

DIAMOND MUDRA



Mudras are positions we can hold our hands in to reinforce certain energies. Energetically speaking our hands are like antennae and they both broadcast and receive information. By meditating with your hands in certain positions you are simultaneously sending that message to your body and the world around you. Diamond Mudra is a simple and powerful hand position for calming your spirit and rooting your energy. You place the left hand under the right, both with palms up, and the thumb tips touching on top.

At the end of the day, or after any event that gets you wound up, try sitting, breathing deeply, and hold your hands in your lap in diamond mudra for a couple of minutes. If you are new to meditation, sitting for a couple of minutes may sound difficult, but I encourage you to give it a try. Developing a meditation habit can have a profound effect on your life.