



Kundalini Yoga Notes

Using Mudras in Yoga

A mudra is a hand posture that helps to channel energy & communicate with different parts of our body while balancing the release and reinforcement of certain states of mind & emotion.

	<p>Little finger... the kidneys - fear.</p> <p>Ring finger... liver, gall bladder, nervous system - anger.</p> <p>Middle finger... the heart, small intestine, circulatory & respiratory systems, -impatience & hastiness.</p> <p>Index finger... the lungs, the large intestine - depression, sadness & grief.</p> <p>Thumb... the stomach - worry.</p>
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Following are some mudras that we do regularly in class. In each mudra, exert enough pressure to feel the flow of energy through the "nadis" (psychic channels) up the arms but not enough to whiten fingertips.

In classic **PRAYER MUDRA** palms are pressed together to neutralize and balance yin & yang.



VENUS LOCK: channeling sensuality and sexuality, and glandular balance, helping to focus and concentrate.



JUPITER MUDRA: the power of Jupiter, or good luck and expansion is activated. Together they focus your energy to break through barriers.



BEAR GRIP: Left palm faces out from body with thumb down, and right palm faces body, thumb up, and fingers are curled and hooked together to stimulate the heart and intensify concentration.

