

VAJRAPRADAMA MUDRA

Gesture of unshakeable trust.



Vajra means thunderbolt - a weapon against doubt.
Pradama means trust and/or self-confidence

This gesture is thought to build self-confidence and have a positive effect on our physical, mental and emotional health.

Interlace the fingers, have the thumbs raised and place the hands in front of the chest but without touching the body, palms facing the chest...in line with the heart. Elbows out to the sides, soften the shoulders.

Sit in any comfortable position...you could even sit in thunderbolt position...Vajrasana (sitting on the shins). It is a lovely mudra to use during pranayama or meditation.

As you sit with the mudra there may be a sense of bringing energy to the heart. It is a reminder of your own inner power and strength. This mudra is really good to use when you are feeling negative about life's challenges or hardships and if things are becoming overwhelming for you. Use this mudra if you have any self doubt.

Benefits:

- ★ Builds self-confidence
- ★ Cultivates inner strength
- ★ Restores faith in something greater

Image from yogapedia.com