

# Karuna Mudra



“With a heart of compassion I send love and forgiveness to myself.”

Karuna means ‘compassion’ and gives us the ability to see ourselves and others in a compassionate light. One hand faces towards our heart, and the other towards all beings, creating unity through higher understanding, forgiveness, and absolute compassion.

“The highest spiritual practice is Self-observation with compassion and without judgment.” ~ Swami Kripalu

Begin by placing left fingertips at the base of the right fingers. Then cup both hands and rest left thumb on lower right thumb. Hold hands in front of your heart rotating the Left hand to face towards your heart and Right hand faces all other beings. (Image above is the final mudra)

- directs breath into chest massaging heart and thymus
- releases tension in face and jaw
- cultivates compassion and forgiveness
- gently expands subtle heart sending out waves of healing to whole being
- good for calming, releasing judgment, and seeing clearly.

Begin with 5mins and build up to 15mins over several weeks.

*Modified from Mudras for Healing and Transformation by Joseph and Lilian LePage, Integrative Yoga Therapy.*