

Padma Mudra or Lotus flower Peace and compassion



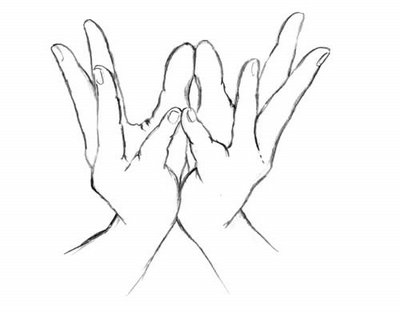
Shankh Mudra or Shell (counch)

Safety, calming effect, clarity of speech

Picture from: elrincondelsadhu.blogspot.com

Designed by Pam Smith Paquette

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