

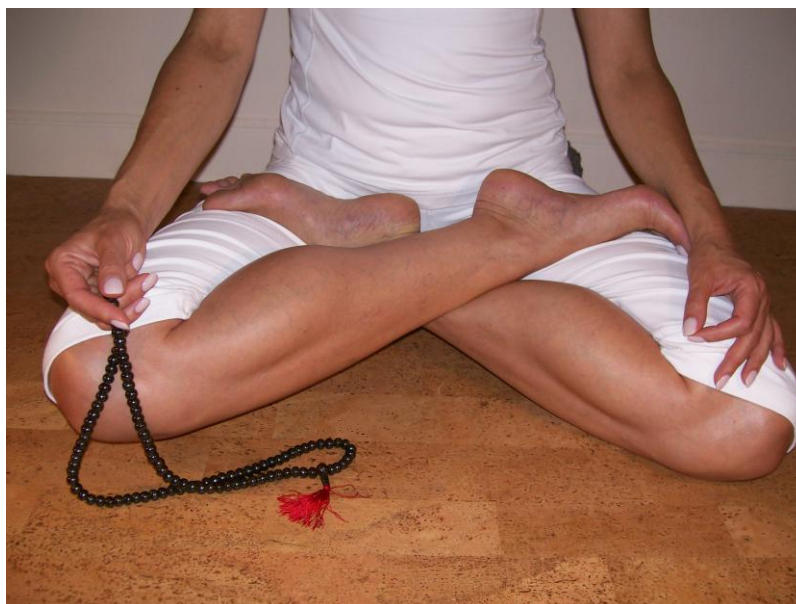
# Hasta Mudras for Health & Healing



Suzanne Morgan

Hasta Mudras  
for  
Health & Healing

Suzanne Morgan



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# HASTA MUDRAS FOR HEALTH & HEALING

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## HASTA MUDRAS

A hasta mudra is a gesture or positioning of the hands to channel and direct energy in the body. Mudras come from the over three thousand year old tradition of yoga originating in India. Hasta means “hand” in Sanskrit and mudra comes from the Sanskrit word “mud”, meaning to delight. A mudra is a “seal” as in sealing your connection with the Divine and sealing energy in the body. There are many forms of mudras, such as with the eyes and the tongue. Mudras may also incorporate the whole body. This book focuses on the hasta mudras, the hands.

While yoga is a spiritual practice, it also offers practical healing applications that benefit even those who aren’t spiritually oriented. Hasta mudras work in a way that can be compared to acupuncture or reflexology. By activating parts of the hand, a hasta mudra opens up channels of energy and sends messages to the brain.



These are two of my favorite mudras. They can be practiced together or separately.

The Buddha is often depicted with these gestures.

## **Varada Mudra**

*Meaning/Benefit:*

This mudra is for charity and compassion. To form this mudra is to give blessings or forgiveness to yourself or to others.

*How to form the mudra:*

Flatten the palm of the left hand away from the body with the fingers and thumb touching.

## **Abhayaprada Mudra**

*Meaning/Benefit:*

The Abhaya mudra grants protection from fear. It represents strength and fearlessness.

*How to form the mudra:*

The right hand is held at the chest level with the palm facing away from the body with the fingers and thumb touching.



Anjali, or often called Namaste, is used as a customary greeting in India

## **Anjali Mudra**

### *Meaning/Benefit:*

The anjali mudra, also called prayer pose, is the hasta mudra most often associated with yoga. Anjali means “offering” or “to honor” and is often used when vocalizing the word Namaste. This mudra recognizes and celebrates the Divine in all of us – that which connects us all.

### *How to form the mudra:*

Place the palms of the hand together in front of the heart. The palms are slightly cupped.

*Variation 1:* the palms of the hands are together, but placed over the head. This is a reverent salutation to the Divine.

*Variation 2:* the hands are held at eye level.

*Variation 3:* hands are placed behind the back in “reverse” Namaste.

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For women, place the left hand on top. For men the right hand is on top. Left signifies female energy and conversely right symbolizes male energy.

## **Dhyani Mudra**

### *Meaning/Benefit:*

This pose is sometimes called the Buddha mudra or the Bhairava mudra (after Lord Shiva). This is the classic hand gesture practiced during meditation. The hands form an empty bowl shape allowing for relaxation and an emptying of thought. It also signifies the desire to receive new energy.

### *How to form the mudra:*

The back of the right hand rests on the palm of the left. The tips of thumbs lightly touch. The hands rest in the lap.



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