

SHAKTI MUDRA



Shakti mudra is often used in Ayurvedic or yoga practice to produce calming effects on the mind and body, specifically the pelvic area.

In Sanskrit, *shakti* means “power” or “empowerment,” and *mudra* means “gesture,” “mark,” or “seal.”

- Firstly, tuck the thumb into the centre of the palm, and bend all your fingers over it except the ring and little finger. Do this with your both hands simultaneously.
- Then, extend the ring and little fingers as much as possible and bring both hands close to each other.
- Allow the left hand’s ring finger to touch with the right hand’s ring finger.
- Then, do the same with little finger
- Now, touch the middle phalange of the index finger and middle finger of both hands together.
- Lastly, bring the hands close to your chest, or rest below the navel, and then sit and feel the breath and let go of all thoughts from your mind.

Shakti mudra is thought to influence *swadisthana* (sacral) chakra, and is often considered a sensual or “feminine” mudra due to its effect on the pelvic area. This mudra can be combined with meditative poses like *padmasana* (lotus pose), or with pelvic-opening postures like *malasana* (garland pose) or *utkata konasana* (goddess pose) to deepen its effects.

Time and Duration

There is no specific time to do this mudra. You can do it anytime and anywhere. For better sleep, you can perform it just before going to bed. But try and do for 10-12 minutes in a single stretch. You can perform 2-3 times per day.

Precautions

- Don’t put too much pressure on your fingers, just put gentle pressure on them. Otherwise, you won’t be able to sit in this posture for long.
- Wear comfortable clothes. Remove bracelets, watches or other jewellery from your hands.
- Practice this mudra in a quiet and calm place.
- Last and most importantly, **don’t perform Shakti mudra for a long period**. This will make you **lethargic** and **sluggish**. It is meant to help us sleep!

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Benefits of Shakti Mudra

1. Prevents Sleep Disorders or Sleeplessness

Shakti mudra soothes the nervous system which is directly connected to our mind. Therefore this mudra is believed to relax and stabilise the mind.

2. Improves the Immune System

Shakti mudra brings inner strength and stability to our bodies. The calming effect of this mudra boosts internal physical energy.

3. The Perfect Remedy for Disorders Related to the Pelvis Area

Shakti Mudra is designed in such a way that the flow of prana directly reaches to the pelvic area. This soothes & calms the Pelvis area and all glands in this area. This mudra decreases the tension in this area of the body...so is believed to be helpful for urination and menstrual issues. Also thought to be beneficial for IBS.

4. Stimulates the Sacral Chakra

Consistent practice of Shakti mudra influences the sacral or swadhisthana chakra, therefore allowing you to become **more creative, fearless, and self-worthy**.