



WHOLESOME RESOURCES

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MUDRAS are yoga positions, gestures, and seals for your hands and fingers that facilitate health, healing, psychological balance and spiritual transformation. Some mudras use the whole body and breath. They are effective and easy to learn, practical and powerful, and anyone can do them. Mudra is a Sanskrit word. MUD = Delight + DRU = bring forth.

References: *Mudras for Healing & Transformation* by Joseph & Lilian LePage. *Yoga in your Hands* by Gertrud Hirschi.

Uses

- Physical healing (primarily Chinese in origin)
- Emotional well-being and balance
- Prayer and meditation

How are they practiced

- Massage and rub your hands first to activate energy
- Use light finger pressure
- Focus your mind and let your breath naturally deepen according to the mudra
- If your fingers are stiff, use one hand to position the other, hold fingers straight against a thigh, and don't give up!

When to practice

- Use as a meditation, with asana, waiting, walking, etc

How long - opinions vary

- In general - 30 seconds to 5 minutes
- Acute - Until problem is solved
- Chronic - 15 minutes per day, 3 times per day for 3 or so weeks

History

Mudras can be found world-wide and date back to the 5th to 10 centuries. They are based on Reflexology, Meridians, Nadis, brain-body connections, Astrology/Palmistry, Ayurvedic Medicine, Acupressure Points, Chakras, Jin Shin Jyutsu/Japanese. All these systems benefit when mudras are practiced.

Mudras for Physical Benefits

- **Prana Hands**: To create energy, either rub palms against each other or open and close fingers. Hover the hands over (or on) area in need of healing
- **Bramara Mudra** - Allergies, strengthens immunity
- Place index finger in the thumb fold and the tip of the thumb on the side of the middle finger nail. Extend your ring and little fingers. Do this with each hand.
- **Vayu Mudra** - Wind - Flatulence, gout, sciatica, rheumatism, trembling in hands, throat, head. Lightness of being
- Bend the index finger so its tip touches the ball of the thumb. Then press the thumb lightly onto index finger. Both hands.
- **Mahasir's Mudra** - Relieves tension, headaches, eliminates mucus from frontal sinuses
- Tips of thumb, index and middle fingers touch each other. Ring goes into fold of the thumb. Little finger extends.

Mudras for Emotional Balance

Tamasic - depression, lethargy

- **ShivaLinga** Removes obstacles, tiredness, dissatisfaction, listlessness, lifts energy. Left palm up. Right fist on it with thumb up)

Rajasic - restlessness, anxiety

- **Chin mudra** - **Touch index and thumb tips**. Used in meditation. Place palms down for calming and grounding. Place palms up for open, receptive and uplifting feeling.

Julie Lusk has been teaching yoga for over 30 years. She is author of *Yoga Meditations: Timeless Mind-Body Practices*; *30 Scripts for Relaxation, Imagery and Inner Healing*; *Desktop Yoga*; *The Complete Chakra Chart* and numerous guided imagery CD's including *Real Relaxation: Yoga Nidra*, *Wholesome Energizers* and *Power of Presence*. She is available for workshops, trainings, and classes. Contact her at **513-248-9642**.