

## Pranayama Mudras— Hand Seals for Breathing Practices

### Chin Mudra

Curl the thumb and first fingertip to touch each other, or alternatively, touch the index fingertip to the joint halfway down the thumb. Keep the other three fingers straight.

Depending on the exact position of the index finger and whether the hand is placed palm up or palm down, it may be called *Asaka Mudra*, *Jnana Mudra* or *Gyana*

*Mudra*, Gesture of Wisdom. Here, the thumb is symbolic of the divine force and the index finger, a symbol of human

consciousness. The user of this *mudra* demonstrates their intent to unite their individual oneness with

the cosmic consciousness. This *mudra* alters the breath by encouraging abdominal breathing. While Chin Mudra has the palm facing up, when the palm faces down, it is called *Jnana Mudra*. In Buddhism this *mudra* is called Discussion Seal (*Vitarka Mudra*).



### Chinmaya Mudra

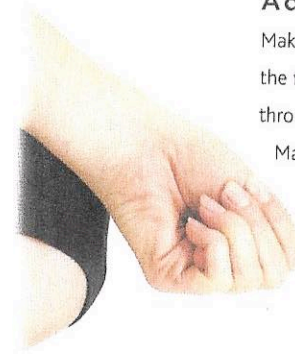
While your index finger and thumb touch, curl the other three fingers down so their fingertips touch the palm. This *mudra*, translated as the Seal of Manifested Consciousness, encourages intercostal breathing through the expansion of the sides of the ribcage and the middle of the torso.



### Adhi Mudra

Make a fist by first folding in the thumb and covering it with the fingers. This *mudra* encourages clavicular breathing through the expansion of the upper section of the lungs.

Many people find the difference between no *mudra* and these "breathing *mudras*" (*Chin Mudra*, *Chinmaya Mudra* and *Adhi Mudra*) easily noticeable when they sit quietly and carefully observe their breath.



### Brahma Mudra

Make fists with the thumbs tucked in and bring the knuckles together. Rest the hands, palms up, just under the breastbone so they are level with the diaphragm. Have the little fingers touching the abdomen. As the knuckles touch, all the energy meridians of the hands are activated. This *mudra* encourages deep and full breathing.

While you use it, observe each complete inhalation, which begins at the abdomen, moves up to fill the middle and side ribs and finally completely fills the very tips of the lungs right up under the collarbone. As you exhale, become aware of the gentle contracting force as the air flows out of the lungs through the nostrils.

