



Our *Hands* are “extremity aware” and “reach operative”. The Hands ( as pairings ) function daily to support expression, however they are only one part of our body that communicates and “leads” beyond specific language barriers.

We digest to conceive of new information, participate *with* expression and our voyaging exists with “collective commons” identified.

- Interpretation is a feature of receipt & processing window opportunity.
- Universal acknowledgments are ‘learning’ acquisition.
- Cultural denomination and specificity *align to* voiced and *localized-hub* recognitions for Clear Understanding.

*Semiotics* recognizes –

- i. Collective mirrors.
- ii. Groupings & sacred functioning in environments known only to localized parties ( congregation, worshippers & participants ).
- iii. Similar expressions and very different meanings.

*Discernment* is a key feature to Understanding the “operational complexity” *and surface-strength-communication as symbols*.

Interpretation is always supported by **Context information**, however the surfacing of these recognitions are also **Everyday – removed vibrations outside of expected settings**. In the absence of information & intended use outlined, we need to equip ourselves with greater appreciations & patience, so as to avoid confusion, shallow judgement and anxiety.

## Expressive Correspondence

Hands, in *duo-responsive, support energy conferencing* – are vehicle led scope beyond expression & 'operate' on several levels.

- They communicate concepts, ideas & weaves.
- They send clear messages about Local Imprints – Singular Energy Recognition.
- They support centering exercises for Grounding responses – Placement, coupling, digit alignments ( fingers ), directional acknowledgment.
- They communicate as Physical Agency – Actioned state to forward calibrations as Energy and as Energy anticipation.
- They mitigate challenges through meditative exercises and are part of physical process.

Hands, like other parts of the body are *Alignment conscious*.

We are both “script – savvy” & “regulative-strength”.

The *wave-of-the-weave* is individual, patterned beauty.  
It is observed nuance.  
Recognition of our collective mirror in other ( *cumulative empathy* ).

*I see you.*

*And we reflect each other.*

*Familiar resonance.*

**Conversation gives us opportunity to exist in connective respect** ( rather than analyse body language to determine explicit meanings as well ). Every one has an “expressive ability” through their mechanics and gesture. **We formulate bonds and tides in voyaging these experiences** with others - beyond ‘discords- need’ at times bringing back to states of harmonious solace, self- recognition and practical application in assertive state window ( tantra).

Fondness for expression and people’s unique way of communicating is an important part to ease vibration & confident acknowledgement ( *I am in a safe place of acceptance* ).

## What are Mudras?

Mudras are distinct 'hand configurations' used in Communication & meditation or energy work of various kinds. We see them communicated in sculptural deities, representations in the Buddhist & Hindu faith and with similar "hand directive / consolidations & landmark guardians to spaces". While the Mudra is an eastern recognition, the beauty and hand communication exists in strength in other ways. At times there are imprint symbols, jewellery and other light-recognition in context, that attribute meaning & give value to whole-view.

Hand and foot ( Reflexology ) & studies of the Eye & physiology ( Iridology ) like other modalities, recognize we are **'Relative' body / 'Relative' energy conscious**.

Holistically, we acknowledge that our part of the body understands ( through union ) are Responsivity to other respects – We Formally Balance & contribution to Collective – Conscious healing availability. This is Integration and when acknowledged, we may find gratitude for the above.

One thing is not divorced from the other.

In this situation of threshold ( surface connection to knowing ) the Mudra is like any clear, pronounced symbol – it connects to a *Lens setting & connects for positive relationship building*:

- (i) Context for the Mudra ( Deity Conscious ) - connects to a Faith / or Philosophy in larger terms.
- (ii) Tone, setting & Mood is – Contemplative Holistic Vibration ( Environmentally conscious – Altar, Room, House, Land ).
- (iii) Strong Recognitions to Space & Philosophy ( Clear Comments ).
- (iv) Alignment to Type of Communication.

Mudras are also recreational exploration & dialect- strength in the "communication – vibration" of **dance, performance & audience-presentations of various kinds**.

We see then in relative recognition. *I hold out my hand in communication & with peace the mudra:*

( "to grow" ).

**Meditation & Dance** are a feature of our programs ( Expressive therapy recognitions are an innate confidence developed through studio transition and development ). See the Holistic tab for connections and also studio outlines for Expressive Soul Art & Meditation.

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