

Mudras for Strength

Mudras are gestures made using the hands and fingers to facilitate the flow of energy during our yoga practises. Every time you bring your hands together at the heart you are practising Anjali mudra or, prayer seal. These are some of the mudras that can create a feeling of strength and resilience, not just in your yoga practise but also energetically within daily life.

Ksepana Mudra



How – Lace the fingers together while leaving the index fingers pointing upward.

Why – This mudra is all about creating a sense of personal known as the gesture of pouring out and letting go. It is used as a means of draining negative energy and attracting positive energy or chi. Ksepana Mudra stimulates elimination through the skin, lungs and large intestine, as well as through energetic channels.

When – seated or use in Warrior 1, Tree, Mountain or in any pose where you want to feel powerful and grounded.

Benefit - helps you to let go of what you don't need anymore, helps you feel powerful and stable.

Ganesh Mudra



How – Bring left hand to heart with palm facing away and the right palm rested on top. Slide the hands over to clasp the fingers together to create a strong grip. Keep the elbows in line with the hands.

Why – The much-loved elephant God, Ganesha is the remover of obstacles clearing the way for us to move onwards and upwards. This mudra is about creating confidence in our path and resilience to move past the obstacles in your way by creating strength of heart and character.

When – Use during meditation, visualising yourself conquering your fears and overcoming challenges.

Benefits - strengthens arms, chest and shoulders

- connects to anahata chakra
- boosts self esteem and self confidence
- remover of obstacles, energetically, physically and emotionally
- stimulates metabolism and digestive fire

Prana Mudra



How – Bring the little and ring fingers to meet the thumb, middle and index fingers pointing straight out.

Why – The mudra for prana, stimulating the energetic life force in our bodies. Associated with the root chakra this mudra is about stimulating the free flow of this prana through the body creating a sense of vitality, awakened energy and positivity. It is also said to be great for quality sleep, decreasing fatigue.

When – use whenever you wish to sit with stillness to become more grounded and quiet. Follow the breath and allow the body and mind to quieten.

Benefits -

- Reducing fatigue

Mudras for Strength

- Enhancing focus and clarity
- Building self-confidence
- Improving circulation
- Helps you to sleep
- Boosting the immune system
- Bringing stability to body and mind

Vajrapradama Mudra



How – Interlace the fingers with palms facing the chest and thumbs pointing up to the sky.

Why – Meaning ‘unshakable trust seal’, this mudra is about creating self confidence and faith in ourselves as well as confidence and faith in greater things being ahead of us. This is also a mudra for healing after that trust may have become abused or broken by another person. Having unshakable trust in ourselves can feel empowering and liberating, making us feel like we can take on any of life’s challenges!

When – Use a mantra totally personal to you that will help create a sense of empowerment in your own judgment. Something like, ‘I trust my own intuition’, ‘I have faith in my own judgment’ or ‘I am confident in my path for the future’. Repeat your mantra out loud or mentally.

Benefit - builds confidence and trust by bringing energy to the heart centre, reminding the practitioner of his/her own inner power.

Shivalinga Mudra



How – Left hand palm up with fingers cupped together at the abdomen. The right hand rests into the cupped left hand with the thumb pointing up to the sky.

Why – Representing the pestle and mortar, this mudra is about overcoming times that test our strength and resilience. The right hand also represents the masculine power of Shiva, slowly breaking down and destructing what is testing in the palm of the left.

When – This is a great mudra to use in a visualisation meditation. In a comfortable seat, bring your hands into your Shivalinga Mudra and close the eyes. Once you feel settled in your seat and your breath bring into your mind a time or situation when your strength and resilience has been tested, placing it into the cup of your left hand. Using the right hand start to create circles in the left palm. Imagine grinding it away, visualising how you can overcome that test of your strength. You may even want to imagine you could blow away the dust of what is left when you are finished.

Benefits -

- Energises the body
- Strengthens prana
- Promotes self confidence
- Relieves stress
- Calms the mind
- Improves intuition