Mudras for balancing The Solar Plexus Chakra

Manipurchakramudra (Mudra of Solar Plexus Chakra)

Perform this Mudra in a seated position. Place the palms facing downward, slide the right index finger over the left index finger, them under the middle finger and rest it over the left Ring finger. Curl the left Middle finger, pressing down on the right Index finger

Curl the right middle finger so it's pressing down on the left index finger. Join the tips of the Ring fingers and Little fingers together. Join the tips of the thumbs together slightly pressing. Hold this Mudras in front of the solar plexus.

Perform the Mundras twice a day, once in the morning, once in the evening for a least 5 minutes

Rudramudra (Mudra of Lord Shiva)

This Mudra is performed seated, Place the hands on the thighs with the palms facing upwards. Touch the tip of the thumb with the tip of the index finger and the tip of the ring finger, pressing lightly.

This mudra should be performed for a least five minutes and up to 40 minutes