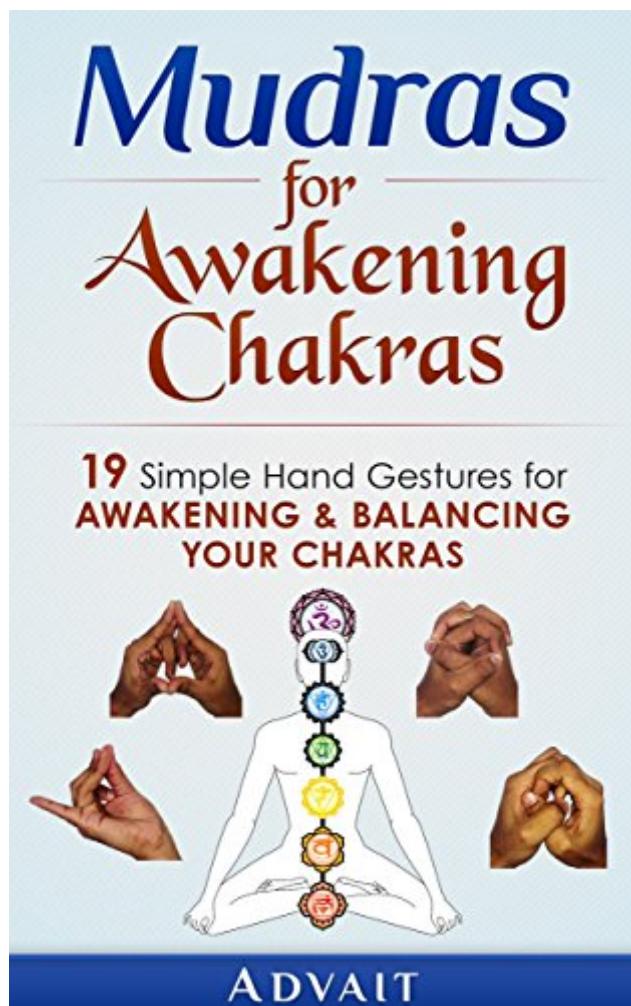


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Mudras For Awakening Chakras: 19 Simple Hand Gestures For Awakening And Balancing Your Chakras: [A Beginner's Guide To Opening And Balancing Your Chakras] (Mudra Healing Book 3)





Synopsis

Your Beginner's Guide to Understanding, Awakening and Balancing the Seven Chakras!!!Mudras for Chakras is all about educating you about the basics of the Chakras and Ancient Vedic Chakra Healing technique which involves achieving everlasting health, physically and emotionally by awakening and balancing your Chakras.The 7 Energy InletsThe 'Universal Life energy' enters the human body at Seven (7) specific points, located along our spine.These points are THE CHAKRAS.Simply put, The Seven Chakras are the inlet energy taps of the human body.All these Chakras are associated with certain Glands and Vital Organs and the energy entering the Chakras is lead to them for proper functioning and nourishment.If a Chakra is Closed, Blocked or Un-Balanced then these Vital Organs and Glands are malnourished leading to further complications and diseases. (Both on a physical and meta-physical level)It is possible to Awaken and Balance Your Chakras by performing Simple Hand Gestures called as 'Mudras'.You don't believe me?? Try out for yourself.These Mudras work wonders!!Discover:: 19 Simple Hand Gestures for Awakening and Balancing your ChakrasThis book details a variety of Simple Hand Gestures called as Mudras, that when performed regularly will Awaken and Balance your Chakras and let you achieve everlasting health.Some of the Mudras that you'll discover inside this book are:# Muladharchakramudra / Mudra of Root Chakra# Mushtimudra / Mudra of Fist# Gadamudra / Mudra of Spear# Shaktimudra / Mudra of The Divine Feminine# Garudamudra / Mudra of Eagle Everlasting Physical and Emotional Health is Achievable!! Just perform these Simple Hand Gestures regularly.Would You Like To Know More?Download this book now, to Awaken and Balance your Chakras.Scroll to the top of the page and select the buy button.P.S - This Book is enrolled in 'KINDLE UNLIMITED', If you are a Kindle Unlimited Subscriber, Download this book for FREE, and I bet, you will buy it afterwards for your collection and reference.

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Customer Reviews

Really good book. Easy to understand and follow.

I had the ebook and practiced some of the exercises while waiting for a doctor's appointment, and they seemed to help, so I got the paperback.

Interesting e-book on Mudras with relevant and needed details!

Very easy-to-use addition to a meditation program, or a motivational incentive to begin meditation. Descriptions are clear, simple, and visualizations are added to each of the chakras. I would buy more books by this author.

informative and easy to follow

It's easy to read and practice. I love it. Great for beginner.

This is very useful for practicing pranayama, and also for yoga asanas. I would recommend that everyone should know about mudras and chakras.

This is the first book I have on Mudra and mine is a e-book. An easy quick guideline for mudras with clear picture and description of respective color, organs, food etc..

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