



The Hakini mudra helps thinking and concentration. Powers the brain.



The Vajra mudra transforms ignorance into wisdom. Symbolizes the five elements: earth, water, fire, air, and metal.



The Ahamkara mudra can be used when you are feeling "less-than" or fearful.



The Kalesvara mudra calms anxious thoughts and agitated feelings.



The Mukula Mudra's appearance resembles the bud of a lotus flower.
Represents new beginnings or start up a new enterprise.



The Prithivi mudra recharges the root chakra aligning it with earth energies.



The Akash Mudra helps to "center" your energies. It nourishes any part of your body that is lacking.



The Mahasirs mudra is used to help give relief for head-related afflictions. Headaches, stress, tension, etc.