



Capacitar Practices to Transform Anxiety and Fear Hand Mudras for Protection



At this time of global pandemic with the Covid-19 virus and with economic insecurity around the world, Capacitar offers simple healing practices to boost the immune system, to transform feelings of anxiety and fear and to connect with inner wisdom and resources so we can reach out as persons of light to our families and communities. In each moment we have a choice: to react with negative energy and panic or to see the reality of the times choosing a positive response or action to transform the energy of the moment. For the Capacitar Emergency Kit (in 27 languages): www.capacitar.org or for short videos of the practices see the Capacitar International YouTube channel.

Hand Positions for Protection (mudras) have been used by the people of India for thousands of years to awaken positive attitudes, spiritual strength and inner wisdom. The following positions develop a sense of safety and protection when faced with external dangers, violence or disasters. They help you to deal with negative people or situations. They empower you when feeling overwhelmed by negative self-talk, stressful memories of the past or the reality of the moment.

For Protection from External Dangers

Place your thumbs on the second joint of your ring fingers and form fists with the other fingers. Cross your right arm over the center of your chest (the heart center), with your fist at the level of the shoulder. Cross your left arm over the right forming a shield of protection from external dangers, disasters or violence. Breathe deeply into your abdomen and down into your pelvis. Feel grounded, focused and connected to your deep inner wisdom knowing how to appropriately and quickly respond to any crisis or stressful situation. When centered, you have the security and strength to handle any challenging situation.



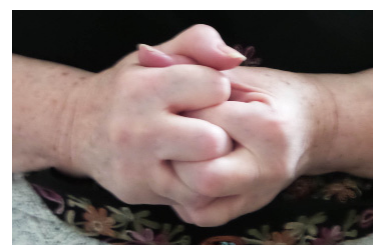
For Protection from Negative People or Environments

Raise your hands in front of your chest with fingers extended upward and palms facing each other. Cross your right hand over your chest (heart center) with fingers at shoulder level. Cross your left hand over your right, palms facing outward, forming a shield of protection in front of your heart. Breathe deeply into your center and feel strength, courage and healthy boundaries in the face of negativity or stressful situations around you. This position develops a sense of protection and safety from the negative energy projected by others or from negative environments. You can stay peacefully centered with strength and confidence in the midst of challenges.



For Protection from Negative Thoughts within Yourself

Often when we live in times of anxiety and fear, negative self-talk comes to us. This practice protects us from ourselves. With palms facing upward, interlace your fingers. Close your hands and place your right thumb over your left. Hold your joined hands in front of your body at the level of the solar plexus, your center of power. Breathe deeply into your pelvis and solar plexus connecting with your inner wisdom and power, gently breathing out the negative images. Rest within your true self, knowing that the limiting thoughts and negative ideas are from the past. You know who you really are beyond the negative thoughts and they no longer have power over you. Feel safe and confident, strong and peaceful within yourself.



Resting in your Safe Place

Place your right hand over your heart center, and your left hand over your right. Relax your head and shoulders surrendering in the present moment. Breathe deeply into your heart center open to the love and wisdom within you. As feelings emerge, see all with self-compassion and surrender to the higher wisdom guiding you.

