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Mudras for Awakening Chakras
To activate your heart chakra, there are several mudras such as Anjali (Prayer) and Abhaya Hridaya (Courageous Heart). But my favorite mudra to activate anahata chakra is Auspicious mudra. This is a simple gesture where you place your right hand on your heart center and place your left hand over your right hand.

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Chakras are "Hot Spots" of energy where matter and consciousness meet. In yoga, meditation, and Ayurveda, this term refers to wheels of energy throughout the body. Energy passes through the ...

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Sonette from Sonesha Academy of Meditation presents a description and method for each of the mudras associated with the main chakras.

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Awakening Chakras with Hand Mudras & Mantra Sounds – 7 ...
Mudra is an ancient Sanskrit term meaning "gesture." We use mudras in yoga to cultivate a greater sense of awareness to certain energetic fields within the subtle body. In other words, we can use them to help us meditate and open up our seven main chakras.. And there are literally hundreds of mudras, each with its own unique symbolism and placement of palms and fingertips.

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Every chakra in your body has a chakra sound associated with it, also known as a bija mantra or seed mantra. These chakra sounds are very powerful when it comes to unblocking your seven chakras and awakening your kundalini life force.So, what exactly is seed mantra? In Hindu tradition the word bija means "seed", and it

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