

Buddha's Tower



Buddha's tower is another simple and powerful mudra, it is said to strengthen your intuition and illuminate your spiritual path. Holding your hands in this position helps to activate your "third eye". Stimulating the "third eye" can help to calm emotions, settle the mind, stimulate the prefrontal cortex, and the pineal gland. The prefrontal cortex is the area of our brain devoted to logical thinking, and studies have shown that people who meditate on a regular basis have a better developed prefrontal cortex. Stimulating the pineal gland can help to regulate sleep cycles and hormones.

Sit quietly, breathing calmly and deeply. Place your hands in Buddha's tower and touch your third eye with your index fingers. Take a deep slow breath in. Then exhale, separating your hands and moving them in an arc, up and away from your head. Gradually circle them back into Buddha's tower and repeat for a total of three breaths.

If you have the time you may enjoy sitting first in diamond mudra, then in prayer positions and ending with Buddha's tower. Practicing in this way will help to activate the three major energy fields in the body and thus can be a very calming yet nourishing addition to your self-care.