

A List of Common Egyptian Mudras



Nuk: Self Mudra. Partially extend the right hand to indicate communication and places the left hand on the chest to indicate self.



Jed: Talking Mudra. Place the right hand in front of the mouth to signify eating (@m, unemi), speaking (jed), and other such forms of expression.



Deva: Adoration Mudra. Hold the hands in front of, slightly above, or just below the level of the face, fingers upward, palms facing outward. The gesture can be made while standing or kneeling. The ape is performing his first pose of Sun Salutation, Surya Namaskara..



Hen: Jubilation Mudra. This gesture indicates victory, honor, loyalty, and praise. The left hand is raised in the Ka Mudra, and the right hand is placed over the heart. The jackal-headed glyph is An-pu (Anubis), and the hawk headed glyph is Heru (Horus). The hands can form fists with the thumb straight.



M-sh@: Archer Mudra. This gesture was used generally for soldiers and could also indicate an officer, in which case it was read Mer. Esoterically it indicates the infusion of prana to make someone healthy (seseneb).



Nehes: Prisoner Mudra. This is the way prisoners were handcuffed and made to kneel in ancient Egypt. This is also a special hand position for meditation practice because it opens the heart chakra. Clasp hands behind back, pull shoulders back, and push chest forward. Kneeling in vajra pose fingers can touch the toes. Back is straight with a slight indentation at the sacrum to activate kundalini energy. The esoteric meaning of Nehes is to awaken.



Kes: Bowing Mudra. This is used when paying homage, but is

also an excellent Mudra. It is a step in Sun Salutation, Formal Kowtow, and certain forms of Qigong. The glyphs show the gesture from kneeling pose or standing pose. When standing, feet can be together or one in front of the other, depending on the situation.



Her-pa-khar-d: Child Mudra. The Greeks called this mudra

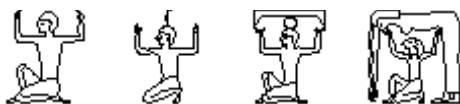
Harpocrates. It represents the infant Horus sucking his finger. Sometimes it is called Nefer-Tem. From a squatting or sitting pose the right index finger is extended and placed at the lips or in the mouth. The other fingers are bent into a loose fist and the palm faces inward.



Hai: Rejoicing Mudra. From a standing pose, feet at about shoulder width, raise the two hands one on each side of the head, perhaps slightly forward, elbows bent at about 45 degrees.



Kheb: Dance Mudra. This is a variant of *Hai* Mudra. It is also a variant of Shiva Mudra. Holding the hands upward in Rejoicing Mudra, stand on one foot and lift the other foot, bending the leg at the knee until the lower leg is at right angles to the standing leg. The Dance Mudra can be done lifting either leg. This is a form of the One Leg Prayer Pose. Egyptians had many yogic and acrobatic poses practiced for health or entertainment.



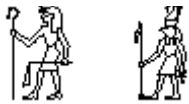
Ka: Ecstasy Mudra. This is the general

mudra signifying the bandhas. It represents orgasm. It can be done from standing or kneeling posture. Extend the arms to either side of the torso straight from the shoulders and then bend the forearms straight upward so as to form right angles with the arms. The hands are upraised, fingers pointing upward but not tensed, palms facing inward toward the space just above the crown chakra. Heh, Lord of Time, often assumes this pose to indicate that Time is an extended Orgasm of Ecstasy. The Shiva variant (**Shiva Mudra**) shows Shiva (Shu) supporting the sign of heaven or his daughter Nut either from a standing or kneeling pose. In this variant the palms often face upward, fingers pointing outward, reminiscent of the pose of Atlas holding up the world. Variants of this mudra are used in Qigong and Kundalini Yoga. The images of Shiva Nataraj in India show this mudra, but with two extra hands added.

The upraised left hand holds a flame, and the upraised right hand holds a dumroo hourglass drum. His legs assume Dance Mudra. Nataraj is Sanskrit for Lord of the Dance. Shiva dances his cosmic dance of ecstasy within the Emptiness of Eternity.



Menu: Generation Mudra. This is a standard pose taken by Menu, the god of generation. The striking feature of this mudra is that the phallus is erect. The left arm is upraised in the Ka Mudra and balances a flail at its junction point. The right hand is usually not shown but assumed to be manipulating the phallus. The god stands on a platform symbolizing truth, and a metal rod extends upward from it behind the spine and is hooked to the Mouth of God at the rear of the skull. This mudra represents practice of the Tantric form of the Cobra Pranayam.



Per-@a: Pharaoh Mudra. This is done from a standing pose with one foot (usually the left) slightly in front of the other for dynamic stability. Eyes are straight ahead, and hands are at the sides, often holding document scrolls. Sometimes pharaoh holds scepters of authority. In the first example he holds a long crook (heq) in his right hand and a flail (am-su) in his left hand. In the second example the god R@ holds a Uas scepter in his right hand and an @n-kh in his left hand. These accessories symbolize power and responsibility.



Ser: Chief Mudra. This gesture indicates leadership, but also has esoteric meanings. Ser often stands for an elder or an authority figure. It is an Egyptian form of the Tarot Hermit Trump. But there is a full size statue of the young pharaoh Tutankhamen in this Mudra. The long staff held erect or at a slight angle in one hand represents the spine, and the Hej mace held horizontally and pointed forward at waist level represents illumination through meditation. It also represents the transformation of phallic energy into charisma and spiritual power. The first example is an elder. The second example shows the god Tatenen, an ancient form of Osiris. The second example shows the god R@ holding the User scepter of Wizard shamans to signify his mastery over Death.



Seq: Striking Mudra. On the surface this mudra represents the subduing of an enemy. One hand holds a Hej mace aloft with the club end just over the wielder's crown chakra. Properly the mace should be held horizontal to the

ground. The other hand is extended forward and slightly downward and often grasps the hair of one or a whole cluster of “enemies” while apparently threatening to club them with the mace. One foot is extended forward and planted flat on the ground. The other foot is behind and flexed with the heel raised off the ground. The effect is a dynamic pose called Wide of Stride (Au Nem-tet). Seq is a code word for meditation practice. Pharaoh assumes the Seq Mudra to direct large group meditations. The “enemies” assume Jubilation Mudra to salute the pharaoh’s leadership and then enter Prisoner Mudra and begin their meditation. The Hej mace symbolizes illumination. Held above the crown chakra it represents opening of the crown chakra and linking with the Higher Self (R@). Sometimes this mudra was called **Seqer**. It plays on a similar word Sek or Seker, that means annihilation. The true annihilation is that of the Self in Nirvana.



M@bi: Harpoon Mudra. This gesture represents the quelling of demonic forces. In these examples Horus harpoons hippos or crocodiles. Set sometimes stands in the bow of the Solar Boat and wards off Apep, the negative side of the Cosmic Serpent. The feet are spread slightly more than shoulder width and one hand is raised in the Ka Mudra and grasps the end of the harpoon while the other hand is in front of the loins and grasps the harpoon slightly below its middle. The gesture seems to indicate a downward thrust of the harpoon. This is a hidden form of the Menu Mudra and represents the higher chakras clearing and transforming the lower chakra energies. Horus governs the higher chakras, and Set governs the lower chakras. The ceiling of Senmut’s tomb shows Horus harpooning Set in the genitals at the North Pole. This indicates the transmutation of sexual energy into spiritual energy.



Da: Giving Mudra. Extend one hand forward with the palm facing upward. An object can be placed on the palm. The first example shows a man holding a pyramidal cake that represents the glyph Da for giving. It is also a symbol of Sep-det, the star Sirius and the celestial form of Isis. The second example shows Thoth’s baboon transformation presenting the Eye of Horus representing the wisdom of giving. The third example shows the same baboon presenting the heart to show that true giving comes from the heart. The fourth example shows an offering gesture in which an object may be lifted while the one who makes the offering kneels to show respect.



Sah: Orion Mudra. Orion is the constellation that represents the

enlightened, ascended, and immortal form of Osiris in his active mode. His legs assume the Wide of Stride Mudra (see Striking Mudra). However he is not wielding a weapon. There is a forward gazing and a backward gazing form. In the backward gazing form a hand is extended toward the rear, slightly uplifted, and holds a star in its palm. Osiris gazes at the star. His other hand extends forward and sometimes holds a staff or scepter. In this case he holds a Uas scepter. In the forward gazing mode he still has a hand extended toward the rear and uplifted in Ka Mudra. He gazes forward at a large star. Sometimes he holds the @n-kh in one hand and the Uas in the other with a star over each. The @n-kh and Uas can change hands, and the forward extended hand is sometimes stretched straight forward while the head turns to look toward the star over the rear scepter. In his passive mode Osiris either stands with on a dais or sits on a throne. He holds the crook and flail crossed in front of his chest. Sometimes he reclines on a bier. He is stiff and exhibits “mummy mode”. Sometimes he also holds the Uas vertically between the crook and flail.



Qena: Embracing Mudra. This gesture is reserved mostly for

females. It is a loving and protective gesture. Extend the arms forward, slightly spreading. The angle is often slightly downward, but often one hand is held slightly upward as in the examples shown. Sometimes the arms were decorated with feathered wings to produce an angelic effect. This gesture is often used by the four goddesses Isis, Nephthys, Net, and Serqet as they surround and protect a sacred space. The canopic chests in Tutankhamen’s tomb have statues of these four ladies, one at each corner embracing the chest. This mudra is also called **S-khen**.



S-neq: Suckling Mudra. This is the gesture of holding a baby to breast feed it and represents a special variant of Embracing Mudra.



S-beh: Mourning Mudra. This gesture represents sadness and resignation.

From a kneeling posture spread the arms and lower them so that the hands are about a foot or so from the waist on each side. The female form of this mudra is done

kneeling or standing and involves placing the two palms on top of the head or over the eyes with the elbows jutting parallel forward or slightly apart as an emotional sign of grief. The male version is generally more restrained as the glyph shows.