

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. When referring specifically to positions of the hand, the term is “Hasta” Mudrā. Hasta means ‘hand’ in Sanskrit. Hasta Mudrā can be interpreted to mean “sacred position of the hand dedicated to cultivating a specific effect in energy, mind, or body”.

Prāṇa Mudrā is a sacred hand position known to stimulate dormant energy and activate inner life force. The Sanskrit word ‘Prāṇa’ translates to mean ‘breath’, ‘life force’, ‘vitality’ and ‘vital principle’. Create the position by resting the backs of hands on knees or thighs, palms up; fold the pinky and ring fingers and the thumb for the three points to meet over the palm center; the middle and index fingers remain long or relaxed. Prāṇa Mudrā provides an energetic boost or pick-me-up, and is important for energy hygiene in maintaining balance of personal energy systems.

Dhyāna Mudrā is an essential, traditional hand position for meditation. Also a Sanskrit word, Dhyāna literally means “meditation” or “contemplation”. The position is held in the lap or in front of the abdomen; form Dhyāna Mudrā by placing palms up resting the right hand in the left hand, thumb points touching and pointing slightly upward. The right hand, is symbolizes enlightenment and states of higher consciousness; the left hand represents illusion, disillusion, and other conditions of human existence. This is believed to create a state of balance while meditating. It also is known to potentate or concentrate the intention of the meditation.

In practice, these Mudrā can be sequenced beginning with Prāṇa Mudrā to activate energy, following with Dhyāna Mudrā to potentate the activated energy.

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.



