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ABHAY MUDRA

In continuation to my thread on Mudras.

Abhay Mudra is an important gesture in Indian iconography.

In it, the right hand is raised & opened, straight up, raising forward.

Abhay literally means fearless and the gesture indicates blessing, protection & reassurance



The gesture is ancient and widespread and is found in the iconography of Buddhists, Jains and Hindus.

Bhagwan Buddha and the Tirthankaras are frequently seen using this gesture. Bhagwan Shiva, in his Natraja, or divine dancer, pose has his upper right hand in the abhaya mudra.



In Thailand, and especially in Laos, this mudra is associated with the movement of the walking Buddha (also called 'the Buddha placing his footprint'). It is nearly always used in images showing the Buddha upright, either immobile with the feet joined, or walking.

Abhaya mudra is a 'seal' used during yoga and meditation practice as a means of channeling the flow of vital life force energy known as prana. This gesture is used to dispel fear and develop courage.

For maximum benefits, it should be practiced daily for up to 30 minutes.

