

Healing

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Featuring: Kali Ray

✿ Mudra:

A sacred gesture for uniting body, mind, and spirit

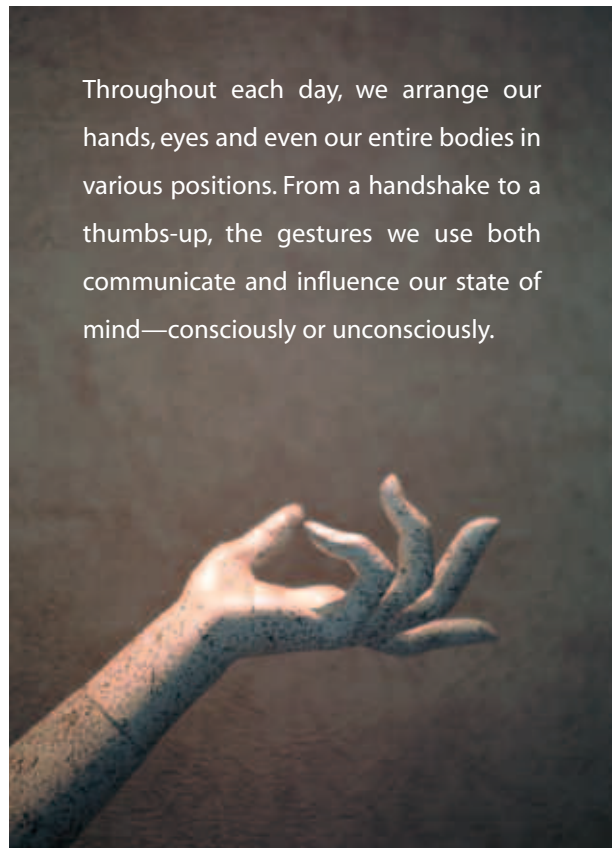
By Felicia M. Tomasko

In different traditions, from dance, yoga, or chi kung, to musical performances and spiritual practice, the intentional use of gestures can influence our thoughts, emotions, and health as well as the flow of energy within our bodies. Yoga philosophy describes an intricate array of hand poses known in Sanskrit as mudras. The word *mudra* means seal, and they are believed to be positions that draw in and affect energy.

Malibu, California-based yoga master **Kali Ray**, originator of Tri-Yoga, believes in the energetic potential of mudras. She teaches mudras because of their powerful mind-body healing.

Ray translates this to her students through the intentional practice of mudra. She says even the simplest mudras can be quite profound and allow for the communication of the inner and outer self. Rarely in our lives are our hands performing the exact same movement. “Synchronizing and matching the movements through mudra has the effect of balancing the activity of the right and left hemispheres of the brain,” Ray adds.

Throughout each day, we arrange our hands, eyes and even our entire bodies in various positions. From a handshake to a thumbs-up, the gestures we use both communicate and influence our state of mind—consciously or unconsciously.



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