

# MUDRAS

DESIGNED BY ALICJA ŻMIGRODZKA AT THE  
REQUEST OF MIDDLE WAY EDUCATION © 2022

A mudra is a symbolic or ritual gesture or pose. While some mudras involve the entire body, most are performed with the hands and fingers. There are as many variations of these mudras as there are traditions of Buddhism. There is no single correct way. We found this series to work well with children. They quickly grasped the movements and enjoyed learning the Sanskrit.

The prayers are adapted by Middle Way Education from *The Speech that Delights Lord Manjushri*, translated into English by Jakob Leschly and Alex Trisoglio.



MIDDLE WAY  
EDUCATION

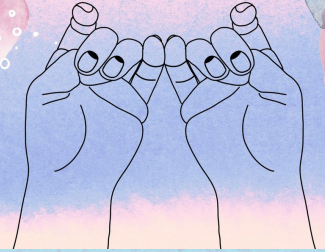
DRINKING WATER  
ARGYAM



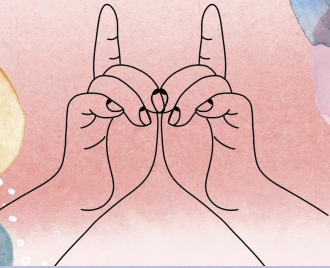
WASHING WATER  
PADYAM



FLOWERS  
PUSHPE



INCENSE  
DHUPE



# OFFERING MUDRAS

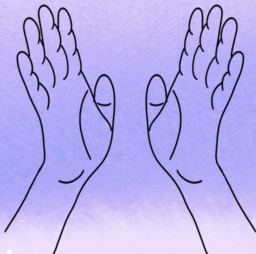


MIDDLE WAY  
EDUCATION

CANDLES  
ALOKE



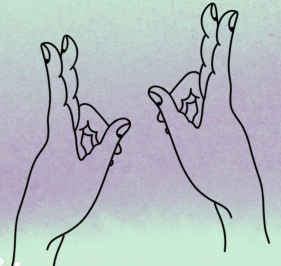
PERFUMED WATER  
GHANDE



FOOD  
NAVIDYA



MUSIC  
SHABDA





DRINKING WATER

ARGYAM

MAY MY COMPASSION GROW



WASHING WATER

PADYAM

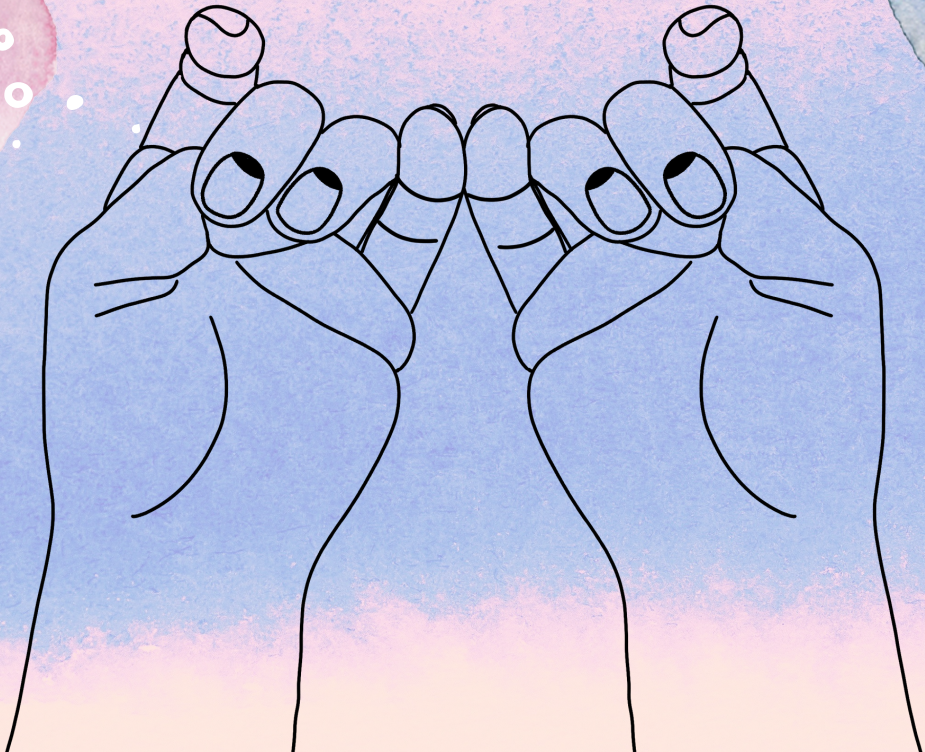
MAY I SEE CLEARLY





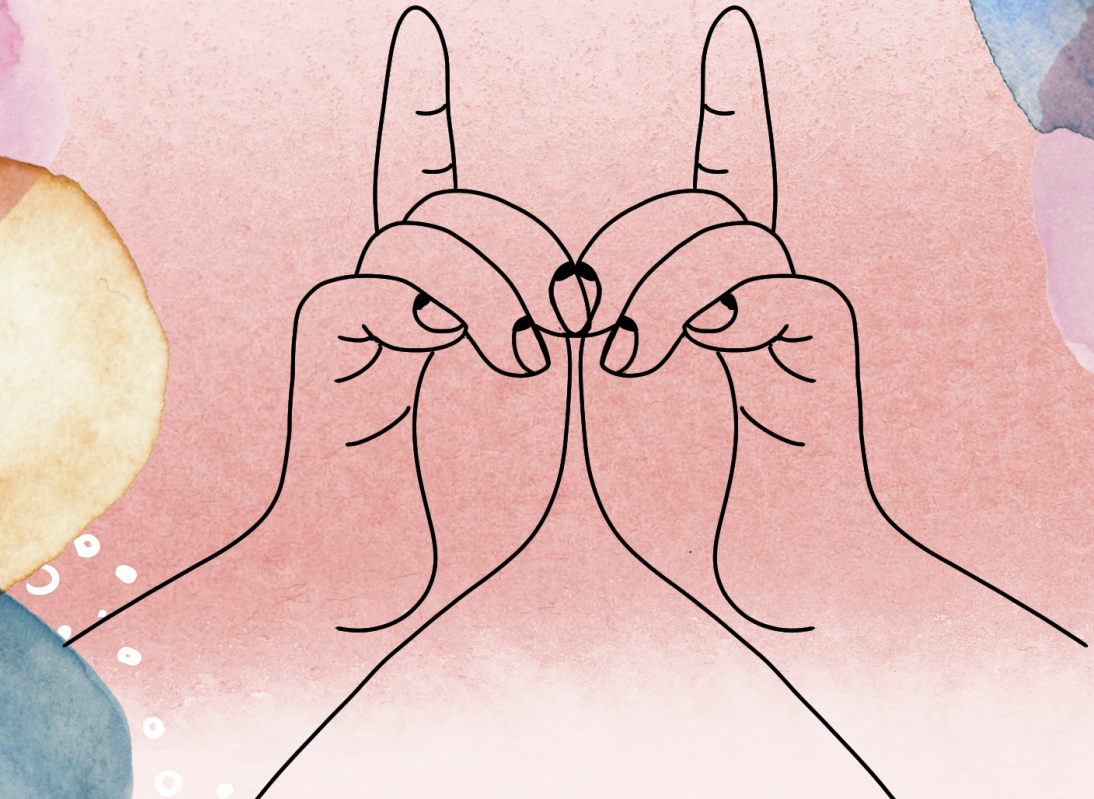
FLOWERS  
PUSHPE

MAY I BE INFINITELY GENEROUS



INCENSE  
DHUPE

MAY I HAVE DISCIPLINE





CANDLES

ALOE

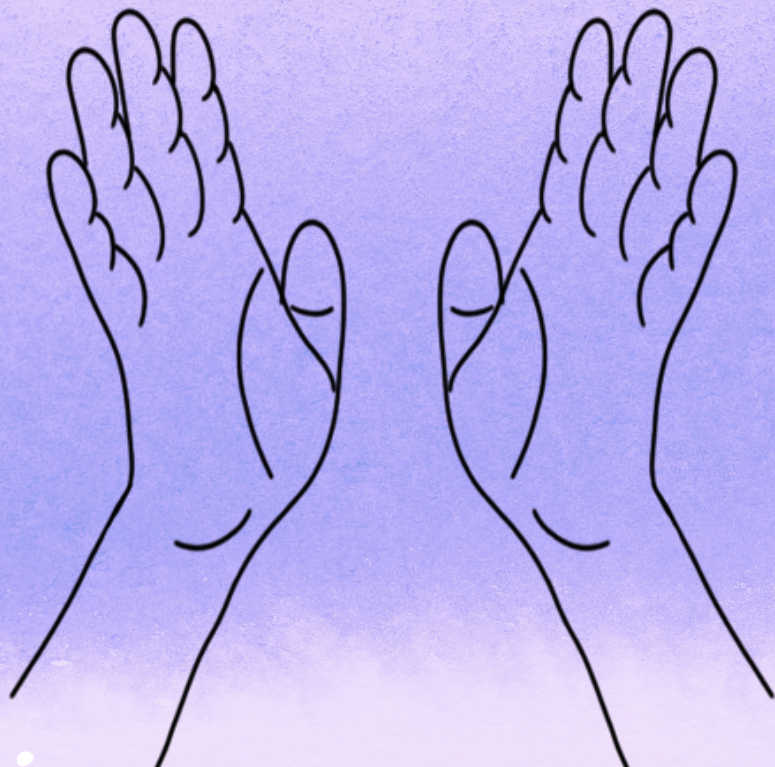
MAY I BE PATIENT



PERFUMED WATER

GHANDE

MAY I BE ENTHUSIASTIC





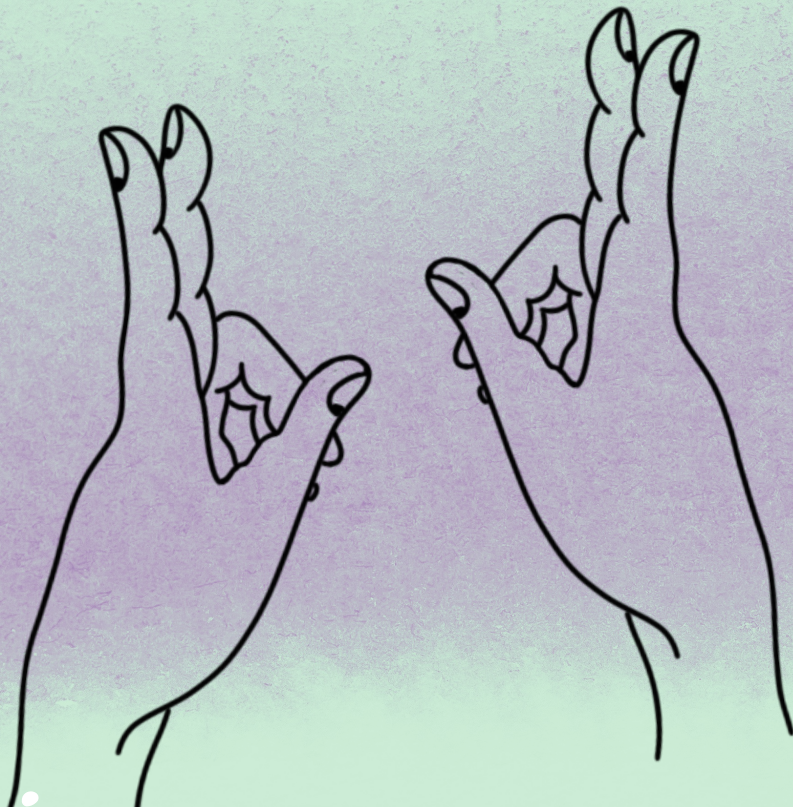
FOOD  
NAVIDYA

MAY ALL BEINGS HAVE FOOD



MUSIC  
SHABDA

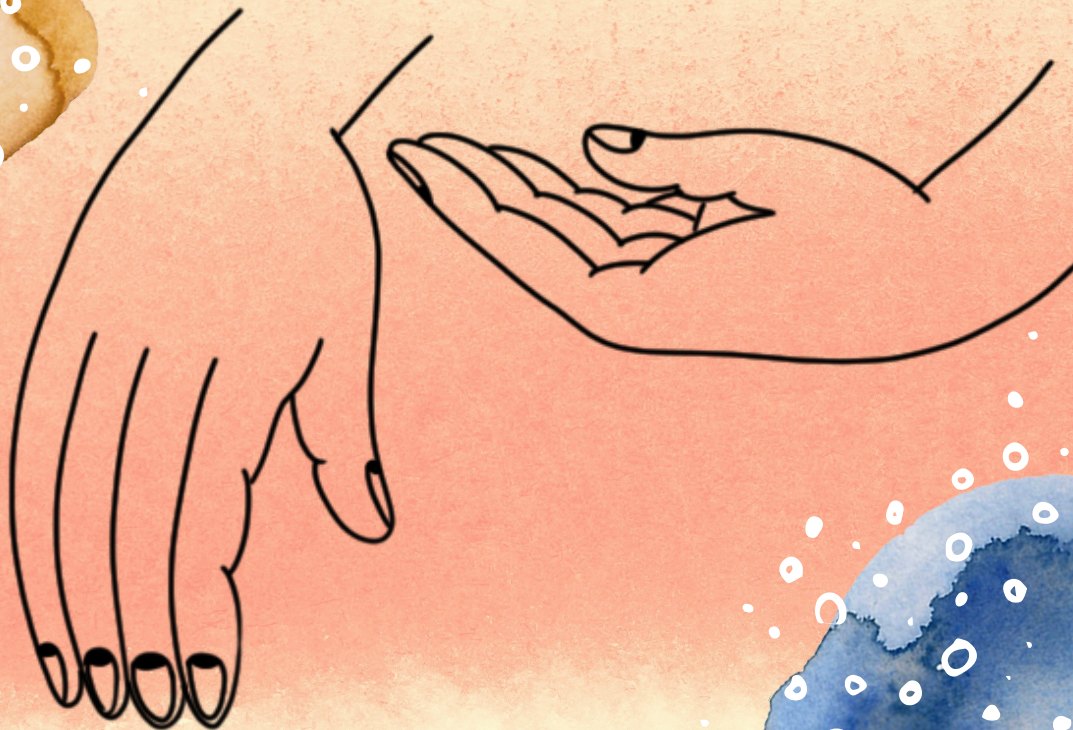
MAY MY WORDS CREATE HARMONY





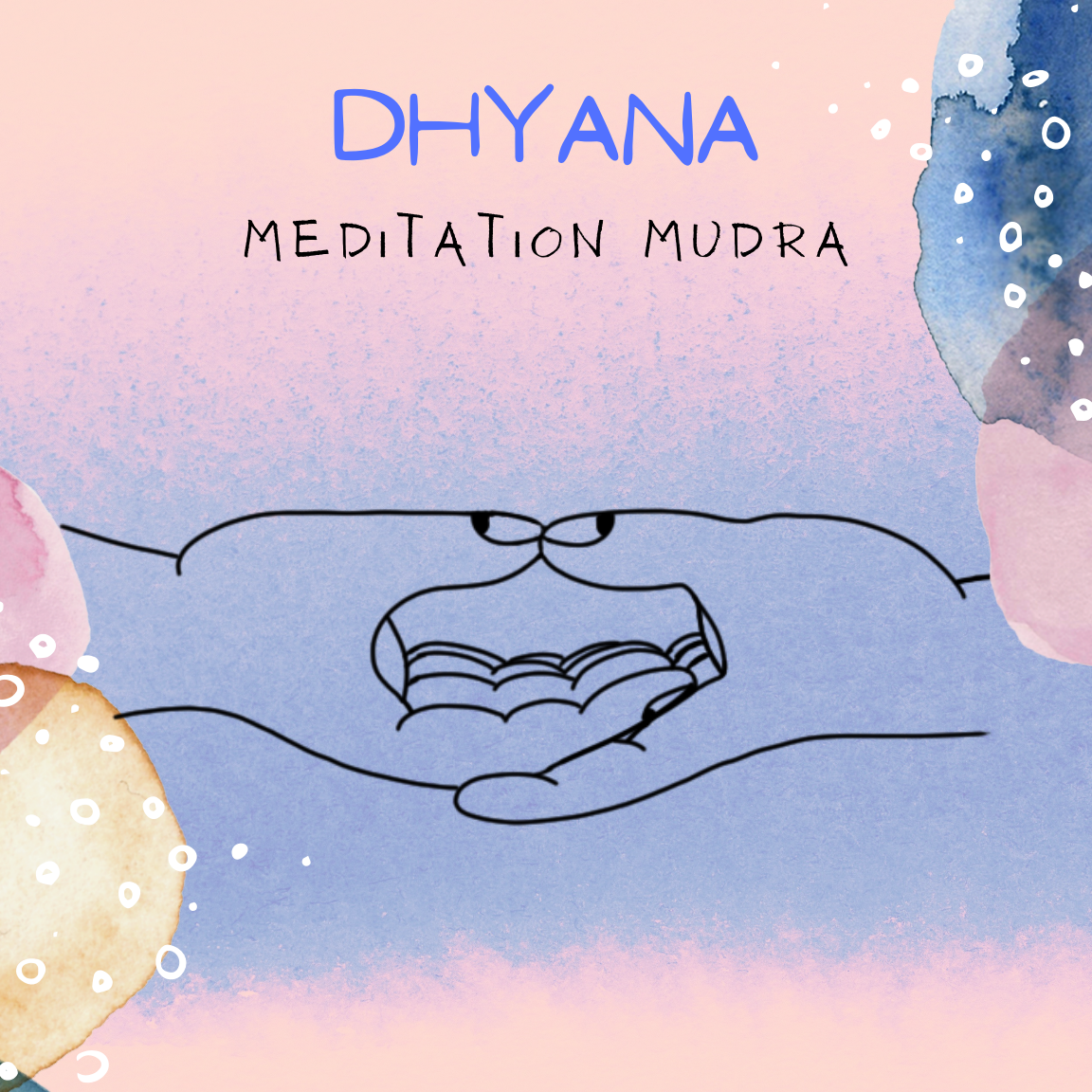
# BHUMISPARSHA

EARTH TOUCHING MUDRA



# DHYANA

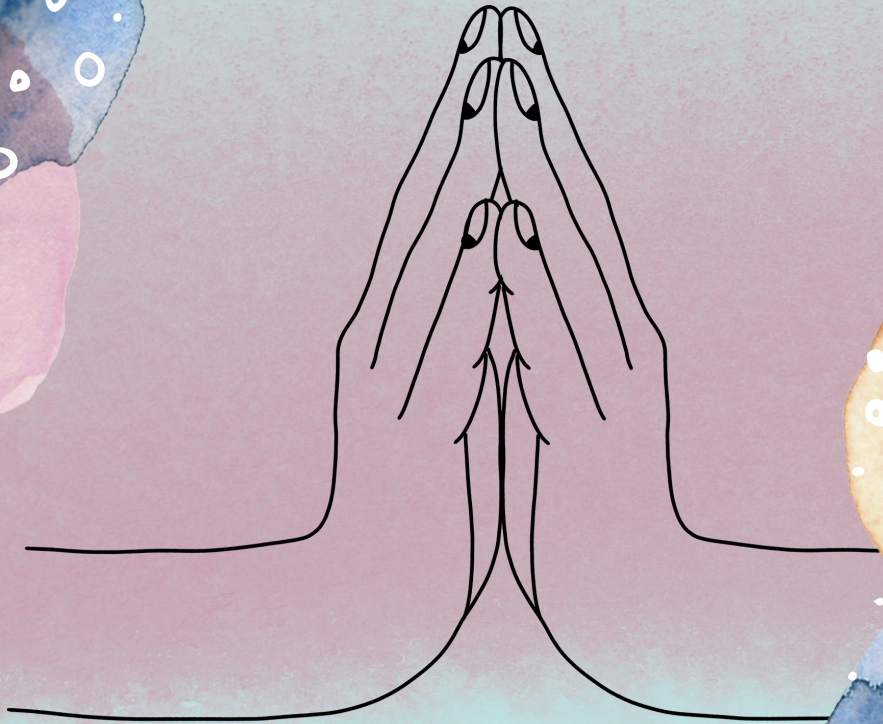
MEDITATION MUDRA





# ANJALI

PRAYER MUDRA



# VITARKA

TEACHING MUDRA

