

Garuda mudra.

This mudra will help you to connect with the energy of your heart. It helps to come back to our natural state, which is full of love, and kindness.

The fire in the body (thumbs) come together to warm up and lubricate the air (the element of the heart chakra), when it becomes dry.

Our heart sometimes needs a warm up, when we are hurt, the air element gets dry and cold.

This mudra, called eagle or garuda or butterfly mudra, helps us to balance both sides of the body, and to energise the body, to overcome tiredness and fatigue.

It helps us to let go, to protect our hearts, to feel loved and free in a gentle way.

It is also therapeutic for menstrual pain and digestion problems.

Gentle but powerful, these gestures support us in a physical, emotional and mental way.

Instructions:

Simply bring together your thumbs and spread your 'wings' like a butterfly in front of your heart.

take 10 deep breaths in and out, as you lower your head towards the heart, in a gesture that shows that your mind honours and bow to your heart.

Then simple touch your heart area with this butterfly mudra, thank her, and continue your day.

