

# Kidest OM

Author. Coach. Consultant.

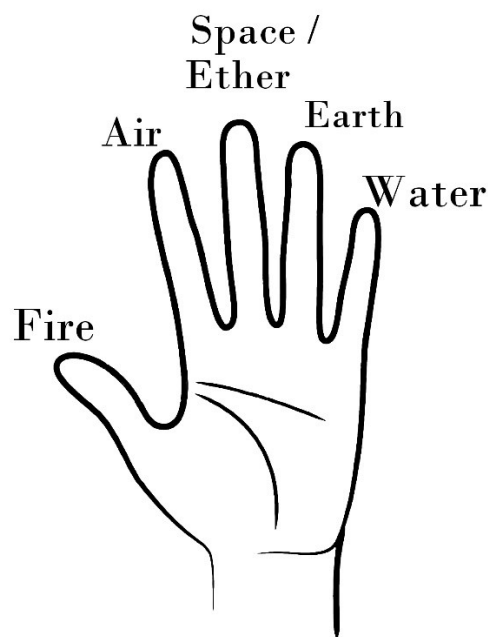
## USING YOGA MUDRA'S TO BALANCE YOUR ENERGY CENTERS

There are many tools available to help regulate the flow of energy, life force, through your body. One of these tools are Yoga Mudras, gestures of the hand and fingers that facilitate the flow of energy in your subtle bodies.

### THE FIVE ELEMENTS

The five elements of life (Earth, Water, Fire, Air, and Space or Ether) are represented in your hands.

You can use Yoga Mudra's to daily balance the elements in your body.

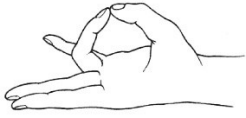

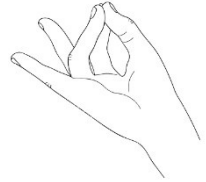

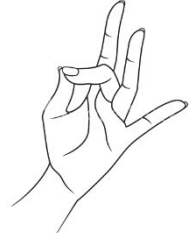


### BALANCING YOUR ENERGY CENTERS WITH MUDRA'S

The table below includes a list of some basic Mudra's you can use to balance the flow of energy in your subtle bodies and energy centers. There are many more gestures of the hand and fingers you can study and put to practice.


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Energy Center	Element	Mudra	Illustration
#1 Root Chakra	Earth	<b>Prithivi Mudra</b> Ring finger and Thumb	
#2 Sacral Chakra	Water	<b>Varuna Mudra</b> Pinky and Thumb	
#3 Solar Plexus Chakra	Fire	<b>Rudra Mudra</b> Ring finger and Index finger with Thumb	
#4 Heart Chakra	Air	<b>Jnana or Chin Mudra</b> Index finger and Thumb	
#5 Throat Chakra	Space/ Ether	<b>Akash Mudra</b> Middle finger and Thumb	
#6 Brow Chakra	Space/ Ether	<b>Akash Mudra</b> Middle finger, and Thumb  <b>Hakini Mudra</b>	See illustrations above and below.

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<p>#7 Crown Chakra</p>	<p>Space/Ether</p>	<p><b>Hakini Mudra</b></p> <p>All finger tips</p>	 <p>Hakini-Mudra</p>
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