

PRAYER 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.

Prayer Mudra is a simple and powerful hand position for calming your spirit and turning inward. Place your hands together in front of your chest with your head slightly bowed forward. During activity and stress our Heart's energy goes upward to activate our mind and feed our senses. When this gets out of control our mind races. Placing our hands in prayer mudra helps to pull the energy down from our brain and seat it back in the Heart. Sit quietly, breathing calmly and deeply with your hands in prayer position for a couple of minutes and you will feel the seeds of peace and joy begin to grow in your Heart.

End this meditation by turning your fingertips downward guiding your hands to your lap, and then sitting with your hands in diamond mudra for a moment. This helps to root the Heart's energy so that, over time, it will not so easily flare back up to the mind.

