

# FOOT MUDRA

I don't know the proper name for this mudra but have found it is helpful for the feet...more magic I think!

Balancing the energy of the feet, which as we know connect to the whole of our being.

Sit in a comfortable position making all necessary adjustments so you are comfortable. Become aware of the natural breathing rhythm without controlling it. Then:

Right hand - thumb tip against inside of ring finger, near the top by the nail.

Left hand - thumb tip against tip of index finger

Sit for 3 minutes with the mudra and the breath. If the mind wanders just keep coming back to the practice. Notice any sensations as you practice.

Then take a break for 25mins or so...continue with a breath awareness practice. You could even do a short physical practice. Try not to do daily chores or computer work.

After 25 mins do 3 more minutes of holding the mudra.

Try and do this twice a day.

*Shared with me by Monique Aipassa*