

## PRITHIVI MUDRA

(Earth Mudra)



This Mudra can be done standing or sitting.

Keep your feet parallel and their soles flat on the ground.

Bring the tips of the thumb and ring finger on top of each other, using a light pressure. Extend the others fingers. Do this with both hands.

*Inhalation:* imagine that you are absorbing the Earth's energy through the soles of your feet. Guide it up through your legs, the arms, down to the finger tips, the torso, the back and into your face and head and far beyond into the cosmos. Hold your breath for a few seconds (if appropriate).

*Exhalation:* Like a golden rain, the energy sinks back to Earth as the renewing force. There is a balance between taking and giving. Now imagine a crystal bowl in your pelvic floor and let the energy rain flow into your pelvis.

Repeat a few times.

**Affirmation:** the power of Earth gives me secure stability, staying power and assertiveness, self-assurance and self confidence. The power of the universe gives me enthusiasm, pleasure and joy.

Prithvi Mudra can eliminate any energy deficit in the root chakra. Whether we feel strong or not, physically or mentally, is largely dependent on the root chakra. The finger position in this Mudra intensifies our sense of smell and is good for the nails, skin, hair and bones. If you feel uncertain of your steps while walking, Prithivi Mudra can restore your equilibrium and trust. Think of your favourite flower or tree – its roots – taking up nutrients – taking in sun's energy – stable and nourishing, allowing the plant to grow into a healthy specimen. As Humans we too strive to be effective and healthy. It is our purpose to connect with the Divine, meaning we must adjust ourselves to the light and open up like a flower that is being pollinated. Use this Mudra for inner stability, self-assurance and when you feel insecure. It stimulates the liver and stomach and stimulates the body temperature.

*This mudra can be done for up to 45 minutes a day. It is believed that prithvi mudra is capable of increasing the earth element within the individual, which strengthens and heals the physical body. Use it when you need to feel secure and need inner stability and self assurance. It is grounding – it helps us connect with ourselves but also with the Earth energy around us.*

[www.oakwoodyoga.co.uk](http://www.oakwoodyoga.co.uk)

Based from Mudras Yoga in Your Hands Gertrud Hirschi  
Image from yogapeida.com