

Padma means a lotus flower, one of the most powerful symbols in the spiritual traditions. The life of the lotus begins in the dark and mud at the bottom of the pond. As the lotus grows and ascends upward toward the light, it passes through the water clean, pure and unmuddied, not affected by its surroundings, emerging above the water and into the light of day unscathed, perfect, whole and beautiful. It is a picture of our spiritual ascension and living in the world but not being affected by it.

The Padma Mudra is from the family of prayer mudras. Padma Mudra is held in front of the heart center which is the home of the Anahata Chakra. Begin in Anjali Mudra keeping the tips of the little fingers, thumbs and the base of the palms together. Separate the ring, middle and index fingers apart to form a lotus with open petals. Hold for a few breaths focused at the heart and throat. Sense the light and energy rising upward from within the lotus. Close the blossom by bending the fingers and bringing the nails together, then the backs of the fingers, then the backs of the hands, letting the fingers point down as you relax the hands. After a few breaths reverse back into the open blossom.

Padma Mudra evokes an opening both to ourselves and to spirit and allows for the complete integration of daily life and spiritual practice; opens and integrates body, mind and spirit, and draws heart energy into the upper chakras.



Padma Mudra
(Lotus Flower)