



Vajrapradama Mudra (Unshakable Confidence)

Vajra has several meanings that include “thunderbolt” or “lightning bolt” and also “diamond,” all of which bring to mind the image of something luminous, powerful and indestructible. Vajra also means the true self, which contains these qualities. Pradama means trust or confidence. Vajrapradama Mudra evokes unshakable self-confidence and inner strength. This confidence is centered in the heart which forms a bridge between personal self-confidence and spiritual certainty or faith.

Thunderbolt or lightning bolt is considered in yoga to be an expression of powerfully focused energy. In Buddhism the thunderbolt represents the ultimate weapon against doubt. Vajrapradama Mudra symbolizes unshakable confidence and practicing it can remind you of both your personal power and your faith in something greater. Practice this Mudra in **Vajrasana** (Thunderbolt Pose) to let go of self-doubt, mistrust of others or hopelessness in the face of obstacles.

Practice Vajrapradama Mudra for opening the heart, which is the center of spiritual practice, the center of compassion for ourselves and others. Remember, even in the most difficult situations there is a part of ourselves that is always whole and balanced, ready to meet life’s challenges. This center is the heart and Vajrapradama Mudra allows you to connect to it at any moment.

Interlace the fingers in front of the chest with the palms facing toward the heart and thumbs facing upward. Open the hands away from each other creating a gentle stretch to the fingers. Rest the hands on the current of energy surrounding the heart.

The hands in front of the heart form a net or a web and symbolizes the interconnectedness of all that exists. By forming the shape of a net or web in front of the heart we acknowledge our interconnectedness with all that exists and we awaken compassion for others and ourselves.

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