

Mudras

Mudras are hand gestures that help calm and center the mind. Mudra is Sanskrit word meaning to produce joy. There are many mudras. Here are six that young children especially enjoy. Their Sanskrit names are also included.

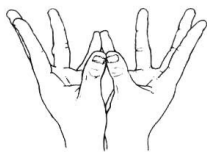
Prayer Mudra - palms together in the prayer position. This Mudra centers the energy in the body. (Anjali Mudra)



Diamond Mudra - hands rest on knees, palm up, and the first finger and thumb touch on each hand. This is a meditating mudra. (Chin Mudra)



Flower Mudra - Bring the palms together at the heart in the Prayer Mudra as pictured above. Keep the wrists, pinky fingers and thumbs touching as you spread your middle fingers out from center, like a flower blooming in your heart. (Padma Mudra)



Turtle in the Shell Mudra - a grounding and comforting mudra; this one calms the mind and body. Begin with tucking the thumb (the turtle) over the palm and then wrapping the other fingers over and around the thumb like a protective shell. (Adhi Mudra)



Whole World Mudra - this is a gesture of wholeness, completeness, joining left and right hemispheres of the brain enhancing memory and concentration. Place the tips of the fingers together, touching the corresponding fingertips on one hand to that of the other hand. There should be space between the fingers and the hands puffed out as if holding a ball or the world inside. Fingertips touch, palms do not. (Hakini Mudra)



Grounding Mudra - this is a grounding mudra that encourages a sense of stability and a deep connection to the earth and our place in it. Sitting comfortably on the floor, bring your index and middle fingers of both hands into the “peace” sign. The two fingers of each hand touch the floor, “plugging” you into the earth. Hands can be resting on the knees. (Bhu Mudra)

