



Garuda Mudra

Garuda, the mount of Lord Vishnu, is a mystical bird, and venerated as the king of birds, sky and air. Garuda is known for its sharp eyes, distinct sense of orientation and strong survival instinct. It is also massive: With its wings spread out, it is large enough to block out the sun.

The Garuda Mudra is designed to invoke the powers of this royal bird, and acquire a meditative disposition, reminiscent of Garuda's constant thought and love of its master.

The mudra is simple to practice:

- Clasp your thumbs, and place your right hand on top of the left hand.
- Place your hands on your lower abdomen.
- Remain in this position for about 10 breaths, and then slide your hands up to your navel.
- Stay there for about 10 breaths, and then place your hands on the pit of your stomach.
- Remain again for about 10 breaths, and then place your left

hand on your sternum (breastbone), turn your hands in the direction of your shoulders, and spread your fingers.

The mudra can be practised three times a day for about four minutes each.

Garuda Mudra activates blood flow and circulation, invigorates the organs and balances the energy on both sides of the body. It is particularly useful in balancing the *vata* (wind) energy in the body. It helps to deal with exhaustion and mood fluctuations.

Those with high blood pressure should exercise care in doing this mudra.

It is wise to remember that Garuda is venerated as the great foot of Vishnu, the other being Hanuman. There is also a view that Garuda is an *amsa* of Rudra or Siva. When the mudra is practised with a *bhava* of veneration, needless to add, the benefits are multiplied 🕯️

rishi@tattvaloka.com

Rishi