

# Anjali Mudra - Salutation Seal

Sometimes known as Atmanjali Mudra



*anjali* = a gesture of reverence, benediction, salutation (from *anj*, "to honour, celebrate")

*mudra* = seal (The gesture "seals" energy in the body and "seals" your relationship with the Divine.)

- Sit comfortably in Siddhasana . Inhale and bring your palms together. Rest the thumbs lightly on your sternum.
- Press the hands firmly but evenly against each other. Make sure that one hand (usually your right hand if you are right-handed, your left if left-handed) doesn't dominate the other. If you find such imbalance, release the dominant hand slightly but don't increase the pressure of the non-dominant hand. The centre of the palm should always stay soft and maintain its "dome" shape. Keep the thumbs soft too.
- Bow your head slightly, drawing the crease of the neck toward the centre of your head. Lift your sternum into your thumbs and lengthen down along the back of the armpits, making the back elbows heavy.
- Practicing Anjali Mudra is an excellent way to induce a meditative state of awareness. Start your practice sitting in meditation in Anjali Mudra for 5 minutes.

## Benefits

- Reduces stress and anxiety
- Calms the brain
- Creates flexibility in the hands, fingers, wrists, and arms
- Opens the heart space

## Variations

This palms-together gesture is usually centred over the heart. But you can also raise the pressed hands to the front of your forehead or bring them slightly above and in front of the crown of your head.

## Partnering

Have your partner sit in front of you, also in a comfortable seated posture. Perform the gesture and have the partner cover your hands with his/hers. Sit together for a few minutes with joined hands, feeling the energetic exchange between your subtle hearts through your hands. Then reverse and cover your partner's hands with yours.