

Hridaya Mudra (heart gesture)

Also known as Apan Vayu Mudra



Hridaya mudra
(heart gesture)

- Sit in a comfortable position
- With both hands place tip of index fingers to base of thumbs. The middle and ring finger tips coming to the tip of the thumbs. Little finger remains straight. Palms up.
- Place back of hands on the legs.
- Sit quietly for up to 30 minutes

Awareness – physically on the breath in chest area. Spiritually at anahata chakra.

Benefits – diverts prana from hands to heart area – improving physical condition of the heart. The middle and ring fingers relate directly to the nadis of the heart, while the thumb closes the pranic circuit and acts as an energiser so directing the flow of prana from the hands to the nadis. This Mudra can help relieve emotion and unburden the heart.

Affirmation - if you wish to use one, 'I have the time to see beauty and enjoy the silence.'