

Mudra Sequence for Balancing the Chakras, By Lilian Le Page

Mudras are gestures that act as an energetic seal, allowing us to attune to specific vibrations in the Universe. The following mudra sequence brings balance to the Chakra system. It is a 15 minute practice, approximately two minutes per mudra with a small pause inbetween. This is a condensed version of one of our daily practices, which has 3-5 mudras for each chakra, as well as chanting and chakra visualization.

Find a steady, comfortable seated position with a straight spine and eyes gently closed. Become present to feelings and sensations throughout the practice. Hold each mudra 5-10 natural breaths. While holding the mudra, repeat to yourself the affirmation given for that mudra.

Begin with the palms together in front of the heart in Anjali Mudra. After five breaths, chant the mantra OM to begin your practice.

FIRST CHAKRA: MULADHARA



Focus of Attention: Base of the body, perineum.

Affirmation: I am always safe, grounded and protected at the very core of my Being.

Bhu Mudra: Gesture of Mother Earth. Place the fingertips of your right index and middle fingers on the floor, pressing them gently against the Earth, while the other fingers can naturally curl into the palm of the hand, to be held in place by the thumb. The palm of the left hand rests on the top of the left knee.

SECOND CHAKRA: SWADHISTHANA



Focus of Attention: Four fingers below the navel.

Affirmation: I flow with the rhythms of life, totally open to the goodness around me.

Yoni Mudra: Gesture of the Womb. Interlace the fingers inward in front of the lower abdomen. Extend the index fingers, placing the fingertips together. Do the same with the thumbs.

THIRD CHAKRA: MANIPURA



Focus of Attention: Solar Plexus

Affirmation: I align my personal energies and find my place in the world.

Matangi Mudra: Gesture of the Goddess of Transformation. Interlace the fingers in front of the solar plexus. Extend the middle fingers, pressing them together.

FOURTH CHAKRA: ANAHATA



Focus of Attention: Energetic heart at the center of the chest, slightly to the right.

Affirmation: I expand the boundaries of my heart to accept myself, others, and the world as they are.

Padma Mudra: Gesture of the lotus flower. Place the palms of the hands together in front of the heart. Keep the base of the palms together, with the thumbs and the little fingers joined, while spreading the other fingers wide, like an unfolding flower.

FIFTH CHAKRA: VISHUDDHA



Focus of Attention: Throat

Affirmation: I am totally purified in my inner truth and ready to recognize and share my vocation with others.

Shunya Mudra: Gesture of the Void. Rest the back of the hands on the top of the knees. Press the tips of the middle fingers into the palms of the hands at the root of the thumbs. Secure the middle fingers with the thumbs.

SIXTH CHAKRA: AJNA



Focus of Attention: Point between the eyebrows.

Affirmation: I surrender to each opportunity that life gives me as a gift for clarifying my vision and inner truth.

Jnana Mudra: Gesture of knowledge. Rest the back of the hands on the top of the knees. Place the tips of the thumbs and index fingers together, extending the other fingers.

SEVENTH CHAKRA: SAHASRARA (All Chakras included)



Focus of Attention: The Crown. On the inhalation, draw breath from the base of the body all the way to the crown of the head. On the exhalation, from the crown of the head all the way down to the base of the body.

Affirmation: So Ham, I am.....Brahman, Unity of Consciousness.....already always present.

Hakina Mudra: Gesture of wholeness, completeness. Place the tips of all the fingers together with space between the fingers. Hands in front of the solar plexus.