

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)*