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# ILUMINA

## SELF-CARE SERIES

**MUDRAS E-BOOKLET**



**ILUMINA**

MENTAL HEALTH AND SPIRITUALITY

# MUDRAS FOR CHAKRAS & MEDITATION

Addapted and produced by Kelli Kanashiro



## What is Mudra?

Mudra is a Sanskrit word that means "symbol," "seal," or "gesture." It is generally referred to as a ritual gesture made with the hands and fingers. There are hundreds of different types of mudras, which originated from the spiritual tradition of India and Tibet, in addition to being commonly used in the dramatic arts and dance in India.

In fact, hand mudras are used in many traditions around the world. One of the best-known mudra is the gesture with the palms of the hands together at the front of the heart center: Anjali Mudra.

## How does it work?

Despite being used for a long time, Mudras express certain energies or powers that are scientifically proven. It is about the relationship between the nerve ducts and mind. Science explains that each part of the hand has a reflex reaction in a specific part of the brain. Nerve endings at the fingertips have a concentration of free electrons (therefore energy, prana) and many endings fixed in the nerve origins.



Mengatto Photography

**Anjali Mudra**





**The Five Great Elements (Pancha Maha Bhutas)**

By touching the fingertips on other parts of the palm or fingers, this energy (prana) is released to be conducted in the body through specific channels and returned to the brain.

Accordingly, a mudra can block or guide the flow of energy, thus offering benefits such as tuning in with yourself, slowing down the mind, staying focused, and attenuating the heartbeat.

As per the yogic philosophy, each element (bhuta) is represented by a particular finger, as shown in the table (beside), and that's why a specific mudra is used to reach a particular cause and effect.



In my yoga journey, I have already resorted to and practiced different aspects of mudras to obtain quick and practical effects in my mind. They are easy to do, and you can combine with breathing exercises (pranayamas), yogic poses (asanas), meditation (dhyana) or even while sitting in the waiting room of a medical clinic, airport, public transportation, work desk, etc. In any case, keep in mind to always lengthen the spine and relax the shoulders while practicing.

Whatever your intention is, wherever you have been, using mudras are a intelligent and simple way to get there.

I am thrilled to share with you a little bit of my journey and practice and, for this reason, I have prepared a special selection of 7 mudras. Each one relates to an energy center in the body (chakra) so that you will experience more extensive benefits. Also, using a particular mudra for a given intention or issue might promote transformative and satisfactory results. I hope you enjoy it!



**Kelli meditating with Prithivi Mudra**



## Bhu Mudra - Related to the First or Root (Muladhara) Chakra

The Muladhara chakra is about your relationship to the physical environment. It is related to the qualities of support, security, grounding, stability. It is located in the base of the spine; the colour is Red, the element is Earth, the sound is Lam. It rules legs, feet, elimination and adrenals.



Practice this mudra when looking for stability, connection to the physical body, grounding.

Benefits: Activates the Muladhara chakra, reduces stress and blood pressure.

How to Practice: Start with all fingers extended, curl the pinky and ring fingers inward to the palm of the hands and place the fingertip of the thumb over the tips of the pinky and ring fingers. With the arms extended, rest the index and middle fingers on the top of the thighs.

You may want to chant the “Lam” sound or mentally vibrate it while practicing this mudra. Also, you can repeat the affirmation: “I am grounded and safe.”



## Trimurta Mudra - Related to the Second or Sacral (Svadhithana) Chakra

The Svadhithana chakra is about your relationship with others. It is related to the qualities of pleasure, creativity, receptivity, fluidity. It is located below the navel; the colour is Orange, the element is Water, the sound is Vam. It rules ovaries, testes, reproductive organs.

Practice this mudra when looking for equanimity, balance in life transitions.

Benefits: Assists on menopause and overall pelvic issues; promotes emotional equilibrium and well-being.

How to Practice: Place both hands with fingers facing downward over the pelvis. Connect the fingertips of the thumbs and index fingers to form a triangle. Rest the palms of the hands on the lap, shoulders are relaxed and spine erected.

You may want to chant the “Vam” sound or mentally vibrate it while practicing this mudra. Also, you can repeat the affirmation: “I am in harmony with life’s changes.”



## Matangi Mudra - Related to the Third or Solar Plexus (Manipura) Chakra

The Manipura chakra is about your will power, motivation and desires. It is related to the qualities of determination, divine will, conscious actions, vitality. It is located in the solar plexus (above the navel); the colour is Yellow, the element is Fire, the sound is Ram. It rules pancreas, digestion.



Practice this mudra when aiming to increase vital energy, assimilation, life purpose.

Benefits: Stimulates digestion; aids in processing new learnings and life experiences.

How to Practice: Keeping the spine lengthened and shoulders relaxed, interlace the fingers of both hands with the right thumb over the left one. Rest the wrists over the end of the ribs. Then, extend the middle fingers straight out with the pads touching.

You may want to chant the “Ram” sound or mentally vibrate it while practicing this mudra. Also, you can repeat the affirmation: “I am guided by my inner light and vitality.”





## Padma Mudra - Related to the Fourth or Heart (Anahata) Chakra

The Anahata chakra is about unconditional love or learning to love. It is related to the qualities of compassion, love, forgiveness, empathy. It is located in the heart center; the colour is Green, the element is Air, the sound is Yam. It rules lungs, respiratory system, thymus, heart.

Practice this mudra when seeking assistance on gratitude, empathy, opening the heart.

Benefits: Enhances circulation in the lungs and heart;  
Assists immune and cardio-respiratory systems.

How to Practice: bring both hands together at the heart center. The heels of the palms touch, as well as both fingertips of the thumbs and pinky. Spread the other fingers out. Hands format looks like an open flower. Keep the spine lengthened and shoulders relaxed while practicing.

You may want to chant the “Yam” sound or mentally vibrate it while practicing this mudra. Also, you can repeat the affirmation: “My heart and I love unconditionally.”



## Kali Mudra - Related to the Fifth or Throat (Vishuddha) Chakra

The Vishuddha chakra is about expressing your truth and genuine desires. It is related to the qualities of discernment, communication, purification, expansion. It is located in the throat center; the colour is Sky Blue, the element is Space, the sound is Ham. It rules neck, throat, mouth, thyroid, and endocrine system.



Practice this mudra when in need for release, spiritual purification, expansiveness.

Benefits: Stimulates the thyroid gland and the throat region, liberates muscular tension of the neck and shoulders.

How to Practice: Keeping the spine lengthened and shoulders relaxed, interlace the fingers of both hands with the right thumb over the left one. Keep both hands at the height of heart center, they don't need to touch the chest. Then, extend the index fingers upward pointing to the throat center.

You may want to chant the “Ham” sound or mentally vibrate it while practicing this mudra. Also, you can repeat the affirmation: “I release all obstacles and live by my truth.”



## Trishula Mudra - Related to the Sixth or Third Eye (Ajna) Chakra

The Ajna chakra is about intuition, seeing by a higher perspective. It is related to the qualities of wisdom, clarity, vision, intuition. It is located in between the brows; the colour is Indigo Blue, the element is Space, the sound is Ohm. It rules sight, nervous system, senses, pituitary gland.

Practice this mudra when seeking clarity, equilibrium, unification.

Benefits: Activates the pituitary gland, improving mental clarity and self-awareness. Supports the nervous and endocrine systems.

How to Practice: Start with all fingers extended, curl the pinky fingers inward to the palm of the hands and lay the thumb over the pinky finger folded. Keep the hands away from the body, with fingers facing outward.

You may want to chant the “Ohm” sound or mentally vibrate it while practicing this mudra. Also, you can repeat the affirmation: “I am one and united to everything.”



## Dharma Chakra Mudra - Related to the Seventh or Crown (Sahasrara) Chakra

The Sahasrara chakra is about perceiving and connecting to all life with bliss and inner peace. It is related to the qualities of unity, joy, freedom, lightness. It is located at the top of the head; the colour is Violet/Purple, the element is Space, the sound is AUM or So Ham. It rules all body systems and the pineal gland.



Practice this mudra when in need for illumination, vision, integration.

Benefits: Uplifts sensation of welfare, stabilize all systems and energy centers of the body (chakras).

How to Practice: Unite the tips of the thumbs and index fingers, setting a round format. Then, join the fingertips of this circle together, with the left palm facing inward and the right palm outward. Bring the hands in the height of the heart.

You may want to chant the “So Ham” or “Aum” sound or mentally vibrate it while practicing this mudra. Also, you can repeat the affirmation: “I am awakened in my highest vision.”



The mudras selected can be made and practiced anytime, as long as your intention is positive and pure. If practiced during meditation, the effects will be felt more deeply, since the practice of meditation has a strong power over the body and mind of each individual.

For this, always try your best to tune into your heart. Your heart is your best friend, true guide and the most accurate portal to open new horizons in the journey of reaching genuine paths for self-improvement.

The suggested affirmations are excellent sources of energy and vitalization of the body and mind. More significant results will depend on your faith, your determination in the constant practice and the purity of your intention.

Through the study of Yoga and the meditation practice, I acquired the ability to be in charge of my life and to have choices, and not just to be held hostage by circumstances.

In my own experience, self-awareness is the key to the process of transformation. My purpose in life, and what brings me great satisfaction, is to share my learning with those who seek a new perspective to experience life.

If it resonates with you, but don't know where to start or need a little help to move on, take a look at the Ilumina services. All of them were developed with the purpose of sharing experiences and facilitating your journey.



# Namaste!



Kelli Kanashiro is Head of Holistic Programs and Certified Yoga Therapist (C-IAYT) at Ilumina Mental Health.

She is a dedicated holistic therapist, experienced Yoga Alliance Registered Teacher and Educator (YACEP, E-RYT500), Ayurveda-oriented, Shamanic Reiki Master, and wellness advocate.

Kelli is on a mission to guide individuals toward emotional resilience, personal growth, and spiritual development.

Learn more: [www.iluminamentalhealth.com](http://www.iluminamentalhealth.com)





"Change yourself and you have done  
your part in changing the world."

- Paramahansa Yogananda -