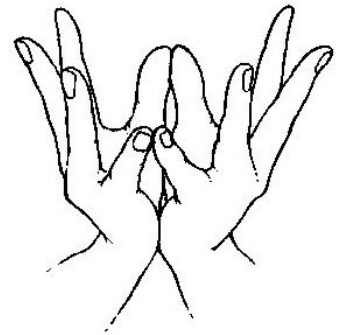


## Lotus Mudra & New Moon Prayers

*With this mudra, our intention is to float above the muddy waters of desire, fear and attachment, and know that as long as we stay rooted, we can move toward the light and emerge as the best version of ourselves.*

### BENEFITS OF THE LOTUS (PADMA) MUDRA

- Connects us to our heart chakra and taps into the energetic qualities of the heart, including compassion, forgiveness, affection and loving kindness.
- A great reminder of the beauty and grace that is within and around us.
- Helps us feel rooted and strong like the stem and roots of a lotus flower in the water.
- Allow us to release our “muddy waters”.
- Helps to cultivate love and affection, to ease loneliness.
- Clears misunderstanding, helps release tension, calms the mind



### THE LOTUS (Padma) MUDRA:

- Bring palms softly together in front of the heart center.
- Slowly unfurl hands like a lotus flower blossoming open.
- Keep the base of the hands together, along with the thumbs and little fingers.
- Allow the index, middle, and ring fingers to gently open.
- Imagine light emitting from the center of the lotus and out towards the sky.
- Close your eyes. Hold for 3 deep breaths, absorbing its full benefits.
- Say to yourself: **“I rise above life’s challenges with ease and grace”**  
**“My heart is pure and my inner light shines brightly”**

### NEW MOON PRAYERS / PLANTING SEEDS of COMPASSION

- Continue to hold the Lotus Mudra close to your heart.
- Repeat: **“Om Mani Padme Hum”** three times continuing to hold the Lotus Mudra.
- Imagine your hands are a lotus holding the seeds that Kuan Yin has given you.
- These seeds will be offered to the universe, infused with love and compassion from your heart.
- Set intention and prayer with these seeds, knowing that it will serve all for the highest good.
- Inhale and slowly lift the flower from your heart up to your third eye (forehead).
- As you exhale, release the seeds to the universe, knowing that Kuan Yin will help them grow.
- Slowly bring your lotus flower back to your heart center, bringing hands together in prayer.
- End with saying or chanting **“Om Mani Padme Hum”**.
- Write down your intentions every day on paper for 3 days to deepen the planting of your seeds.