

Meditation to Calm Your Mind and Strengthen Your Nerves

Brings mental balance, calm mind, and strong nerves

Eyes: 1/10 open

Breath: Long and deep

Time: 11 minutes

Mudras are believed to influence the flow of energy throughout the body. Surya ravi mudra is an *hasta* (hand) mudra, which is the most common type in yoga; although, there are also head, lock, postural and perineal mudras.

Known in English as the seal of the sun or the seal of life, **surya ravi** mudra represents vitality, sexuality, energy and balance. It is believed to have these benefits:

- Stimulates the nervous system and improves digestion
- Strengthens the body and increases stamina
- Boosts metabolism
- Strengthens intuition
- Supports positive transformation

Definition - What does *Surya Ravi Mudra* mean?

Surya ravi mudra is a simple hand gesture used to assist yogis physically, spiritually and symbolically during the practice of certain yoga asanas, *pranayama* and meditation.

From Sanskrit, *surya*, means “sun” and is also the name of the sun god. Likewise, *ravi* means “sun” and is the name of one of the *adityas*, which are the 12 sun gods that each shine over a different month. *Mudra* means “mark,” “seal” or “closure.” This mudra is also sometimes called *prithvi* (earth element) mudra.

To practice surya ravi mudra, the tip of the ring finger touches the tip of the thumb while the other three fingers remain comfortably extended.



Meditation to Calm Your Mind and Strengthen Your Nerves (Cont.)

Buddhi mudra is a simple yoga hand technique, or gesture, designed to balance the water element in the body and improve mental clarity. It is a *hasta* (hand) mudra and one of a series of therapeutic mudras thought to have healing properties. To perform this mudra, the tip of the little finger and the tip of the thumb touch with light pressure, and the other three fingers remain comfortably extended.

The term comes from the Sanskrit, *buddhi*, meaning "intellect" or "perception," and *mudra*, meaning "gesture" or "seal." It is also known as *Varuna* mudra, named for the Hindu god of water, and as *jal-vardhak* mudra from the Sanskrit, *jal*, meaning "water," and *vardhak*, meaning "enhance."



Yogapedia explains *Buddhi Mudra*

In English, this mudra is known as the seal of mental clarity. When the little finger, which symbolizes water and communication, touches the thumb, which represents divine nature and fire, the buddhi mudra signifies fluid communication and access to inner knowledge.

Practicing buddhi mudra is thought to develop psychic, intuitive energy and cure or provide relief from a range of diseases and ailments that result from a lack of water in the body, including:

- Digestive issues, including indigestion and constipation
- Skin disorders such as eczema and psoriasis
- Anemia and other blood-related problems
- Disorders related to the bladder and kidneys

Above information from Yogapedia...