

Shatkarman, Bandha and Mudra

Gesture of Consciousness

Gesture of Consciousness of the Manifest

Gesture of the Universal Principle

Chin Mudra, Chin Maya Mudra, Adi Mudra

Gesture of Consciousness - Chin Mudra

Your hands are extended with the palms facing up and the tips of your index finger and thumb in light but precise contact, forming a circle.



Known also as The Gesture of Realization, it favors the concentration of Prana in the abdominal area and activates circuits of knowledge that favor the integration and the harmonic sympathy between soma and psyche.

Gesture of Consciousness of the Manifest - Chin Maya Mudra

Starting from Chin Mudra (always with your palms facing up) bring the tips of your middle, ring and little finger in contact with the palm of your hand.

Also known as The Gesture of Consciousness of Illusion, it favors the concentration of Prana in the thoracic region (Heart Chakra) and refines knowledge of the real/unreal nature of manifestation.



Gesture of the Universal Principle - Adi Mudra

With open palms, bring your thumb to the base of your little finger and enclose it with your other four fingers. In this case, unlike the preceding gestures, it is the dorsal part of your hand that faces upwards. The closed fists are placed on the upper part of your thigh.



Also known as the Gesture of Consciousness of the Primordial Unity, it favors the concentration of Prana in the clavicular region and the head (fifth, sixth and seventh Chakras) and represents the finite in the infinite. It helps maintain self-awareness even in states of total abandonment.