

From the ancient Sanskrit language, Mudrā translates literally as “seal” or “sign”. In the original ancient context, the usage of the word associated with a meditative, yogic, or spiritual practice indicates that the “seal” or “sign” is a physical gesture or position. Those positions include sacred hand gestures, and a range of postures in the body. The Mudrā are believed to elicit a specific inner state of being, cultivate a certain quality of energy, or symbolize a particular meaning. An interpretation of those translated meanings is “sacred position dedicated to cultivating a type of energetic quality”.

Añjali Mudrā is a widely-known example of one of these sacred gestures. Commonly used, it involves bringing palms together at chest center. “Añjali” means “offering” in Sanskrit, so Añjali Mudrā can be considered a hand position which indicates that an offering is being made or is present in some form.

Gyan Mudra is one of the most quintessential hand positions for meditating, in which the thumb and index fingers connect, while the other three fingers remain long. Also a Sanskrit word, Gyan means “wisdom” or “knowledge”. Bringing this sacred hand gesture into meditation cultivates the energy of inner wisdom, clarity in mind, knowledge.

Use of Mudra in meditation:

1. Select a Mudra that reflects your energetic intentions for your meditation. Consider your emotions and thought patterns, and intuition.
2. Integrate the Mudra into a meditation practice.
3. Experience how it feels or resonates while meditating.
4. Following meditation, witness, observe, and acknowledge the effect of the Mudra in your body, mind and energy.



