

Mudras For Spiritual Healing Learn How Simple Hand Gestures Can Heal And Awaken You Mudras Mudras Book Mudras Guidespiritual Healing Spiritual Healing Guide

Chakras for Beginners: Step-by-Step Practical Guide to Awaken Your Internal Energy & Balancing the 7 Core Chakras Using Meditation Mudras Are you interested in learning about the energy centers in your body? Have you ever considered incorporating meditation into your everyday life? Do you want to learn about the basics of chakras? If you answered YES to any of the above questions, " Chakras for Beginners " is the book for you! This book was designed as an introductory book and will present you with multiple meditation guidelines (Mudras) and Chakra rebalancing techniques, which you can implement to improve your daily life. Anyone interested to learn about restoring your inner balance and experience spiritual healing will be able to enjoy this book. What exactly will I learn from this book? You will learn things like: The exact details of the 7 core Chakras in the body Exploring the practical uses of spirituality in your daily life Being able to identify where emotional, physical or mental imbalances originate from How you can direct your inner energy in a daily routine to find inner peace How to use mudras to rebalance your chakras However, these are just SOME of the elements discussed in this book! Learning about Mudra and Chakra-related mediation is not only a spiritual and inspirational choice, it is also a lifestyle choice. By altering your perspective on life and changing your daily habits using meditation, you can allow yourself to reduce personal stress and put everyday problems in perspective. Using the guidelines of your inner Chakras, you can start your journey towards a more peaceful and balanced mindset and set yourself on the road towards inner peace. The book will discuss how to rebalance each core Chakra in your body using Meditation & Mudras: #1 The Root Chakra (Mulhadara) #2 The Sacral or Naval Chakra (Swadhistana) #3 The Solar Plexus Chakra (Manipura) #4 The Heart Chakra (Anahata) #5 The Throat Chakra (Vishudda) #6 The Third Eye Chakra (Anja) #7 The Crown Chakra (Sahasrara) Discover How to Balance Your Internal Energy... This book will introduce you to a wide variety of ways in which you are able to detect imbalances in your body's Chakras, and will tell you how to restore your balance again. These imbalances include emotional, physical and mental problems. You will be taught how to rebalance again using meditation techniques, which will guide you in radiating your inner energy into the right places. Interested to learn more about chakras and directing your inner life energy? Scroll to the top of the page and select the BUY button to start reading immediately! --- Tags: Chakras for beginners, Chakras free kindle books, Awaken your internal energy, cleanse and activate Chakras, Discover the seven Major Chakras, Radiate Energy, Holistic, Practical Guide, Powerful Cleanse, Chakras Bible, Feel energized, Mudras for beginners, Mudras for weight loss, Mudras for healing and transformation, Mudras for sex, Mudras Yoga in your hands, Essence of Chakra, Buddhism, Hinduism, Mindfulness, meditation techniques.

Blocked energy can severely affect your physical and spiritual well-being. Learn how to unblock your chakras and release the trapped life energy or prana inside your body. We've all been victims of things like back pain, fatigue, trust issues, sexual inadequacy etc. And it's not that there is something inherently wrong with us. It's actually the opposite. In every living being, there is a life force that is collectively positive. It is this intelligence behind the scenes that creates the reality you experience. It tries to find expression in the material world through creativity, love, good health etc. This life force or "prana" can unfortunately get blocked in our body due to certain traumatic experiences in the past (sometimes unconsciously). And we go about our daily life without being aware of the tremendous baggage we carry that results in physical and emotional friction. So how exactly can we clear our prana and lead much better lives? " In every one of us is an undeniable desire to become infinite consciousness. " - Sadhguru This is where Chakra Healing comes into the picture. Chakras are like centres of pranic energy inside your body. They are located in certain key locations from the base of your spine to the crown of your head. Each chakra has a specific role. For example, the heart chakra is associated with feelings of love, compassion and beauty. If it gets blocked (perhaps because of a bad relationship) then you will find it hard to deal with things like forgiveness, self acceptance etc. Similarly, the third eye chakra is associated with intuition and vision. Without proper awareness and practice, you will navigate through life with these blocked chakras and spoil the experiences of yourself and those around you. In this book, Dharma Hazari, a monk and spiritual teacher from India, teaches you the fundamentals of chakra healing so that you can finally begin clearing your

aura/energy and live a much more balanced life. Among other things, you will learn in this book : Reasons and Symptoms to Identify specific chakra blockages Yoga asanas and mudras to heal the chakras quickly Techniques to Enhance Chakra Functions after healing them Locations of all the chakras and How they operate How to Awaken your Third Eye for clarity and greater vision Special practices like Color Therapy, Homeopathy, Kundalini yoga etc. Practical Benefits of Chakra Healing in your day-to-day life BONUS chapter on Crystals, Aura, Reiki, Pranic Healing All the material in this book has been drafted in a simple and learner-friendly language without losing the depth of the concepts. Specific methods and practices have been outlined for your convenience. You will be also be provided with various resources to aid in your healing process like extra PDF guides and access to special online community for getting support in your spiritual journey. Once you setup a healing routine using the techniques described in this book, you will start experiencing a radical shift in your energy and experience of life. To learn more, get the book NOW! (FREE Guided Meditation inside for Audiobook) Scroll up and click on the "Buy Now" button.

Energy Healing Through Reiki is not your typical Reiki book. It's a fresh, new approach to an age-old methodology to harness the healing power around us and within us. It helps de-mystify the process of energy healing, provides easy steps to follow, and ultimately guides the reader back into trusting their intuition so they can follow their own path to mastery. In this book - which covers Reiki Level 1, Reiki Level 2, and Reiki Master teachings, you'll learn how to perform energy healing on yourself, friends, family, and even pets - and in a way which is so simple, yet profoundly effective! Learning energy healing with Reiki isn't hard, it's an intuitive and wonderful process which every single one of us can tap into!

Mudras: The art of healing & spiritual growth Like Yoga, Mudras are a boon to mankind. This science imparts knowledge that leads to self-discovery while providing a means to balance and maintain health independently and maximize the joy of living. The science of Mudras, a part of Yoga, is based on the fundamental principles of life, namely, The five elements - akash (ether/space) , vayu (air), Agni (fire), Jal (water) and prithvi (earth). Use Mudra for healing yourself, your soul with Voice Print Mudra program 40 Powerful Hand Gestures to Unleash the Physical, Mental and Spiritual Healing Power in You!

Meditations, Mudras, and Chakra Practices to Restore your Feminine Spirit

The Alchemy of Energy Protection

Boost Your Immunity and Health with Ancient Practices

Chakras Balancing And Healing

Energy Healing for Women

Awakening the Wild Woman Within

Mudras - The Lost Ancient Vedic Healing Technique Mudras have been in use in the East for thousands of years, invented in early Vedic Hindu culture and then practiced in Buddhism. They have been used as a spiritual practice (and still are), as a way on the path to enlightenment. They're also used to cure physical ailments. Sounds too good to be true!! But believe me it is True!! Do these Mudras while sitting, lying down, standing, or walking. They can be done at any time and place while stuck in traffic, at the office, watching TV, or when you have to twiddle your thumbs waiting for something. These hand postures help you -#Cure Heart Problems#Cure your Cold#Increase Concentration#Relieve Muscle Fatigue#Cure Diabetes These Mudras are simple Hand Gestures that transform our hands into real "Powerhouses". Covering all you need to know about performing Mudras, this insightful, informative and fluff-free Beginner's Guide will enable you to gain an understanding of a form of yoga that has already helped thousands of people across the globe. From Building Character to Healing Emotional Pain, From Bringing Luck to Connecting With The Divine, Mudras can work wonders. Want to Transform your Life with Simple Hand Gestures? It's simple, and you can do it today, just scroll up and click, Buy Now

Transform Your Relationships by Healing the Wounds, Blockages, and Attachments That Drive Family Members Apart In this brilliant book Keith Sherwood and Sabine Wittmann show you how to improve your relationships and achieve powerful healing at the deepest levels of consciousness. Energy Healing for Relationships helps you find a compatible partner (or strengthen your connection to your existing partner), heal family dynamics, and overcome parenting challenges. Tips and techniques for working with meditation, energy, positive thinking, chakras, mudras, and visualization will move you forward on your journey with your family and friends while also helping you ensure that your children in your life grow up with all the love and self-confidence they need. Within these pages, you will discover more than one hundred accessible exercises for building skills like centering your awareness in your non-physical field and increasing your empathy for yourself and your loved ones. You will also explore powerful approaches to recognizing and releasing attachments that can interfere with communication while improving your soul vibration and sense of internal balance. This book is a comprehensive guide to getting the most out of your relationships for a life filled with emotional nourishment and spiritual well-being.

Healing energy is always flowing through you--discover how to recognize and tap this incredible healing source. The step-by-step direct in this chakra and energy handbook will teach you how to: Develop "attention," a key factor in energy work and healing See and feel auras and use them as a diagnostic tool Open and balance the chakras Use vibrational, polarization, and empathetic techniques Channel energy from a distance

Cristi Christensen's Chakra Rituals is a book that makes the ancient science of Chakras accessible to spiritually conscious women, and a seven-week step-by-step program. Learn how to tap into the single most perfect system living inside of each of us—the seven Chakras. While Chakras have become trendy, sexy, cool, and very spiritual, few people today really know how to activate the Chakras' powerful energy for deep transformation. Cristi Christensen aims to change that, and Chakra Rituals offers readers a multi-dimensional, practical, inspiring structured seven-week step-by-step program. Each week, readers are instructed how to activate a different Chakra, and each

weekday they are led through a dynamic, easy, and motivating practice (altar building; breathing; meditation; vinyasa yoga flow, mudra, writing contemplation, and embodiment) which distills the esoteric concepts and makes them tangible, living experiences. A self-discovery and self-help guide with striking full-color illustrations, Chakra Rituals employs the Chakras' potential to open the pathways to a full, enlightened "aliveness." Seasoned practitioners and newcomers alike are invited to flow with their emotions, claim their power, transform their lives, and align with the divine.

Mudras for Spiritual Healing

The Art of Healing and Spiritual Growth

The Complete Guide to Mudras - Learn to Radiate Energy, Love and Serenity

Art of Spiritual Healing

Mudras for Weight Loss, Mudras for Awakening Chakras, Mudras for Healing (Mudras - Chakras - Mudra Yoga)

Modern Guide to Mudras

Practical Self-Healing Methods to Unblock, Awaken and Balance Your Chakras (Third Eye, Energy Healing, Kundalini Awakening Etc)

Mudras are the added bonus to any meditation pose. You can use them to benefit several different factors, which will allow you to live a more fulfilled life. Using mudras have been known to help with weight loss, depression and other health problems that may occur. They are easy to add into any pose and will keep you fully balanced. Mudras allow an individual to become in control with their emotions and much more.

Throughout this book, you will learn several helpful hand poses, what chakras are, as well as which foods to eat in the process. You'll learn that mudras can help through almost any negative occurrence that may come into play. They're simply was for someone to gain some relaxation and help from meditation. Inside You Will Learn: * What mudras are* How exactly to use mudras* The five elements that mudras regulate* Several healing hand poses, that help with the five elements* How mudras are beneficial to the mind and body* Self-Healing hand poses* Mudras for Health* What chakras are and how they relate to mudras* All the chakras* What mantras do* Foods that help all the chakras

Mudras for Spiritual Healing: Learn How Simple Hand Gestures Can Heal and Awaken You A Mudra is a symbolic or ritual gesture in Hinduism and Buddhism. Some mudras involves the entire body, most of them involve the hands and fingers. Mudra in Sanskrit means "spiritual gesture." It is the seal of authenticity which is employed in the spiritual practice of Indian religion and Taoism.

MUDRAS and CRYSTALS, the Alchemy of Energy protection - 88 Mudras, mantras, affirmations - FULL COLOR Edition. In this book, the Mudra authority and bestselling author Sabrina Mesko shares with you the powerful and unique method of merging two ancient and immensely effective energy tools. MUDRAS and CRYSTALS create a healing frequency fusion that can help establish a protective energy shield for your body, mind and spirit. MUDRAS are hand yoga positions that unlock the transformative healing power of your own hands, while CRYSTALS are the unwavering masters of Light. When used together, your body's natural frequency will function at its optimal level. The frequencies we are exposed to in our daily life may cause adverse effects on our individual energy field. Mudras and Crystals will help remedy any unharmonious energy states and uplift your overall vibration. They will help you anchor a powerful and protective vibrational shield, so that you can overcome adversities and function at your optimal capacity. In these pages you will learn how to: Practice Mudras with Crystals, Create a Protective Energy Shield for your Physical Body, Mental Energy body, Emotional Energy body and Astral Energy body. A unique yoga guide that fuses traditional asana with mudra and storytelling from the bhakti yoga tradition Yoga and the Art of Mudras is a guided journey into the alchemy of asana (yoga pose) and mudra (symbolic hand gesture). Brazilian-born yogini, dancer, and author Nubia Teixeira has been practicing and teaching traditional yoga and classical Indian Odissi dance for over twenty-six years. In this book, she fuses her passion for yoga and dance with her love for bhakti (devotion). In so doing, she has created a unique and contemporary yoga system that encompasses all three healing arts. Through beautiful photographs of each yoga pose, Nubia guides the reader in a meaningful union of hand gestures with asanas. Drawing, in particular, on expressions and hand gestures found in Indian dance, these newly developed poses will help transform a person's hatha yoga practice into an embodied devotional and artistic yogic experience. Nubia's yoga-mudra system combines expressions that are deeply rooted in the heart of traditional yoga, classical Indian Odissi dance, and inspirational bhakti yoga storytelling. Honoring the gifts of all three systems, Nubia Teixeira shares a didactic, beautiful, and truly original voyage into the heart of devotional yoga practice.

Change at Hand

72 Hand Gestures for Healing and Spiritual Growth

The Art of Spiritual Healing (new edition)

Boost your health, re-energize your life, enhance your yoga and deepen your meditation

Yoga in Your Hands

Energy Healing Through Reiki

MUDRAS: The Simple Beginners Guide to Using Hand Gestures for Healing, Weight Loss, Yoga and Chakras Are you feeling tired, run down and just low on energy? Do you feel mentally, emotionally or physically drained? Have you always wanted to learn about meditation but didn't know where to begin? If you answered yes to any of the above questions, "MUDRAS: The Simple Beginners Guide to Using Hand Gestures for Healing, Weight Loss, Yoga and Chakras" is the book for you! The book will cover the following and give you deeper insight about how you can maximize your potential physically & mentally through balance & meditation. You will learn the basics and key elements of Mudras, as well as over 30 different Mudras to try and practice! What Will I Learn? What is Mudras? Practicing the Mudras Mudras in Yoga Mudras and Chakras Incorporating Mantras Bonus You will learn how practicing Mudras can benefit each function of your body and how it can help you lose weight and prevent and heal almost any ailment you may have. Give this book a try, what do you have to lose? Grab a copy of this book today! Just scroll to the top of the page and select the buy button.

Meditation and Yoga (6 in 1) Your Guides to Beginning Meditation, Practicing Yoga, Mudra and Mindfulness Get SIX books for up to 60% off the price! With this bundle, you'll receive: The Magic of Meditation in the Real World Mudras for Beginners Power of Chakras Meditation Basics Mindfulness for Beginners Beginning Yoga In The Magic of Meditation in the Real World, you'll learn How to use Meditation for Focus, Relaxation and so Much More! In Mudras for Beginners, you'll learn A Simple Guide to Hand Gestures for Self-Healing and Spiritual Growth With Power of Chakras, you'll get Your Guide to Understanding, Balancing and Healing Chakras In Meditation Basics, you'll learn 9 Different Ways to Relieve Stress and Achieve Zen and Peace In Mindfulness for Beginners, you'll learn Calmly Acknowledge

Thoughts, Feelings, Sensations & Find Peace With Beginning Yoga, you'll Discover the Power of Yoga and Meditation to Lose Weight, Relief Stress and Find Inner Peace Buy all six books today at up to 60% off the cover price!

Meditation & Aromatherapy Box Set (6 in 1) Calm Your Mind and Find Peace through Meditation and Essential Oils Mindfulness for Beginners: Calmly Acknowledge Thoughts, Feelings, Sensations & Find Peace Here is a preview of what you will learn from this book: The origins and history of mindfulness Modern applications of the lifestyle The Mindfulness movement Techniques to help you acknowledge your thoughts, understand your feelings and experience your sensations Techniques to find your peace Meditation, breathing exercises and conscious control Differentiate feelings with identity Removing mental clutter Practicing self-remembering Mindful eating Walking meditation Body scan Stopping over thinking Flowing with the moment Accept and surrendering Aromatherapy Revealed: How to Use Essential Oils for Everyday Living Plus 30 Recipes to Make Your Own Inside You Will Learn about: The Benefits of implementing essential oils and aromatherapy in your daily life Top aromatherapy recipes for everyday life Top aromatherapy recipes for physical needs Top aromatherapy recipes for psychological needs And Much More Heal Your Life: Transform Yourself and Strengthen Your Aura Using Chakra Here is a preview of what you will learn from this book: The definition of an aura The meaning of chakras The different types of chakras Cleansing the chakras And Much More The Magic of Meditation in the Real World: How to use Meditation for Focus, Relaxation and so Much More! In this book you will learn: The basic concepts of meditation and simple ways to get started. The full benefits of a frequent meditation practice. How to use meditation for everything from emotional health to stress relief and even things like improved energy and weight loss. How meditation can benefit your entire family Essential Oils for Beginners: Amazing Guide to Secrets of Aromatherapy with Easy Recipes for Stress Relief, Healthy Body and Mind In this book you will learn: Unmasking the main concept of essential oils Revealing the inevitable effects of the aromatherapy Explaining the benefits of the essential oil purpose Guiding about the essential oils selection Unveiling the essential oils blends Considering the essential oil's preventive and risk factors Mudras for Beginners: A Simple Guide to Hand Gestures for Self-Healing and Spiritual Growth Inside You Will Learn: What mudras are How exactly to use mudras The five elements that mudras regulate Several healing hand poses, that help with the five elements How mudras are beneficial to the mind and body Self-Healing hand poses Mudras for Health What chakras are and how they relate to mudras All the chakras What mantras do Foods that help all the chakras Hand mudras have been used for centuries in yogic traditions to promote health and wellbeing, and they are considered valuable tools on the path of spiritual awakening. This card set provides 72 of the most important hand mudras used in yoga. The gestures presented support mental and spiritual development, and have a wide range of health benefits. Each card presents a full-colour image of the mudra with the Sanskrit name, transliteration and English translation. The back of each card includes concise information on technique and applications as well as the physical, energetic and spiritual benefits of the mudra. The accompanying booklet contains background information on the mudras, how to practice them at home, and details on how each of the 72 mudras can be used to address a variety of common health complaints. This card set will enrich the practice of students and teachers of yoga, and will be of interest to anyone looking to gain a comprehensive understanding of hand mudras.

Chakra and Energy Bodywork

Create Balance and Blessings in the Palm of Your Hands

Energy Healing for Relationships

The Power of Breath and Hand Yoga

Mudras of India

Meditation and Yoga (6 In 1)

Chakra Rituals

This book is a selection of practices that will improve your capacity for self-healing. You will learn how to detect the state of your chakras with dowsing and how to make them self-heal. You will learn how to detect pathological energy lines of the planet and see if they are not crossing your room with precision. You will learn how to activate and balance your chakras with mudras and asanas, which are the positions of yoga, combined with mantras and crystals. You will learn which yoga asanas and mudras are great to increase the vital energy in your body. You will learn a kind of dowsing magick that can turn ineffective magick or curses sent after you. You will learn the basics of Reiki to apply in your self-healing. You will learn how to petition to spiritual entities like angels and other spirits for healing, and you will learn how to get answers from them using a pendulum.

Fill your life with grace and joy using one of humanity's oldest forms of magic, meditation, and communion with spirit—mudras. Popular author Alexandra Chauran reveals that all the power you need is right in your hands. Featuring a wealth of illustrations, this book is perfect for anyone who wants to add color and beauty to everyday life. Modern Guide to Mudras teaches you how to use hand gestures for worship, meditation, spellcasting, sacred movement, and ritual storytelling. These gestures bring new, positive meaning to your life and help you shut down negativity at home, work, and everywhere in between. With clear examples, simple exercises, and gentle guidance, this comprehensive book helps you heal and improve the lives of both you and your loved ones.

Mudras for Spiritual Healing Learn How Simple Hand Gestures Can Heal and Awaken You: Mudras, Mudras Book, Mudras Guide, Spiritual Healing, Spiritual Healing Guide Createspace Independent Publishing Platform

Ultimate 3-In-1 Box Set! Mudras for Weight Loss, Mudras for Awakening Chakras, Mudras for Spiritual Healing! Start creating a

Happy Body, Mind and Spirit Today! This is the most comprehensive and informative guide about mudras you can find online! We are offering you a practical guide on healing with mudras with detailed descriptions, high-quality photos and spreadsheets - all at an awesome price. Buying this set of three books, you are getting one book for free! Save your time and money! Reduce Stress, Lose Weight, Promote Healing, and Create Lasting Inner Peace with yoga mudras! ->Book 1: 23 Mudras for Weight Loss What you will learn from "23 Mudras for Weight Loss":* How to prepare physically, mentally and spiritually towards mudra power for weight loss* How, when and what kind of mudras you should use for the most effective weight loss and health improvement* Which one of the mudras is most effective for weight loss* What problems can arise due to improper use of mudras and how to avoid them and much much more. ->Book 2: "23 Mudras for Spiritual Healing" Many of our diseases are caused by our state of mind. Fear, anger, jealousy, insecurity - all these negative emotions are poisoning our health. Mudras for Spiritual Healing will help you get rid of these negative states and heal your body and spirit. The book is written in a reader-friendly language. It is backed by the facts and figures from the ancient texts considered to be the gold standard books of the mudras and reliable modern studies, researches and interpretations. ->Book 3: "21 Mudras for Awakening Chakras" This book comprises of 21 ways of unlocking, awakening and charging your chakras through Buddhist and early Indian yoga techniques to heal and nourish your body and mind. This book explains various definitions of mudras and the essence of chakras in buying a peaceful life. 5 reasons to buy this Box-Set:* It is written by advanced researcher and practitioner of Yoga Mudras and Ayurveda with vast experiences in subject* The books provides detailed description of mudras with high quality and clear illustrations* After regular practice of mudras, described in this books, you will not only lose weight, but also properly configure metabolism and clean your body from toxins* You will start to control how you feel both physically, mentally, and emotionally* You will reduce stress and feel more peaceful, happy and confident Are you ready to start enjoying life enhancing benefits of yoga mudras? Are you ready to achieve emotional and spiritual wellness? Grab your copy NOW and start to live a balanced, stress-free life, full of physical and spiritual health and happiness! Tags: mudras, mudras for beginners, mudras for weight loss, effortless weight loss, easy weight loss, mudras for awakening chakras, mudras for healing, mudras for spiritual healing, mudras for health, effortless healing, chakras, chakras for beginners, chakra healing, chakra balancing, chakra clearing

MUDRAS and CRYSTALS

Balancing Your Energy Through Palmistry, Chakras & Mudras

Learn How Simple Hand Gestures Can Heal and Awaken You: Mudras, Mudras Book, Mudras Guide, Spiritual Healing, Spiritual Healing Guide

Calm Your Mind and Find Peace Through Meditation and Essential Oils

Mudra Vigyan

Meditation & Aromatherapy

Mudras

Our body consists of five elements i.e. Akash, Vayu, Jal, Agni and Prathvi tatvas. The each finger represents the respective in the body. The imbalance in the tatvas (elements) leads to the various ailments or the diseases in the body. The Mudra V ancient Indian Science that is being practiced for centuries.

Learn Today How to Balance your Chakras! For Today only, get this Amazon Kindle Book for just \$2.99. Regularly priced at on your PC, Mac, smart phone, tablet or Kindle device. This book contains proven steps and strategies on how to become person, and that too not just physically, but also spiritually and mentally. That is very much essential because human exist the physical level. It goes much deeper. For instance, there are seven energy centers or "chakras" in our bodies located at These energy centers are to a great extent responsible for well-being and consciousness. They accept and distribute vital going to show you how to balance your chakras. This book also tells you about the many chakra mudras for the seven cha These specific hand positions can improve your health and well-being. You'll also learn about the many yoga positions for c different energy healing techniques like acupuncture and Reiki, and how positive affirmations can help you. Here's an inesc you will need to understand the seven chakras in your body, and will have to find a way to balance them, because often, t not working to their full potential. If your chakra has become clogged or even torn, this is going to cause you poor health. will also be negatively affected. In fact, your relationships with the outside world might also get affected. If you do not de or remove the blockages that are working against you, you'll never lead a healthy and happy life. Conventional medical scie it. Conventional remedies can at best treat the symptoms and not the root causes of these symptoms. That's why we kee after recovering. Understanding the chakras and finding ways to optimize them is the only way to attain true good health. consciousness. Here is A Preview of What You'll Learn... What are Chakras? The Seven Chakras Balancing Chakras Chakra M for Chakras Energy Healing Techniques Positive Affirmations What is an Aura And Much, much more! Download your copy t action today and download this book for a limited time discount of only \$2.99! Don't Delay, Learn Today How to Have the Life and Energy!

Discover how to integrate more than 60 mudras into your daily life for increased vitality and inner peace Mudras are an a overlooked Eastern practice that involves making established hand gestures which direct subtle energy to boost health an definitive, fully illustrated guide to the art of mudras provides a highly practical and inspirational overview of how to use t beautiful gestures to revitalize every aspect of your life, not just in your yoga or meditation practice. The introduction lays for mudra practice with chapters showing why and how to do the mudras themselves. Chapters are also dedicated to diff hand and their corresponding elements, illustrating holistic benefits, like boosting inner strength, relieving stress, enhancing increasing concentration. Each mudra entry includes an accompanying chant, meditation, pranayama, asana, or visualization Modern Life also provides a series of highly useful mudra routines for a range of both physical and emotional health issues and chronic fatigue to arthritis and headaches.

A simple technique to achieve lasting health, happiness, and inner peace. "Yoga for the hands—sounds too good to be true office, on an airplane, lying in bed. Seasoned yoga teacher Gertrud Hirschi has used these hand postures to ease asthma, r symptoms, think more effectively, relieve tension, and more. Like a classroom instructor, she guides readers with simultane advice and conjures up helpful images." —Brian Bruya, Amazon.com Review Mudras are yoga positions for your hands and f can be practiced sitting, lying down, standing, or walking, at any time and place. These mysterious healing gestures can ca aggravations, and frustrations of everyday life. Schooled in the traditional knowledge of this eastern art of healing, well-kn teacher, Gertrud Hirschi, shows how these easy techniques can recharge personal energy reserves and improve quality of

learn how to use the practice of mudras to: Prevent illness and ailments Support the healing of many emotional issues Personal development Intensify the affect with breathing exercises, affirmations, visualizations, herbs, nutrition, music, and colors Techniques included are several full-body mudras and exercises to enhance any meditation and yoga practice.

Chakra Healing

Awaken Your Internal Energy and Learn to Radiate Positive Energy and Start Healing (Chakra Meditation, Balance Chakras, Chakras Yoga)

Mudras for Anxiety: 25 Simple Hand Gestures for Curing Anxiety

CHAKRAS FOR BEGINNERS

Mudras for Beginners

Unlocking The Healing Powers in Your Hands: The 18 Mudra System of Qigong

Mudras for Modern Life

The book presents how to practice chakras for beginners for healing and meditation. You can learn: - Understanding the 7 Main Chakras - Balancing the 7 Chakras - What are Chakras - Positive Affirmations - Chakra mudras - Energy healing techniques

Yoga is flying across the shores of Bharatha all over the world like an eagle. The entire humanity needs yoga today. If going after Yoga to get rid of diseases is one dimension, using Yoga to make our body healthy so that we can enjoy material pleasures is the other dimension. This was not what those great Rshis who evolved Yoga had in mind. Yoga is another name for pure living. If man lives, being aware of the purpose for which he was created, what else can it be excepted in Yoga? Human body is a temple. In a larger sense, it is the dwelling place of gods. Whatever one finds in the world is present in the human body. We have 72,000 Nerves in the body, also we have 72,000 Nadies which are subtle channels and centres of energy. We get a detailed account of these in books on Hatayoga. In this background Mudras and Bandhas occupy a place of great significance. We have a considerably difficult challenge to convert this Annamaya body into one, the object of which is Dharma Sadhana. Kalidasa has announced, "Shareeramadyam khalu dharma sadhanam". Our sages have said, "Manaeva manushyanam karanam bandha mokshayoho" Our mind is the cause of both Bandha and Moksha. In that case how can we make use of the techniques available to us to the best of our advantage? "Mudras" help us to keep our body and mind pure and chaste. They are tools to lead us to life fulfilment. When we activate the nerve and nadi centres in the body, they make the flow of energy smooth. Our body is a fantastic machine designed by the Creator. He has set in it a super computer called the 'Brain'. All the activities in our body are controlled by the Mind. The pressure exerted on certain key points in the body and in hands, energises the centres in the brain. We have come to know this truth as a result of experiments conducted in different parts of the world. Acupressure specialists assert that if we activate certain points in the legs, hands and ears, we can ward off a number of disorders of the body. In our ancient Tantra Marga we hear about "Khechari Mudra". During five thousand years after sage Vedavyasa, our ancestors have devised a number of ways to help man keep himself fit. They are simple and workable. We get a sea of information about Mudra Science in a number of books on Yoga shastra and Tantra Shastra. In a few of our epics also, we get references to these Mudras.

For thousands of years hand mudras have been used in India for healing, storytelling, emotional expression, and to evoke and convey elevated spiritual states. For the first time, the elaborate system of mudras-as applied in yoga and Indian dance-has been organized into a comprehensive, fully-indexed and cross-referenced format that allows readers access to this still esoteric body of knowledge. Mudras of India presents over 200 photographed hand mudras each with detailed instructions on technique, application, health and spiritual benefits and historical background. The authors have extensively researched the usage of mudras and their significance in the larger context of Indian spiritual systems, and taken painstaking efforts to ensure each mudra is rendered with correct Sanskrit name, transliteration and translation to English. The book will appeal to spiritual seekers, students and teachers of yoga and Indian Dance, scholars and lay people, and anyone interested in the rich cultural heritage of Indian mudras, and the transformative effects of these powerful hand gestures.

Reclaim your personal strength, joy, and sense of pleasure through a new understanding of your energy field. Energy Healing for Women provides effective exercises to heal injury and restore wholeness on all levels with chakra healing, karmic release, breathwork, massage, mudra, meditation, and affirmation practices. With each chapter devoted to an energetic issue that may be limiting your power—including difficult issues such as abuse and reproductive wounds—the techniques in this guide will help you feel empowered and improve your courage and vitality. Through story examples, history, theory, and exercises, you'll discover how to: Express your feminine energy freely Increase your self confidence by fully appreciating and loving your body as it is Rise above restrictive beliefs Overcome negative archetypes of women and replace them with life-affirming models Enhance your intuition, creativity, and sensuality Make the transition from a traditional relationship to a transcendent relationship

The Simple Beginners Guide to Using Hand Gestures for Healing, Weight Loss, Yoga, Mudras and Chakras

Yoga and the Art of Mudras

Mudras for Healing and Transformation

Mudras for Beginners: Your Ultimate Beginners Guide to Using Simple Hand Gestures for Achieving Everlasting Health, Rapid Weight Loss and Easy Self Healing

Mudras of Yoga

Mudras: 25 Ultimate Techniques for Self Healing

THE SCIENCE OF YOGA MUDRAS

We hold an extraordinary power in our hands--the power to change, heal, and grow into our fullest potential. By focusing your intention and directing energy with your hands, you can deepen your self-understanding and manifest positive change to create a happier, more healthful life. Popular author Sandra Kynes invites you to experience a unique and transformative blend of energy work that combines the wisdom of palmistry with the power of the elements. Discover new, invigorating ways to activate and direct life force energy for healing and enlightenment with easy techniques and activities involving palmistry, chakras, meditations, and mudras (specific hand positions). Identify your elemental archetype for a better understanding of your personality and life path Interpret your palm's shape, your Heart and Life lines, your finger lengths, and more to discover and spark your innate potential Use crystals to open your hand chakras and bring your elemental energy into balance Bringing together aspects of Reiki, traditional Chinese healing methods, meditation, and a progressive form of energy work, Change at Hand is an inspiring and powerful guide that will help you find your inner path, experience greater health and wellness, and evolve into your true self.

This deluxe set of 40 colorful cards presents 7 chakras and 33 mudras chosen for their ability to focus energy and expand consciousness. These mudra hand poses can deliver numerous benefits for both physical and emotional

wellness. The cards present inspirational artwork on one side with instructions on the other side. The 112-page illustrated guidebook offers further information and guided meditations for putting mudras into the practice. The Magic is In Your Fingertips! Radiate Energy, Love and Serenity. Have you been stressed lately? Maybe you feel a little tension in your neck and back? Or are you someone who aims to have more love and peace in your life? Do you know that you can deal with all these just by using your hands? Yes, you read it right! This healing practice is known as Mudra. It involves mainly the hands, and delivers a symbolic gesture as a way to enlightenment and well-being. If you do not know yet, our hands are powerful keys that can unlock doors to our spiritual being, and when Mudras are practiced, it then awakens the very heart of who we are. Mudra uses energy and allows harmonious flow of the vital elements in our body to promote good health and a sound mind. It is a natural way to influence energy and mood to lead you to the path of wisdom. Moreover, it is greatly used to treat physical ailments that you've been carrying on for a while. How to:- Keep your palm flat and all the fingers open. - Bend the little finger and let the tip of the little finger touch the tip of the thumb. - This should form a circle like structure. - All the other fingers should be kept straight. Hold this position for 45 minutes every day. Benefits: - This mudra is highly beneficial in detoxifying the body. You can wash away the impurities and get rid of the toxins present into the body, skin, blood etc with this mudra. - It is highly useful in getting a clear and radiant skin with beautiful hair. - It is also beneficial in various digestive problems and can be used to tackle dehydration. It doesn't end there! This book will also show you different healing effects of mudras for your soul, body, and mind! Every bit of it is explained thoroughly in this book. It is more interesting than it looks, and you'll be surprised to feel the difference in your life after you've done it! The magic starts within you so let's get started!

Uncover new ways to connect with the incredible healing energy that is always flowing through you in this second edition of Keith Sherwood's bestselling book. Expanding the scope beyond physical disease, The Art of Spiritual Healing now has chapters on healing energetic traumas and relationships, as well as maintaining wellness in a complex and stressful world. Many original healing techniques have also been streamlined and simplified, making it easier to enrich your body, soul, and spirit. Featuring new illustrations, new mudra practices, and step-by-step directions to new and classic techniques, this handbook helps you build and maintain good health. In addition to becoming a wellspring for the Divine healing energy, you'll learn how to: Develop "attention," a key factor in energy work and healing See and feel auras, and use them as a diagnostic tool Open and balance the chakras Use vibrational, polarization, and empathetic techniques Channel energy from a distance Learn Everything on Balancing Chakras, Mantras and Strengthening Auras Today

The Art of Spiritual Healing

Meditations, Mudras, and Chakra Practices for Partners, Families, and Friends

Chakras for Beginners

A Comprehensive Guide to the Hand Gestures of Yoga and Indian Dance

Pranayama and mudras for health and well-being

How Quickly You Can Learn The Art Of All Things Chakra: Chakras For Beginners Book

Mudras: 25 Ultimate techniques for Self-Healing Mudras have been in use in the East for thousands of years, invented in early Vedic Hindu culture and then particularly in Buddhism. Buddha statues often have the hands in certain hand positions. They have been used as a spiritual practice (and still are), as a way on the path to enlightenment. They're also used to cure physical ailments. Sounds too good to be true!! But believe me it is True!! Do these Mudras while sitting, lying down, standing, or walking. They can be done at any time and place while stuck in traffic, at the office, watching TV, or whenever you have to twiddle your thumbs waiting for something. These hand postures help you -#Ease Asthma,#Relieve Flu Symptoms,#Let You Think More Effectively,#Relieve Tension,#Even Induce Bowel Movement. These Mudras are special finger and hand position exercises which transform our hands into real "Powerhouses". Covering all you need to know about performing Mudras, this insightful, informative and fluff-free book will enable you to gain an understanding of a form of yoga that has already helped thousands of people across the globe. From Building Character to Healing Emotional Pain, From Bringing Luck to Connecting With The Divine, Mudras can work wonders. Want to Transform your Life with Simple Hand Gestures? It's simple, and you can do it today, just scroll up and click Buy Now

Uncover new ways to connect with the incredible healing energy that is always flowing through you in this second edition of Keith Sherwood's bestselling book. Expanding the scope beyond physical disease, The Art of Spiritual Healing now has chapters on healing energetic traumas and relationships, as well as maintaining wellness in a complex and stressful world. Many original healing techniques have also been streamlined and simplified, making it easier to enrich your body, soul, and spirit. Featuring new illustrations, new mudra practices, and step-by-step directions to new and classic techniques, this handbook helps you build and maintain good health. In addition to becoming a wellspring for the Divine healing energy, you'll learn how to: Develop "attention," a key factor in energy work and healing See and feel auras, and use them as a diagnostic tool Open and balance the chakras Use vibrational, polarization, and empathetic techniques Channel energy from a distance

A photographic guide presents more than 200 Indian hand gestures used in yoga and dance, in a fully indexed and cross-referenced format, giving both the Sanskrit and English name for each.

Discover how to heal both body and mind using only your breath and your hands. In The Power of Breath and Hand Yoga, Christine Burke shows how you already have all you need to heal both physical and emotional conditions and improve your overall wellbeing. Breath awareness has been linked to calming the body and brain, regulating blood pressure, improving memory and immune function, preventing heart attacks and easing chronic pain and asthma. Mudras are known as 'yoga for the hands': they are hand poses and positions that channel energy and offer a point of focus during meditation. First, Christine teaches you a range of breathing techniques and reveals the background behind mudras and how best to use them, and then she offers breath and mudra practices for 36 conditions, divided into body and mind. Each practice also includes a 'jewel thought' meditation, which can accompany the breath technique and/or mudra.

Fight the COVID with Yoga, Dowsing, Reiki, and Magick

Your Journey to Healing Mastery

A Simple Guide to Hand Gestures for Self-Healing and Spiritual Growth

Your Guides to Beginning Meditation, Practicing Yoga, Mudra and Mindfulness

Mudras for Awakening the Energy Body

Step-by-step Practical Guide to Awaken Your Internal Energy & Balance the 7 Core Chakras

40 Powerful Mudras To Awaken The Healing Power In YOU! **Start Reading Now To Begin Healing Yourself Physically, Mentally

And Spiritually ** Through this book, with Mudras, I will help you "tap" into the universal life force and unleash the healing power in YOU! If you've always wanted to explore the benefits of Mudras but are clueless on how to start and which book to read first, then you'll be pleased to know that your search will end here. In this book I will show you how triggering specific energy points within your body can help you access the very intelligence that guides your life! You will discover 40 simple but powerful hand gestures that guarantee to bring out the best in you, physically, mentally and spiritually! Inside These Pages You Will Learn... Mudras to ease pain! Mudras to battle stomach cramps, abdominal disorders and digestive problems! Mudras to cure heart disease! Mudras to fix most nervous disorders! Mudras to extend the longevity of your life! Yes! Mudras for weight loss Mudras to overcome addictive, self-destructive habits! Mudras to awaken your chakras Mudras to enhance your sexual health and wellbeing! Mudras to enhance your spiritual well being, from manifestation to meditation, we cover it all And much more! Have A Great Day ~Diane **Scroll To The Top Of The Page And Click The Orange Buy Now Button** Download Your Copy Today“ Tags: Mudras, Mudras For Beginners, Mudras For Physical Healing, Mudras For Spiritual Healing, Mudra, Mudras For Curing Disease, Mudras For Healing, Healing Mudras, Mudras For Spiritual Health, Mudras For Manifestation, Hand Yoga, Hand Gestures, Yogic Mudras, Mudras For Mental Healing. Mudras book.

Your Guide to Curing Your Anxiety with Simple Hand Gestures!!!Mudras for Anxiety is all about educating you about Ancient Vedic Mudra Healing Technique which involve achieving everlasting emotional health,by Curing Your Anxiety with Simple Hand Gestures. Cure your Anxiety Now!!Anxiety is an emotion that begs us to mishandle it through worry and rumination.Most of us suffer from anxiety to some degree. We instinctively try to wish it away, avoid it,or fight it head-on -- strategies which only make matters worse.When feeling anxious, do you typically:# Become so consumed with how anxious you feel and then harshly judge yourself for doing so?# Do whatever you can to escape feeling the anxiety?# Try to avoid whatever triggers the anxiety?If so, this book will likely change your world--from the inside out. It's not about changingyour anxiety, but about Mudras which train your mind to not get anxious at all!!!You don't believe me?? Try out for yourself.These Mudras work wonders!!Discover:: 25 Simple Hand Gestures for Curing AnxietyThis book details a variety of Simple Hand Gestures called as Mudras, that when performedregularly will train your mind to not get anxious at all and thus achieve everlasting emotionalhealth.Some of the Mudras that you'll discover inside this book are:# Dnyaanmudra / Mudra of Wisdom# Mushtimudra / Mudra of Fist# Panchmukhmudra / Mudra of Five Faces# Shaktimudra / Mudra of The Divine Feminine# Rudramudra / Mudra of Lord ShivaEverlasting Emotional Health and Anxiety-Free Life is Achievable!! Just perform these Simple Hand Gestures regularly.Would You Like To Know More?Download this book now, to Cure your Anxiety Forever.Scroll to the top of the page and select the buy button.