

Mudras For Fertility

Enhancing Energy Flow, Aligning the Body – Mind – Emotions and Spirit

Creating Calm, Centering Yourself, Bringing Energy to Your Body for Enhancing Your Fertility

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Mudras for Fertility

Mudras are hand postures from yoga that enhance energy flow throughout the body while aligning the body, mind, emotions and spirit. Mudras are a wonderful form of yoga to practice, especially for mothers, as it is a way to harmonize one's full spectrum being, while also being in a restful position. Mudras are Health in Your Hands!

Hold the mudras for 1 ~ 3 minutes. Each mudra invokes a thought pattern or vibration within the body, mind, heart and soul. Breathe deeply into the belly while holding the mudra with full inhaling and exhaling to energize and harmonize your body.

Mudras are a great way to create instant calm, center yourself, bring in energy, enter into meditation, and connect. Mudras make integrating yoga into your daily practice easy! I have included an affirmation to use with each mudra. Affirmations are powerful for manifesting your desires.

Enjoy!

Joy and Blessings,

Lisa

Birth and Natural Fertility Coach

Reiki Master

Doula/Monitrice

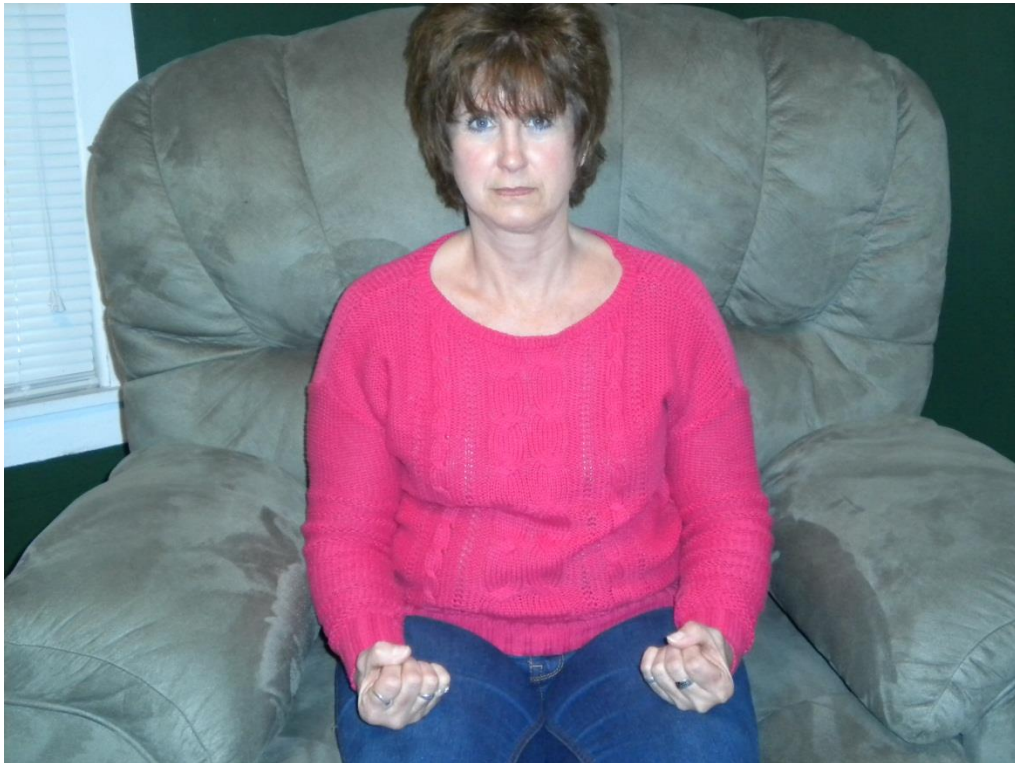
Surrender

Hands are held in fists facing up.
The back of the hands rest upon the knees.

Increases vitality, energy, and concentration.
Opens the body, mind and spirit to total trust.

Surrender to the process!

Affirmation: */surrender to the power of nature as / celebrate a new cycle of
birth within me.*



Heart and Soul Connection

Hands extended in a circle in front of the heart.

Left hand over the right hand.

Palms facing the heart.

Opens the heart energy.

Protects the emotional body.

Integrates the heart and soul energy fields.

Open your heart to the love that radiates outward and feel the connection to the soul of the baby that is coming to you.

Affirmation: */ deserve the best outcome and with joy / am thankful for a new life.*



Happiness

Elbows out to each side.

Index and middle fingers pointing up to the sky.

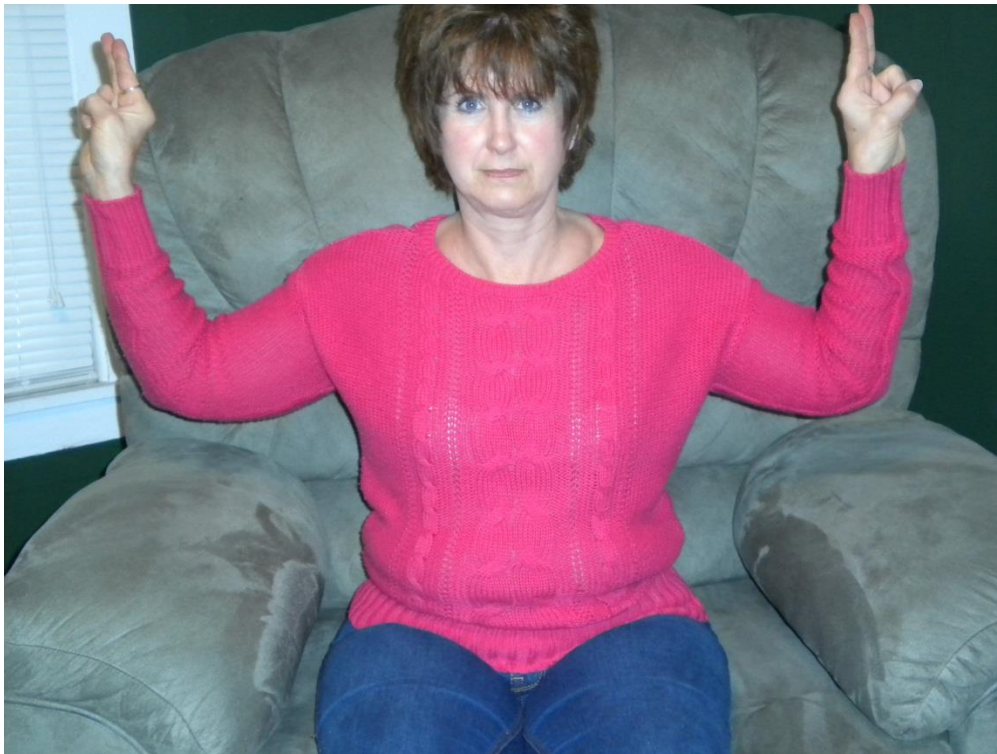
Thumb over other fingers.

Brings energy to the third eye and crown chakra.

Uplifts energy, mood, spirit and happiness.

Feel your happiness in your body and soul.

Affirmation: I allow my creative energies to work through me and bring me a healthy pregnancy and baby.



Releasing Fear

Left hand under belly facing up.
Right hand open facing forward.
Right elbow out at shoulder level.

Letting go, releasing all fear.
Transmuting fear into trust, love, and faith.
Connecting your trust in the future with your core self.

I release all fears about my fertility and conception.

Affirmation: *I now release all emotional blocks that prevent me from conceiving my baby.*



Heart Healer

The fingers of the right hand touch the center of the sternum.

The left hand faces up resting upon the knee.

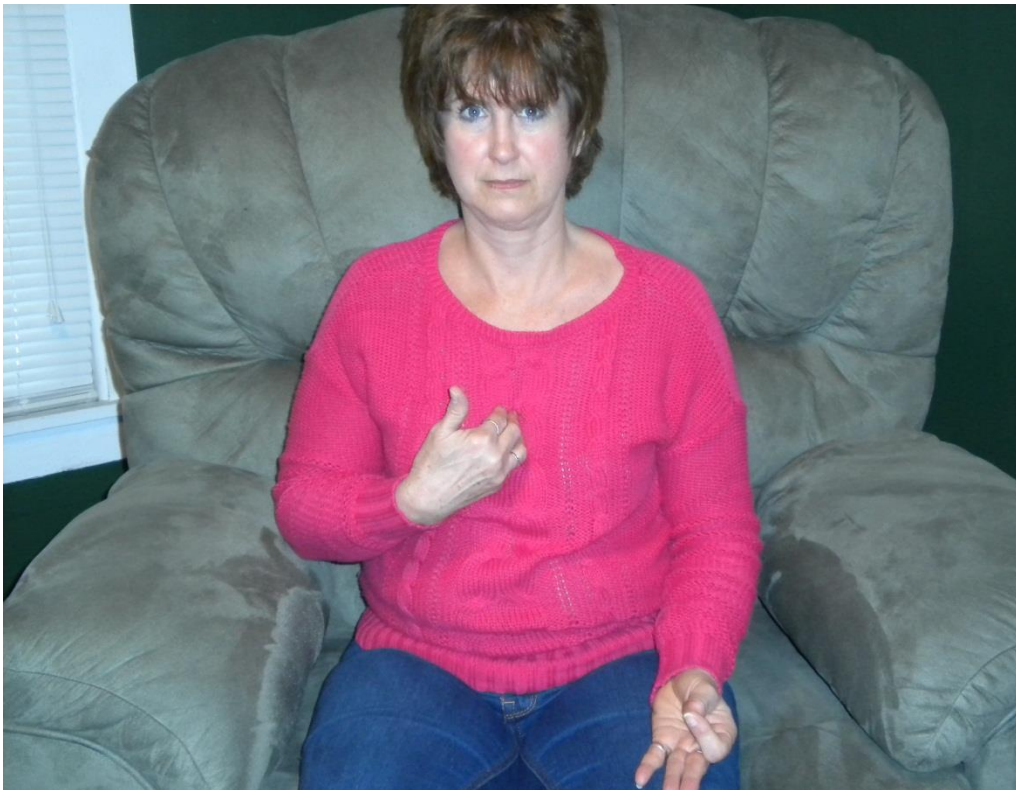
The left thumb and index finger are touching.

Heals a hurt heart.

Calms the emotions and balances the emotional body.

I heal the hurt I have held in my heart regarding my fertility.

Affirmation: *As my sadness lifts away, a renewed sense of hope settles in my heart.*



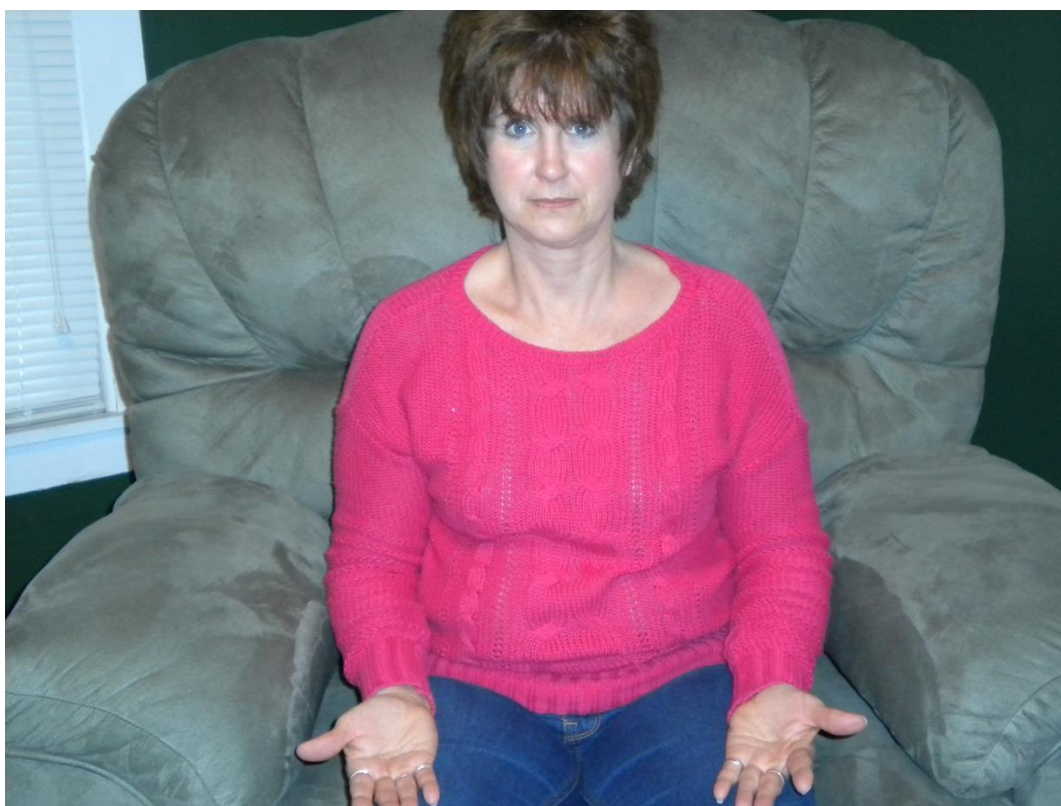
Truth

Hands open and palms facing up.
Backs of hands resting upon the knees.

Knowing peace.
Finding truth through divine insight.
Discerning the right path to take.

Open to your inner knowing and truth.

Affirmation: */trust my body.*



Prevent Exhaustion

Rub the earlobes of both ears.

Massage in small circles with thumb and index finger.

Releases stress.

Energizes and invigorates the mind and body

Balances the third eye chakra.

I release the exhaustion of worrying about my fertility.

Affirmation: *I now choose positive thoughts that nurture and support my life.*



Mother Nurturing

Touch the fingers of each hand to the chest above each breast.
Notice if there is a tender or sensitive pressure point in this area.

Restores the nurturing energy that mothers give.

Mothers the mother.

Nourishes the mothering energy.

Supports and balances hormones.

Affirmation: / now choose positive thoughts that nurture and support my life.



Patience

Arms and elbows out to each side fingers pointing up.

Thumb and middle fingers together.

Centers and calms the emotions and mind.

Endurance, strength, and courage for challenging times.

Protects your energy field from the energy of others.

Affirmation: / set my worries aside and allow my body to do its job.

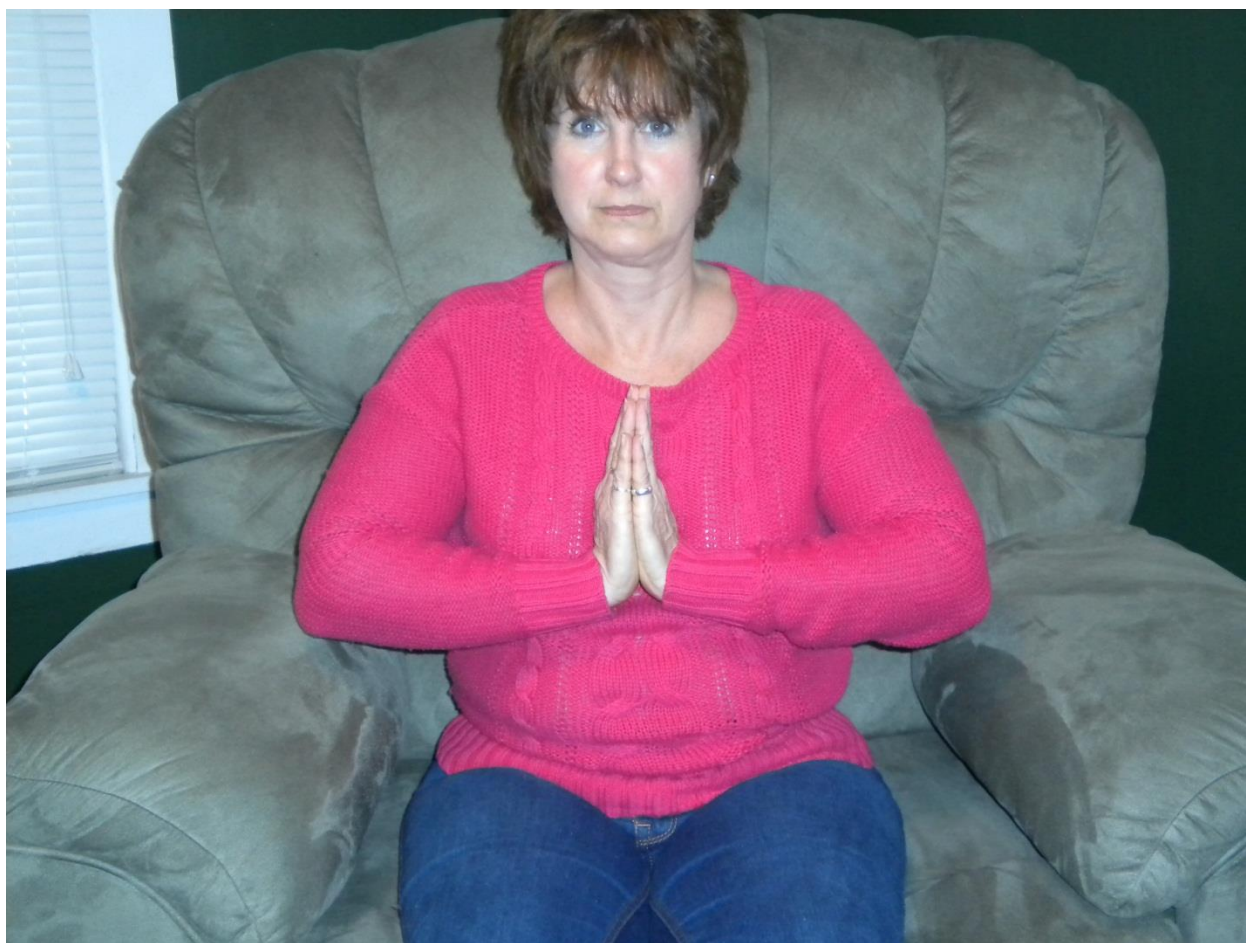


Prayer

Touch the palms of each hand together.
Hold hands touching the center of the heart.

Balances the left and right hemispheres of the brain.
Centers one to receive spiritual guidance.
Enhances intuition, clarity, and focus.

Affirmation: / now access my spiritual abilities and intuitive perception.



Lotus Flower

Base of palms together at wrists in front of heart.

Fingers opening to the sky wide.

Balances the heart chakra.

Opens the heart and capacity to love more.

Affirmation: */am safe and /am loved.*



Strength

Touch the palms of each hand together.
Hold hands touching at the center of the heart.
Spread the fingers wide and point outward.

Builds inner strength.
Increases resilience in times of stress.
Improves energy levels and balance.

Affirmation: *I focus on the power of now.*



Heart Chakra

Hands open facing up resting upon the knees.

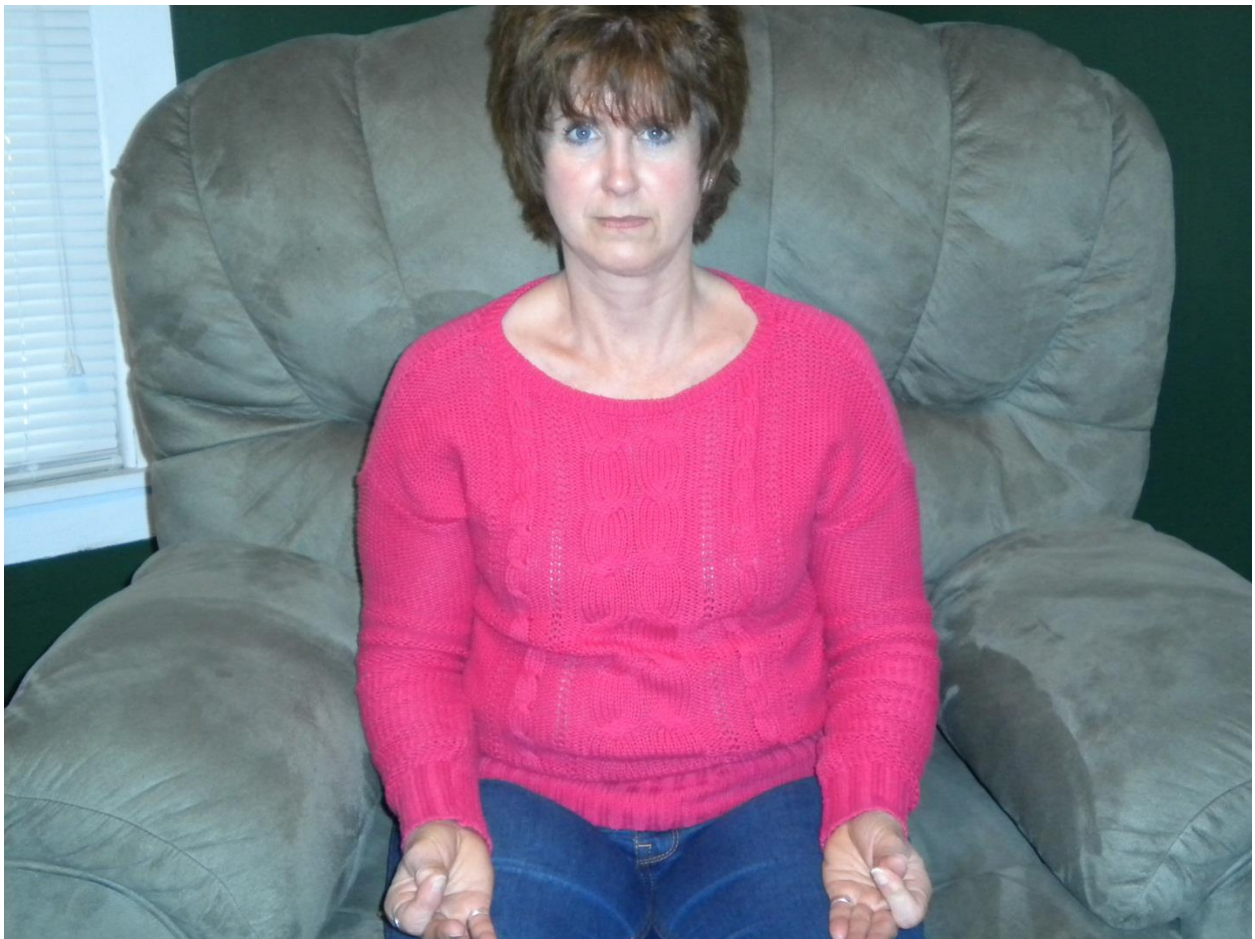
The thumb and index fingers are touching.

Balances and harmonizes the heart chakra.

Creating a centered coherent vibration within the heart field.

Opens one to feel appreciation, gratitude and love.

Affirmation: *I graciously accept my creative power.*



Divine Guidance

Open the palms of each hand to the sky.
Hold hands in front of you and gaze into them.

Receiving divine guidance.
Opening to miracles.
Enhances intuition and confidence.

Affirmation: */surrender to the healing forces of the universe.*



Opening

Open the palms of each hand to the sky.
Hold the elbows out to the side at the level of the heart.

Open to divine wisdom and inner guidance.
Welcoming abundance and expansion.
Receptive to the perfection of the sacred flow.

Affirmation: */ am thankful for all / am and all / have. / am at peace.*



For more information on Natural Fertility,

Visit Lisa at www.womensintegrativehealthny.com

Or contact her at: 518-307-9810

