

**Samantha Collins Books**  
**Hand Mudras and Chakras Explained**  
**Hand Mudras Explained**

## Definition of Mudra

The word “**Mudra**” (मुद्रा in Sanskrit) literally means “*seal*,” “*gesture*,” or “*mark*.”

In the spiritual and yogic context, a **mudra** is a symbolic hand gesture or body position that directs energy flow within the body and influences mood, perception, and consciousness.

Mudras are like a **language of energy**—each gesture creates a circuit that connects the mind, body, and spirit, helping to balance the subtle energy channels (called *nadis*) and activate specific energy centers (chakras-explained below).

## Why We Use Mudras

Mudras are used for **healing, meditation, focus, and energetic alignment**.

Here’s how they work and why they’re so powerful:

### 1. **Mind–Body Connection**

Each fingertip is linked to a different element (space, air, fire, water, earth). By joining or pressing certain fingers, we stimulate corresponding parts of the brain and nervous system—helping to restore balance physically and emotionally.

### 2. **Energy Flow (Prana)**

In yoga and Ayurveda, prana (life energy) flows through subtle channels in the body. Mudras act as switches that open, redirect, or contain that flow to awaken inner vitality and peace.

### 3. **Emotional & Mental Healing**

Certain mudras calm the mind, ease anxiety, and enhance clarity—helping practitioners move from chaos to stillness.

- *Example: **Gyan Mudra** (thumb + index finger) enhances wisdom and focus.*
- *Example: **Apana Mudra** (middle fingers + thumb) supports emotional detox and letting go.*

### 4. **Meditation & Manifestation**

When used during meditation or affirmations, mudras amplify intention—turning thoughts into embodied energy. They help anchor awareness and deepen the meditative state.

### 5. **Spiritual Awakening**

In deeper yogic or tantric traditions, mudras are used to awaken dormant spiritual energy (kundalini) and unify the body, mind, and soul in higher consciousness.

**Mudras are sacred gestures that unite physical action with inner intention—turning your hands into tools of healing, balance, and divine communication.**

## In Yoga and Ayurveda (Indian Tradition):

There are **over 100 known hand mudras**, though most yoga and meditation practices commonly use about **25–40 primary ones**.

Some of the most well-known Hand Mudras include:

- **Gyan Mudra** (seal of knowledge)
- **Chin Mudra** (gesture of consciousness)
- **Anjali Mudra** (prayer gesture)
- **Dhyana Mudra** (meditation gesture)
- **Prana Mudra** (life force gesture)
- **Apana Mudra** (elimination or detoxification gesture)
- **Surya Mudra** (sun gesture, boosts metabolism)



## In Classical Hindu Iconography & Dance (Bharatanatyam, etc.):

There are **hasta mudras** (hand gestures) codified in ancient Sanskrit texts such as the *Natya Shastra* —

- **28 single-hand (Asamyuta Hasta)** mudras
  - **24 double-hand (Samyuta Hasta)** mudras
- That's **52 classical dance mudras** in total.



## In Buddhist and Tantric Traditions:

There are **five primary Buddha mudras** often represented in statues, but there are **dozens** more across regions and schools:

- **Dharmachakra Mudra** (wheel of teaching)
- **Bhumisparsha Mudra** (earth-touching)
- **Dhyana Mudra** (meditation)
- **Varada Mudra** (compassion or giving)
- **Abhaya Mudra** (fearlessness)



GYAN  
MUDRA



CHIN  
MUDRA



ANJALI  
MUDRA



DHYANA  
MUDRA



PRANA  
MUDRA



APANA  
MUDRA



SURYA  
MUDRA



VARUNA  
MUDRA



VAYU  
MUDRA



SHUNYA  
MUDRA



PRITHVI  
MUDRA



BUDDHI  
MUDRA



APANA  
VAYU MUDRA



ABHAYA  
MUDRA



DHARMACHAKRA  
MUDRA



BHUMISPARSHA  
MUDRA



UTTARBODHI  
MUDRA



YONI  
MUDRA



KALESHWAR  
MUDRA



MATSYA  
MUDRA

# THE FIVE ELEMENTS OF THE FINGERS

SPACE  
○  
GYAN  
MUDRA

EARTH  
▽  
APANA  
MUDRA

AIR  
△  
SUYA  
MUDRA

WATER  
△  
VARUNA  
MUDRA

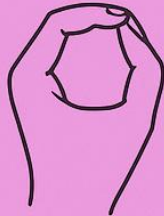
FIRE  
△  
SURYA





# HAND MUDRAS

## GYAN MUDRA



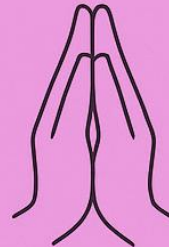
seal of  
knowledge

## CHIN MUDRA



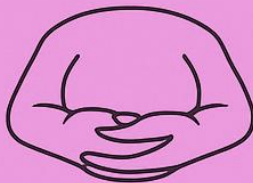
gesture of  
consciousness

## ANJALI MUDRA



prayer  
gesture

## DHYANA MUDRA



meditation  
gesture

## PRANA MUDRA



life force  
gesture

## APANA MUDRA



elimination or  
detoxification  
gesture

## SURYA MUDRA



sun gesture.  
boosts metabolism

## DHARMACHAKRA MUDRA



wheel of  
teaching

## BHUMISPARSHA MUDRA



earth-touching

## “The Seven Chakras: Energy Centers of Healing and Alignment”

### What Are Chakras?




The word *chakra* means “wheel” in Sanskrit, referring to spinning energy centers within the subtle body. Each chakra governs specific physical, emotional, and spiritual functions. When energy flows freely through all seven, we feel balanced, peaceful, and aligned with our purpose. When one becomes blocked or overactive, we may experience emotional imbalance, fatigue, or disconnection.

### Why We Work with Chakras

Chakra work—through meditation, yoga, mudras, sound, or affirmations—helps harmonize these centers so life energy (*prana*) flows effortlessly. By awakening and balancing them, we:

- Increase self-awareness and inner peace
- Release emotional wounds and blockages
- Strengthen intuition and personal power
- Promote physical healing and mental clarity

### The Seven Chakras Chart

Chakra	Sanskrit Name	Location	Color	Element	Function	Affirmation
1. Root Chakra	<i>Muladhara</i>	Base of spine	 Red	Earth	Stability, safety, grounding	“I am safe and supported.”
2. Sacral Chakra	<i>Svadhithana</i>	Below navel	 Orange	Water	Creativity, pleasure, emotions	“I honor my emotions and desires.”
3. Solar Plexus Chakra	<i>Manipura</i>	Upper abdomen	 Yellow	Fire	Confidence, willpower, transformation	“I am powerful and capable.”
4. Heart Chakra	<i>Anahata</i>	Center of chest	 Green	Air	Love, compassion, connection	“I give and receive love freely.”
5. Throat Chakra	<i>Vishuddha</i>	Throat	 Blue	Ether (Space)	Communication, truth, self-expression	“I speak my truth clearly and kindly.”
6. Third Eye Chakra	<i>Ajna</i>	Between eyebrows	 Indigo	Light	Intuition, wisdom, perception	“I trust my inner vision.”
7. Crown Chakra	<i>Sahasrara</i>	Top of head	 Violet / White	Consciousness	Spiritual connection, unity	“I am one with divine energy.”

# The Seven Chakras

## Energy Centers of Healing and Alignment



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### Why We Work With Chakras

- Increase self-awareness Inner peace
- Release emotional wounds and blockages
- Strengthen Intuition
- Promote physical healing and mental clarity
- “I am one with divine energy.”

	<b>Root Chakra</b> <i>Muladhara</i> Base of spine Red	<i>Muladhara</i> Base of spine Red	“I am safe and supported.” <i>I am safe and supported.</i>
	<b>Sacral Chakra</b> <i>Svadhithana</i> Below navel	Below navel Orange Water	“I honor my emotions and desires.”
	<b>Solar Plexus Chakra</b> Upper abdomen	Upper abdomen Fire Fire	“I am powerful and capable.” <i>I am powerful and capable.</i>
	<b>Heart Chakra</b> <i>Anahata</i> Center of chest	Center of chest Air Air	“I give and receive love freely.” <i>I give and receive love freely.</i>
	<b>Throat Chakra</b> <i>Ajuna</i> Blue	Throat Throat Ether (Space)	“I speak my truth clearly and kindly.” <i>I speak my truth clearly and kindly.</i>
	<b>Third Eye Chakra</b> <i>Ahassara</i> Consciousness	Indigo Violet Consciousness	“I am one with divine energy.”

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