

RUDHA MUDRA

(Ruler of the solar plexus chakra)



Bring together the tips of your thumb, index finger and the ring finger. Extend the other fingers in a relaxed way. Do with both hands.

Imagine that you are sitting at the centre of a wheel. The wheel can turn as much as it wants, but this has no effect on you. But, if you move from the centre and sit on a spoke or near the edge of the wheel, you must use all of your strength to avoid losing your stability. This applies to all situations in life. When we are not centred, when we are not 'beside' ourselves, this creates tension. This tension will manifest itself in different areas of the body, and we will each feel it differently.

The Rudha Mudra helps to strengthen the earth element and its organs. Those associated with the Earth element are the stomach, spleen and pancreas. If we lose our Earth energy it is likely we will feel listless, heavy, weighed down or even dizzy.

The Rudha Mudra can be used by people who have experienced heart complaints, dizziness or general states of exhaustion.

Rudra is another name for Lord Shiva - the Destroyer who clears the pathway for us to reach our highest potential. Shiva is also the Great Meditator. In meditation we sit like Shiva, softening our outer shell and allowing ourselves to shine like the Sun.

OM Namah Shivaya ~ OM Na Ma Shi Va Ya

OM Earth Water Sun Air Ether

Affirmation: I rest at my centre and draw strength and joy from my centre.

Meditation: in your mind see a white canvas in front of you. With a charcoal pencil draw a wagon wheel on it – the outer rim, the inner rim and the spoke that connect the inner rim to the outer rim. The hub is shaped like a square. See a yellow point at the very centre of it. While inhaling let the yellow point come toward you and become increasingly large and shiny. While exhaling let it become smaller again and return to the hub. Always keep your mind focused completely on the centre.

(Mudras: Hirschi)