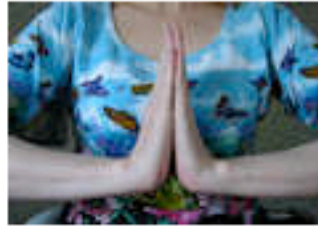




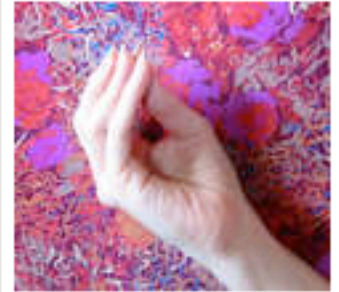
Buddha Mudra



Anjali Mudra



Vitarka Mudra



Mukula Mudra



Shankh Mudra



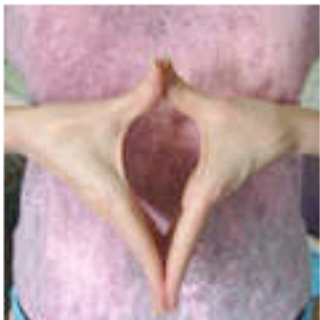
Kapitthaka
Mudra



Hakini Mudra



Prana Mudra



Yoni Mudra



Vajra Mudra



Dhyana Mudra



Dharmachakra
Mudra

MUDRAS

Healing Hand Gestures

Mudras are a silent language of self-expression used in Hindu and Buddhist teachings. Mudra hand gestures or poses are often used in yoga practice, meditation, and for healing purposes.

- **Abhayaprada Mudra** is a protective hand gesture symbolizing strength and fearlessness.
[How to form the Abhayaprada mudra](#)
- **Ahamkara Mudra** can be used when you are feeling "less-than" or fearful.
[How to form the Ahamkara mudra](#)
- **Akash Mudra** nourishes your body and helps to "center" your energies.
[How to form the Akash mudra](#)
- **Anjali Mudra** is used as a salutation or greeting.
[How to form the Anjali mudra](#)
- **Apana Mudra** has a grounding force to help you connect with the earth's energies.
[How to form the Apana mudra](#)
- **Bhudy Mudra** helps you get in touch with your innermost feelings.
[How to form the Bhudy mudra](#)
- **Bhutadama Mudra** serves as a shield keeping negative energies away.
[How to form the Bhutadama mudra](#)
- **Buddha Mudra** symbolizes being humble and learning to be grateful.
[How to form the Buddha mudra](#)
- **Dharmachakra Mudra** symbolizes the role of the teacher.
[How to form the Dharmachakra mudra](#)
- **Dhyana Mudra** is universally used during meditation and relaxed states.
[How to form the Dhyana mudra](#)
- **Ganesha Mudra** symbolizes strength when facing troubles.
[How to form the Ganesha mudra](#)
- **Garuda Mudra** is used to heighten intuition and enable communication with the spirit world.
[How to form the Garuda mudra](#)

- **Gyan Mudra** represents the starting place or home.
[How to form the Gyan mudra](#)
- **Hakini Mudra** helps thinking and concentration.
[How to form the Hakina mudra](#)
- **Kalesvara Mudra** calms anxious thoughts and agitated feelings.
[How to form the Kalesvara mudra](#)
- **Kapitthaka Mudra** is also known as the *Smiling Buddha Mudra*.
[How to form the Kapitthaka mudra](#)
- **Kubera Mudra** is used for creating wealth and reaching your goals.
[How to form the Kubera mudra](#)
- **Linga Mudra** strengthens the immune system.
[How to form the Linga mudra](#)
- **Mahasirs Mudra** is used to help give relief for head-related afflictions. Headaches, stress, tension, etc.
[How to form the Mahasirs mudra](#)
- **Mantangi Mudra** creates an atmosphere of calmness and serenity.
[How to form the Mantangi mudra](#)
- **Mida-no Jouin Mudrai Mudra** symbolizes dual worlds of Enlightenment and Illusion.
[How to form the Mida-no Jouin Mudra mudra](#)
- **Mukula Mudra** represents new beginnings or start up a new enterprise.
[How to form the Mukula mudra](#)
- **Mushti Mudra** is used as an outlet for "letting go" or releasing pent up emotions or energies.
[How to form the Mushti mudra](#)
- **Prana Mudra** can be used whenever you feel drained or need an extra boost of energy.
[How to form the Prana mudra](#)

- **Prithivi Mudra** recharges the root chakra aligning it with earth energies.
[How to form the Prithivi mudra](#)
- **Pushan Mudra** demonstrates the understanding that life energy moves with ebb and flow motion.
[How to form the Pushan mudra](#)
- **Shankh Mudra** is commonly used during worship or prayer.
[How to form the Shankh mudra](#)
- **Shunya Mudra** assists listening and speech.
[How to form the Shunya mudra](#)
- **Suchi Mudra** tames uncontrolled behaviors such as impatience, temper tantrums, clinging to others, etc.
[How to form the Suchi mudra](#)
- **Surabhi Mudra** balances the five elements: Air Fire Water Earth and Metal
[How to form the Surabhi mudra](#)
- **Ushas Mudra** helps to spark creativity and enliven sexuality.
[How to form the Ushas mudra](#)
- **Uttarabodhi Mudra** is a gesture that identifies with a supreme power.
[How to form the Uttarabodhi mudra](#)
- **Vajra Mudra** transforms ignorance into wisdom. Symbolizes the five basic elements.
[How to form the Vajra mudra](#)
- **Varada Mudra** is customarily used whenever a blessing is being offered.
[How to form the Varada mudra](#)
- **Vitarka Mudra**, a symbol of wisdom, is a variation of the Dharmachakra mudra.
[How to form the Vitarka mudra](#)
- **Yoni Mudra** represents getting in touch with sacred feminine energies.
[How to form the Yoni mudra](#)