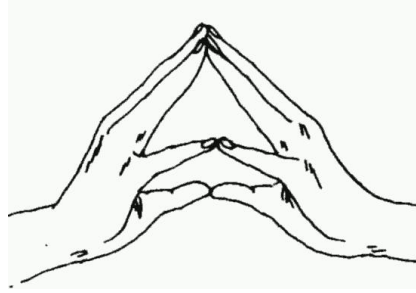


Hakini Mudra

Mudra of the mind (ajna chakra)



Hakini mudra is named after the hindu goddess "Hakini" who controls the Ajna Chakra (Third Eye). Hakini means 'power' or 'rule'.

This gesture is linked to the Third-Eye Chakra, where your imagination and intuition are located.

The Hakini Mudra can be easily practiced anytime and anywhere.

1. Hold your hands up in front of you, so that your palms face each other, but do not touch.
2. Bring the fingertips of your right hand towards the fingertips of your left hand so that they are touching each other.
3. Move your gaze upwards to ajna chakra (third eye)
4. Inhale while you place your tongue against the roof of your mouth
5. Exhale while allowing your tongue to relax
6. Practice for up to 30mins a day.

Practicing hakini mudra on a regular basis helps an individual in the following ways,

- Improvement in concentration and memory
- Promotion of coordination between the left and right hemispheres of the brain
- Creation of a sense of calmness, which opens the mind to clearer thinking
- Helps to balance breathing and oxygen to the brain, also balances blood pressure and is helpful for the heart and lungs.