Mandala Offering

yidams=meditational deities who are embodiments of particular aspects of enlightenment (e.g., Chenrezig, Manjushri)

Mandala offering mudra:
1. Palms up, cross left and right pinky fingers and press down on each pinky with the opposite thumb (right thumb presses down left pinky and vice-versa)
2. Place the backs of the ring fingers together, pointing straight up.
3. Cross left and right middle fingers.
4. Hook the opposite index finger around the top joint of each middle finger (right index finger hooks left middle finger and vice-versa)