

## Mudras to help with Self Confidence

**Vajrapradama mudra** is a yoga hand gesture believed to build trust and self-confidence. The fingers are crossed, or woven together, and placed in front of the chest over the heart centre with the thumbs spread apart and pointing toward the collar bones.



The term comes from the Sanskrit *vajra*, meaning “thunderbolt” and *mudra*, meaning “gesture.” This mudra is typically translated as the “mudra of unshakable self-confidence.”

Vajrapradama mudra is thought to build confidence and trust by bringing energy to the heart centre, reminding the practitioner of his/her own inner power. This mudra is perfect for when hardships or negativity encroach on one's life and dealing with them seems overwhelming.

The thunderbolt represents powerful and focused energy, and in Buddhism, it is a weapon against doubt. As a result, vajrapradama mudra suggests confidence, trust and faith in the higher Self. If your knees can cope with it, try practicing this mudra in *vajrasana* (thunderbolt pose) helping to release hopelessness, mistrust and self-doubt. It also will help with digestion.



**Abhaya Mudra** is a sacred hand gesture used as a means of channeling the flow of vital life force energy known as prana. This gesture is used to dispel fear and develop courage; abhaya in Sanskrit means "fearlessness."

Abhaya mudra is symbolic of safety, protection, peace and reassurance, and can be called upon during challenging times.

This gesture is performed with the right hand held upright at shoulder height, palm open and facing forwards.

For maximum benefits, it should be practiced daily for up to 30 minutes.

In yoga, abhaya mudra can be used during meditation in any stable seated posture such as padmasana (lotus pose) or virasana (hero pose). It is sometimes practiced in a modification of Virabhadrasana II (warrior II), in which the practitioner raises the front hand into abhaya mudra as a display of humility and strength. This mudra can be called upon as a means of overcoming fears or phobias, and to provide a sense of internal protection.

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**Varada Mudra** is a sacred hand gesture or 'seal' practiced during meditation. It is a gesture of granting wishes or mercy, often found in the depiction of Hindu Gods.

Follow these steps to practice Varada Mudra:

1. Come to a stable sitting posture with an upright spine
2. Rest your hands on your knees.
3. Turn the left palm to face forward and point the left fingers downwards.

Varada Mudra can be held for as long as feels comfortable, throughout a meditation.

Varada Mudra signifies compassion, charity and sincerity. It is symbolic of giving and forgiveness, and can often be found on statues of the Buddha or Hindu Gods. Varada Mudra is typically combined with another mudra in the right hand, such as the Abhaya Mudra.

This mudra embodies the connection between giving and forgiveness. Someone who gives will be forgiven, whilst someone who forgives will be richly blessed. Forgiveness is a challenging facet of human nature, but the open hand of this gesture encourages the art of forgiveness in the practitioner.

You could also try it with the right hand fingers lightly touching the earth...helping to steady you and ground you.

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