple of minutes.

Prithvi Mudra

Hand position

The tip of the ring finger and thumb touch.



Emotional / spiritual use

Increases energy, and fosters a sense of inner stability and self-assurance.

Hold the finger positions with both hands, for at least a couple of minutes.

Shuni Mudra

Hand position

The tips of the middle finger and thumb touch.



Emotional / spiritual use

Helps being aware of the moment, and thereby makes one more patient.

Hold the finger positions with both hands, for at least a couple of minutes.