



For ‘**Vibrational Awareness**’ **Energy Day** this year we celebrate Eastern mudras and their relationship to wellbeing and communication. They are powerful tools for ‘emotional balance’.

Anjali Mudra : Seal of Offering

Namaste is a greeting and a farewell that is seen in both Hindu and Buddhist traditions.

For acknowledging the divinity in another, it is a custom to place palms together in a prayer-like gesture and bow the head slightly. The mudra is known as the **Anjali mudra**.

It is a gesture of kindness, compassion and spiritual connection.
 Respect and reverence for the other person is shown.
 Acknowledgment of the divine or sacred within them.
 Promotes natural sense for equality and unity.

Namaste is a Sanskrit word composed of:

Nam meaning ‘ to bow’ and TE meaning ‘to you’,

Thus roughly translating to “*I bow to you*” or “ *I honour the divine in you*”.

10 Mudras you can learn

Gyan Mudra (Seal of Knowledge)	Symbolises the union of the self and universe. Promotes mental clarity and focus.	Touch the tip of the thumb end index finger
Prana Mudra (Seal of Life)	Stimulates a flow of life energy through the body and enhances ones mental clarity, focus and general state of wellbeing by releasing blockages of energy in the body.	Touch the tip of the ring and little fingers to the thumb.
Varada Mudra (Seal of Compassion)	Represents generosity, compassion and the offering of blessings.	Extend the left hand with the palm facing down.

Abhaya Mudra (Seal of Fearlessness)	Inspires confidence, courage and fearlessness (protection)	Raise the right hand with the palm facing outward.
Dhyan Mudra (Seal of Meditation)	Enhances meditation, focus and inner peace.	Place the back of the hands on the knees with the palms facing downwards.
Rudra Mudra (Seal of Shiva)	Balances the energies, promotes spiritual growth, enhances self awareness. Believed to activate the solar plexus chakra.	Touch the tip of the thumb to the index and ring fingers.
Apana Mudra (Seal of Digestion)	Improves digestion, reduces stress, promotes overall health.	Touch the tip of the thumb to the middle and ring fingers
Linga Mudra (Seal of the Phallus)	Enhances vitality and improves circulation, promotes overall wellbeing.	Interlock the fingers with the left thumb on top of the right thumb.
Hakini Mudra (Seal of the Goddess)	Enhances intuition, creativity, mental clarity.	Touch the tips of all fingers together.

This Resource follows Hand Reading: Mudras from the Devotional Calendar, on ‘Icons & Idols’ Appreciation Month.

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