



Sarah Finger: Mudra, Mantra, and Kriya



Sarah Finger is the Co-Founder of ISHTA Yoga and the private yoga teacher to Deepak Chopra. Explore how to harness the ancient tools of tantra and meditation using hand gestures, sound and movement to elevate your consciousness and leave you feeling balanced, replenished and connected.

TOP EMBODIMENT TIP: As Paramahansa Yogananda said, “The real Kriya yoga way, the life-force control, is not a bypath. It is the direct highway, the shortest route to divine intelligence.” Every breath is an inspiration “to be with spirit”).

What is Mantra?

- **Mantra is a way that we liberate the mind using sound, which is vibration, to alter our consciousness.**
- It Affects our nervous system and impacts us on a neurological level.
- The Reishis who wrote the ancient texts of yoga, the Vedas, developed mantras as a vibrational language to access different parts of our being and our consciousness.
- The mantra, “Hum-Sa” (or “So-Hum”) is a mantra of purification and transformation. It helps us tune in to the primordial sound of oneness (Brahman), the infinite field of intelligence that we’re all a part of.

Hum-Sa Kriya: Purification of Our Consciousness

- Hum-Sa Kriya is a purification technique that was passed down by Paramahansa Yogananda for the purification of our consciousness.
- The Shushumna and Brahmanadi (along the spine) help us move from transcendence, “Shiva” at the crown of the head (divine knowledge) to manifestation, “Shakti” at the base of the spine (the divine feminine).
- We can access the divine intelligence that is available to us in every breath, in every moment and feel it inspiring each cell of our bodies.

Mudras: Hand Gestures or Seals of Energy

- Hands occupy 30% of the motor cortex in the brain. What we do with our hands lights up different circuits in the brain. Mudras help stimulate the brain to shift our consciousness in very specific ways.
- **Padma Mudra:** our own ability to bloom, blossom and rise above the mud like the lotus flower.
- **Hakimi Mudra:** helps build focus and concentration, giving us a sense of direction and execution.
- **Karuna Mudra:** helps create a circuit of prana in the body and wards off negative energy.

Resources:

- ❖ **Website:** saraplattfinger.com



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YogaAnatomy.net is how Kaminoff connects with his students all over the world - and the first ever online yoga studio for advanced studies. His passion is teaching teachers, and YogaAnatomy.net has become the go-to resource for Teacher Trainers planning a YTT, and advanced teachers who want to deepen their knowledge and transform their teaching.

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