

 **Daily Doga Inspirations by Maureen Ross, MA**
Awareness Centered Training – ACT Mudras

A mudrā - Sanskrit - is a symbolic or ritual gesture in Hinduism and Buddhism. While some mudrās involve the entire body, most are performed with the hands and fingers. A mudrā is a spiritual gesture and an energetic seal of authenticity employed in spiritual practice and other traditions of Dharma and Taoism. One hundred and eight mudras are used in regular Tantric rituals. In yoga, mudrās are used in conjunction with pranayama (yogic breathing exercises), generally while seated in Padmasana, Sukhansana or Vajrasna pose, to stimulate different parts of the body involved with breathing and to affect the flow of prana (breath) in the body.

1. Our Thumb is a reminder of awareness (self and others) so every time you touch your thumb, scan and look around, what's happening, observe, moderate and appreciate.

2. Thumb to Index Finger = Balance, something we need mentally and physically, especially as we age. Try standing on one leg while wrapping presents or gazing out the window.

3. Thumb to Middle Finger = Relationship - many middle fingers are used simultaneously for relaxation and releasing stress, as we flip the bird. Try touching thumb to middle finger next stressful time. You can only flip both fingers together, so less risk of raging someone.

4. Thumb to 3rd Finger = Education - dogs and dog parents - if there is one gift I wish for you is to learn something new every day. Take joy in observing, engaging and embracing differences in others.

5. Thumb to Pinky = Well-Being - Be kind to self. It's empowering to be kind to others too, even when you feel like flipping them the bird. Let it happen, learn, and let it go! This is a gentle reminder to center, breathe deeply nose-to-navel - and be grateful for our pets - our best friends, thank you!