



DHYANA MUDRA

Mudras (hand gestures) promote health and spiritual wellbeing.



Dhyana Mudra, or *samadhi mudra* is a vital gesture in the practice of meditation. This *mudra* is executed in a comfortable, seated position (in *Sukhasana*).

Keep both the hands resting on the legs. Keep the palms facing upwards and extend the fingers. Place the right hand flat on top of the left hand, with the hands gently resting at the level of the stomach or on the thighs. The thumbs of right and left hands touch

to form a triangle which circles energy and promotes cleansing of impurities.

The *mudra* promotes the energy of meditation, deep contemplation and unity with higher energy. *Yogis* have adopted this *mudra* since time immemorial during their meditation and concentration exercises.

This *mudra* is widely found in our iconography. It is also said to be one assumed by the Buddha when meditating under the peepal tree before his enlightenment

Mudra, a tool for Surrender

Lalita Sahasranamam, the thousand holy names of Divine Mother, includes a potent *mantra*, *Dasa mudra samaradhya*, the Mother who is worshipped by ten *mudras*. Those adept in *Sri Vidya* worship are aware that the ten hand gestures are important aspects in *Devi Aradhana*. *Mudras* are thus vital hand movements that take the aspirant to higher realms of spirituality.

At the same time *Adi Sankara*, the universal teacher, provides a valuable tool of surrender and Self-realisation for those who are

unable to practice extensive *mudra* form of worship. In *Soundaryalahari*, the holy hymn-cum-*tantra* textbook, *Sankara* makes a plea to the Mother to treat “all my movements as my *mudras*,” (*Japo jalpa silpam sakalam api mudra virachana*).

He says, “Let all my mutterings become chanting of your name, let all my movements become my *mudras* for your worship, let my travel become perambulations around you, let my act of eating and drinking become fire sacrifice to you, let my act of sleeping become salutation to you, and let all actions of pleasure of mine become parts of your worship.”

This is the highest form of surrender where the aspirant thinks of divine form in every moment of existence amidst doing any type of action. This *mantra* is, in fact, recommended for mental recitation to achieve *atma jnana*, self-knowledge 🕯️

rishi@tattvaloka.com

Rishi