

# Our Hand Gestures Are Sacred— *Let's Use Them More Consciously!*

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**O**ur hands are sacred extensions of our hearts when we are involved in any loving activity that serves life and others. Consider the lesser-known chakras within our hands that are activated whenever we engage them in sacred work. Beautiful energies are emitted from them, which are a blessing and a boon. Our consciousness is extended through our arms, hands and fingers, which expand the reach of our heart chakra. They are close to the level of our heart chakra, so its energy can move through our arms, hands and fingers to help heal and benefit life.

Consider all the gestures that we make and the things that we do with our hands. We can choose to make these gestures much more consciously and often more slowly, as if engaging in Tai Chi or Qi Gong movements. What we put our attention upon, we become. We may engage with the Eternal Now by using our hands more reverently and holily, with honor, respect and conscious attention, because we are magnifying everything with the energies that flow through them.

What we place our attention



upon receives our energy. We also draw to ourselves the energies of what we focus upon. To co-create the world that we truly desire, we can choose to be positive and to consciously avoid negativity and dark energies that lower our awareness. Consider how our attention is wrapped up in what we do with our hands—whether it's using computers, preparing food, cleaning the dishes or our clothes or homes; whether it's working in our gardens



by planting, watering, weeding, or harvesting the fruits of our labors. Everything becomes sacred when we feel the vital energies of spirit articulated through all our gestures and the movement of our hands. It's amazing what we actually do in a given lifetime with our hands.

So, let's consider some of the gestures or mudras we naturally make with our hands. One of them is the prayer mode where our palms

are together and the fingers point up. Many people naturally pray with this mudra. What does this gesture do? The chakras in the hands are connected, and a special power is generated that flows upward as the fingers also connect and point upward. Our hands and fingers work together to raise our energies and consecrate them in prayer.

Now make this gesture, and see if you can feel the energy in your hand chakras activated by this prayer mudra. Do you experience your auric energies amplified and maximized? People often pray to God for the healing of others. When we offer difficult situations to the Divine One and use this mudra, through the magic of our surrender (our acceptance of a higher way or will), an empowerment often arises that precipitates the perfect answer or response from heaven.

When something precious has happened in your life, you may naturally bring your hands together over your heart and smile. You may also breathe out and say, "Ahhh." Maybe someone has just told a story that brought you to tears of joy. Why do we make this gesture? Because love has been



