

Meditation for mental and emotional balance and peace of mind

This is a simple, very effective meditation.

We put two highly powerful practices together –a breathing technique and what’s known as a mudra.

Mudra

Hands are more than just functional; they are an energy map of our consciousness and health. Each area of the hand corresponds to a certain area of the body and to different emotions and behaviours. The position the hand takes is called a *mudra* and is a technique for giving clear messages to the mind-body energy system.

This mudra involves putting all the digits of our fingers together to balance left and right brain and all aspects of our behaviours (see below). When we hold our fingers together like this, the meditation balances these qualities within us.

(Some of us may take up this hand position automatically when we are trying to think something through).

- Thumb represents our ego
- Index finger represents knowledge, openness to new things
- Middle finger is patience, commitment, resilience
- Ring finger is health, vitality, intuition
- Pinkie finger is communication

Breathing technique

We normally breath around 15-24 times a minute. That is very shallow and close to setting off a stress response. When we lower the breath to 4 x minute, the changes below automatically happen. We don’t have to do anything more than lower the breath to achieve these very desirable outcomes.

- The stress response is turned off
- Left and right brain balance
- We feel calmer and more relaxed
- Immunity is boosted

Do the meditation with me in the 3-minute meditation video

