

# MUDRAS FOR INNER SAFETY, STRENGTH

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## MUDRA FOR STRENGTH AND WISDOM

- Open hands—palms facing out.
- Use thumb to touch the second (middle) digit of the ring finger.
- Gently fold the other fingers over the thumb.
- Cross the right arm over the heart and place the right hand close to the shoulder but under the collar bone.
- Cross the left arm over the right and place the left hand under the collar bone.
- Relax into the feeling of safety and strength.
- Close your eyes.
- Breathe deeply and easily. Imagine you are taking each inbreath deep into the perineum. Deep into the roots of your being.
- Exhale and gently release all feelings of tension and anxiety.
- Inhale feel strong. Feel strength. Feel safe.
- Exhale and feel yourself feel yourself connecting with your inner wisdom. The wisdom that allows you to know what to do in the moment to protect yourself. Feel that you can live with great strength no matter what is facing you in the moment.
- Exhale, release the arms.
- How do you feel?

## MUDRA FOR STRENGTH & PROTECTION FROM NEGATIVE THOUGHTS

- Place your palms up and interlace your fingers so they are facing upwards.
- Cross your right thumb over the left.
- Place your hands over your solar plexus—the power center of the body.
- Take a deep breath and connect with the inner strength of your own being. Resolve that when negative thoughts come into your mind you will let go of them.
- Exhale and let go of all history of negative thoughts. Accept yourself just as you are. Right here. Right now.
- Hold the hold for as long as you like.