

Twitter Thread by Ayur Arogyam



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Shakti mudra - A mudra for sound and peaceful sleep

- This mudra helps to keep the tridosha (Vata, Pitta,&Kapha) in balance
- Helps to keep manas /mind calm and easy
- Influences our central nervous system
- Widely done before homas after pranayama to maintain focus 1/2



Do this mudra 15 minutes before going to sleep as below

- Do a 3 to 11 (Reverse count if possible) count of Pranayama
- Do Shakti mudra for fifteen minutes by chanting any Shloka /mantra or ishta devata
- Complete thanking "Nidhra Devi " (Goddess of sleep)



You will feel calmness before hitting the bed and feel energetic the following morning when you wake up from bed

It's more beneficial if you do this on a Dharbhasana as it helps you to focus inward (Chakras) by acting as a shield from energy disruption /distraction



If not place a towel or wodden plank asana and do this

As these mudras does activate the Chakras of our body

7 Chakras in Human Body

