

MUDRAS for the SELF

During January 2022 our classes were very much about ourselves and what we wanted to feel and do with the coming year. We were not making resolutions but we were looking at our yoga practice to see how it could help us. So much restraint has been placed on us during all the lockdowns etc, so these mudras we used to help with the idea of transformation in its widest sense.

The transformation process is not an all-at once thing that blows you out of the water. There are many small, even tiny shifts, and each one takes some getting used to; you're basically un-learning a long-standing habit and relearning a new one.

Here are some affirmations you could use whilst using the mudras below:

I can effectively change myself and the world around me by the way I think, feel, speak and act.

What I think and what I believe is what will come true for me. My thoughts create my life.

I remember my best times from the past, anticipate even better times in the future, and enjoy each present moment as a precious gift, optimistically knowing that everything is continually improving and the best is yet to come.



Jala Mudra

“My inner rivers flow with the rhythms of nature.”

Jala means water, liquid and flowing, representing the vital aliveness within you! This mudra is both grounding and energising, and helps you to see the flow beyond riverbank limitations. It can help to balance and improve the health of all of the fluid systems of the body: circulatory, urinary, kidney, and lymphatic assisting in harmonising your inner Water Element. Jala Mudra is helpful for overall digestion. No known contraindications.



Trimurti Mudra

“I am nourished by the healing source in the centre of my being.”

As you create a triangle with your hands on your navel, you are invoking ‘Trimurti’, the three energies of life: creation, sustenance and transformation. A very soothing mudra, Trimurti can help you to tune in to feel and awaken your inner healing source. This is one of the best mudras to practice during times of transition and change.

Good for all conditions of the female reproductive system: fertility, menstrual cramps, menopause, cystitis, endometriosis, and pregnancy. No known contraindications.

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Gupta Mudra

“My actions unfold from a place of rest and balance.”

Gupta means well protected, hidden, and secret, and is represented in this mudra by making the shape of a tortoise. This cultivates the feeling of entering into one's own inner sanctuary of safety and rest, creating a sense of well-being, security and protection.

Good for enhancing the health of digestive and elimination systems as well as relaxing shoulders, neck and head and can be helpful for TMJ issues. No known contraindications.

These mudras and information provided are modified from Mudras for Healing and Transformation by Joseph and Lilian LePage, Integrative Yoga Therapy.