

Mindful Movements to Awaken the Energy of Green Tara

The energy of Green Tara includes fearlessness, healthy boundaries, fierce motherly love, protection and compassion for ourselves and others. Mindful Movements help us ground ourselves into the present moment, while bringing intention and meaning into our lives—and can help us to awaken the energy of Green Tara!

The ancient systems of martial arts (tai chi, qigong, aikido, etc.) and yoga embrace practices that can awaken energy (chi/qi or prana) within the body. They use mindful movements that promote self-healing, increase awareness and dissolve stress. Yogis and martial arts practitioners learn how not to think, how to go beyond thinking to a state of meditative union with higher consciousness.

Chinese and Japanese martial arts practice focuses on bringing awareness to the (lower) Dantian, an energy center in the body that connects to universal life-force, the greater mind of the universe. The Dantian is described as the “root of the tree of life”, and seen as the original source of internal energy or “qi/chi”. This energy center is located 2-3 inches below the navel, and 1/3 of the way into the body. It is seen as one’s personal energy store; the focus of individual power, intuition and creativity.



Indian yoga philosophy and practice recognize energy centers in the body as chakras. The 2nd (sacral) chakra is located in the lower abdomen 2-3 inches just below the navel (similar to the Dantian). This chakra is said to be blocked by fear. Opening this chakra can boost creativity and confidence. It is seen as the link between experiencing the world with our senses, reacting to it with our feelings, and evaluating it all with our mind. It is also the center most associated with relationships, intimacy and sexuality. While the base (root) chakra gives one a stable foundation for exploring, the sacral chakra provides the joy of life necessary for seeking out and enjoying new experiences.



Activating Energy Centers In Our Body That Can Awaken Green Tara Energy...

ENERGIZING THE QI - ACTIVATING HEALING ENERGY IN YOUR HANDS

Rub the palms of your hands briskly together for 15-30 seconds. Hold hands out in front, palms facing each other. Keep your elbows close into your sides. Slowly bring hands together, as close as you can without touching., then slowly bring hands apart, so that they are separated by 6-12 inches. Repeat process several times, bringing hands together and apart. Be slow and steady. Pay attention to palms of hands. There may be a sense of pressure or thickness between them; warmth; buzzing; tickling; pulsing; or other sensations. You're feeling energy that you can use (with intention) for self-healing.



CLOUD HANDS helps with mind racing, stress relief and insomnia

Imagine holding ball of energy, moving it suspended in air, one hand on top, other on bottom, shifting from side to side as you move your hands closer, then farther apart. Do this in horizontal, then vertical positions.



BREATHING INTO DAN TIAN ~ Dan Tian: place where nourished before birth

Focus on breathing from your center (~2" below navel). Legs are shoulder width apart. Knees bent gently. Hands on Dan Tian. Breathe in and out. Begin to gently shift weight from one leg to the other, continuing to be aware of center.

All Movements emanate from Center

CONNECTING HEAVEN & EARTH

Visualize letting go of fear, worry, anger. Send energy to heaven and earth, receive support back. Hold ball of energy in front of stomach, with hands in horizontal position. Inhale, raise one hand palm up to ceiling, and push other hand palm down towards floor. Stretch in arms and ribs. Exhale/inhale. Exhale, bring arms back to stomach holding ball.



Mindful Movements to Awaken the Energy of Green Tara

In Yoga, MUDRAS are mindful movements with hand gestures used during meditative practice that help to channel and recharge one's intention and energy. They are powerful tools for self-care and empowerment. The Abhaya and Varada Mudras can help awaken the energy of Green Tara, support you as you step fearlessly into your light, while receiving loving protection and offering compassion to others...



THE ABHAYA MUDRA

This mudra is the “Gesture of Fearlessness” & related to the concept of fierce compassion. It may be helpful when you need to strengthen your boundaries while still opening your heart with confidence. It can invite more fearlessness in how you engage with the world.

- Cultivates better sense of awareness of the Present Moment and Overcoming Fear.
- Promotes the energy of protection, peace, strength and courage.
- Offers a sense of strong, deep inner security.
- Opens energy channels to aid the free flow of prana.
- Helps with emotional balance and energizes the feelings of joy.
- Calms the mind and helps relieve stress and anxiety.
- Hinders pressures of the outside world from entering the mind.



Abhaya

THE VARADA MUDRA

This mudra means “Favorable Gesture” in Sanskrit. It is symbolic of giving, compassion and sincerity. The 5 extended fingers symbolize Generosity, Morality, Patience, Effort and Meditative Concentration.

- Opens the mind to compassion and love.
- Helps to remove anger from the mind and free oneself from possessiveness.
- Offers a welcome greeting, compassion, sincerity, offer to help others.



Varada

Mudra Practice to Awaken the Energy of Green Tara

- Hold your right hand with palm facing forward at shoulder level, elbow next to body.
- Place your left hand extended downward, palm facing out, fingers extended.
- Close your eyes. Take a few deep breaths.
- Focus on breathing into the energy center just below your navel.
- With loving intention, repeat the following:

“Om Tare Tuttare Ture Soha”

“I am stepping fearlessly into my light.”

“I am ready to receive & offer the loving protection, wisdom, and strength of compassion.”

- Before opening your eyes, place your hands on your chest and imagine holding the beautiful Upala lotus flower next to your heart, knowing that you have awakened the energy of Green Tara within you.

