

BASIC MUDRAS

**Prayer Pose (Pranam Mudra)**

In Prayer Pose the palms of the hands are flat together to neutralize the positive (right, or male) and negative (left, or female) sides of the body. This is always used when centering yourself with the *Adi Mantra* in preparation for doing a *kriya*.

**Bear Grip**

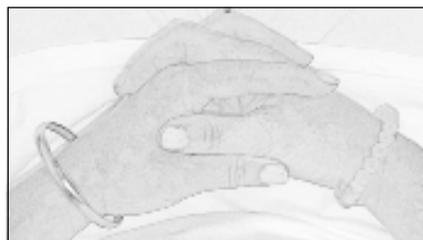
For Bear Grip place the left palm facing out from the chest with the thumb down. Place the palm of the right hand facing the chest. Bring the fingers together. Curl the fingers of both hands so the hands form a fist. This mudra is used to stimulate the heart and to intensify concentration.

**Buddha Mudra (Hands in the Lap)**

For a man, rest the left palm face-up in the lap with the right hand palm-up on top of it. Put the thumb tips together. The hand positions are reversed for a woman.

Venus Lock

This mudra is used frequently in exercises. It derives the name because it connects the positive and negative sides of the Venus Mound—the fleshy area at the base of the thumb—on each hand to the thumbs. The thumbs represent the ego. The Venus Mound is associated with the planet Venus and the energy of sensuality and sexuality. The mudra channelizes the sexual energy and promotes glandular balance. It also brings the ability to focus or concentrate easily when you rest the hands in this mudra in your lap while in a meditative posture. For men, place the palms facing each other. Interlace the fingers with the left little finger on the bottom. Put the left thumb tip just above the base of the thumb on the webbing between the thumb and index finger of the right hand. The tip of the right thumb presses the fleshy mound at the base of the left thumb. Reverse the entire sequence of alternating the fingers for women.

**Venus Lock for men****Venus Lock for women**

The tip of the right thumb presses the fleshy mound at the base of the left thumb. Reverse the entire sequence of alternating the fingers for women.

The Mastery of Simran

*Having practiced the Yoga of Sat Naam
the Mahan Tantric meditates on Wahe Guru.
In Gyan Mudra, he holds his breath and applies the
Mahabandh.
In Shuni Mudra, he gets the realization of Hari.
In Ravi Mudra, he recites the Wahe Guru Mantra.
In Buddhi Mudra, he receives the wisdom of Brahma.
In Brahm Yoga is the Mastery of Naam.
Oh Yogi! God comes and lives in your heart.
All errors, pains, and karmas fly away
when you chant God's Name and get liberated!*

—YOGI BHAJAN, *Furmaan Khalsa*