

Namaste | Anjali Mudra

Often referred to as prayer position, it connects the left and right sides of the brain enabling communication between the two sides. This is a customary gesture of greeting in India; it expresses "suchness" (tathata). Meaning "two handfuls," this is the Mudra of offering and devotion.

Place the hands in the position for prayer, but instead of pressing the hands together completely, the fingers form the shape of a bud, leaving a small space in between the palms as a symbol of opening our heart to a greater understanding.

