



# kundalini yoga

## Mudras

A gesture or position, usually of the hands, that locks and guides energy flow and reflexes to the brain. By curling, crossing, stretching and touching the fingers and hands, we can talk to the body and mind as each area of the hand reflexes to a certain part of the mind or body.

(In each mudra, exert enough pressure to feel the flow of energy through the "nadis" (psychic channels) up the arms but not enough to whiten fingertips).

(taken from best-selling book - [Transitions to a Heart Centered World](#) - Guru Rattana, Ph.D.)

**Some commonly used mudras are:**



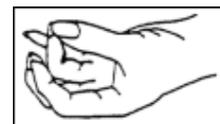
**GUYAN MUDRA:** The tip of the thumb touches the tip of the index finger, stimulating knowledge and ability. The index finger is symbolized by Jupiter, and the thumb represents the ego. Guyan Mudra imparts receptivity & calm.

**ACTIVE GUYAN MUDRA:** The first joint of the index finger is bent under the first joint of the thumb, imparting active knowledge.



**SHUNI MUDRA:** Tip of middle finger (symbolized by Saturn) touches the tip of the thumb, giving patience.

**SURYA or RAVI MUDRA:** Tip of the ring finger (symbolized by Uranus or the Sun) touches the tip of the thumb, giving energy, health and intuition.



**BUDDHI MUDRA:** Tip of little finger (Mercury) touches tip of thumb for clear and intuitive communication.

**VENUS LOCK:** Interlace fingers with left little finger on the bottom, with the right index finger on top for men and the left for women. The Venus mounds at the base



¡Ahora también en castellano!



of the thumbs are pressed together channeling sensuality and sexuality, and glandular balance, helping to focus and concentrate.

**JUPITER MUDRA:** (below right). With the the two index fingers together, the power of Jupiter, or good luck and expansion is activated. Together they focus your energy to break through barriers.



**PRAYER MUDRA:** Palms are pressed together, neutralizing and balancing yin & yang, for centering.



**BEAR GRIP:** Left palm faces out from body with thumb down, and right palm faces body, thumb up, and fingers are curled and hooked together to stimulate the heart and intensify concentration.

**BUDDHA MUDRA:** Right hand rests on left for men, left on right for women, palms up, thumbs tips touching each other in a receptive gesture.



Contact [webmaster@kundaliniyoga.org](mailto:webmaster@kundaliniyoga.org) with any questions, comments or suggestions of a technical nature.

The material contained on this Web site reflects Guru Rattana's own unique perspectives and insights, inspired by the ancient teachings of Kundalini Yoga, Sikhism and other spiritual disciplines. This site is updated on a daily basis. Copyright © 2013 - Yoga Technology, LLC. All Rights Reserved.