

GANESHA MUDRA & Meditation

THE GANESHA MUDRA: (Repeat x 6)

- Turn your right palm to face out.
 - Turn your left palm to face in.
 - Clasp your fingers together
 - Hold your hands/arms at heart level
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- **Fully Inhale.** *Fill your lungs up to their fullest capacity.
Let go of the tension.*
 - **Fully Exhale.** *Empty your lungs until they are completely empty.
Vigorously pull on hands without letting go.*



Open Your Palms and lovingly place them over your heart.

- *Notice any sensations in this part of your body.*

Breathe in and Visualize

- *Calling upon and receiving the wisdom, strength and courage of Ganesha*
- *Opening Your Heart & connecting with your inner knowing*
- *Your intentions for this year*
- *Possibilities of exploring/learning something new*

Breathe out and Visualize

- *Any obstacle (known or unknown)*
- *Anything holding you back*

When you are done, take a few moments, close your eyes

- *Visualize a clear path; openness*
- *Pathway is clear for you to continue what you want and need to do.*
- *Outcome that will serve you in the best possible way / for your highest good*

Benefits of the Ganesha Mudra & Meditation:

- Brings energy, brightness & strength to the Heart center
- Opens up Lungs / Releases tension in the chest and shoulders
- Helps lift any heavy or stuck feeling in the heart
- Very good for heart ache; sadness; depression; inertia
- Opens the 4th Heart chakra; associated with Unconditional Love, Compassion, & Joy
- This mudra provides a bridge between the lower and upper chakras
- Gives space and courage to live with an open heart.