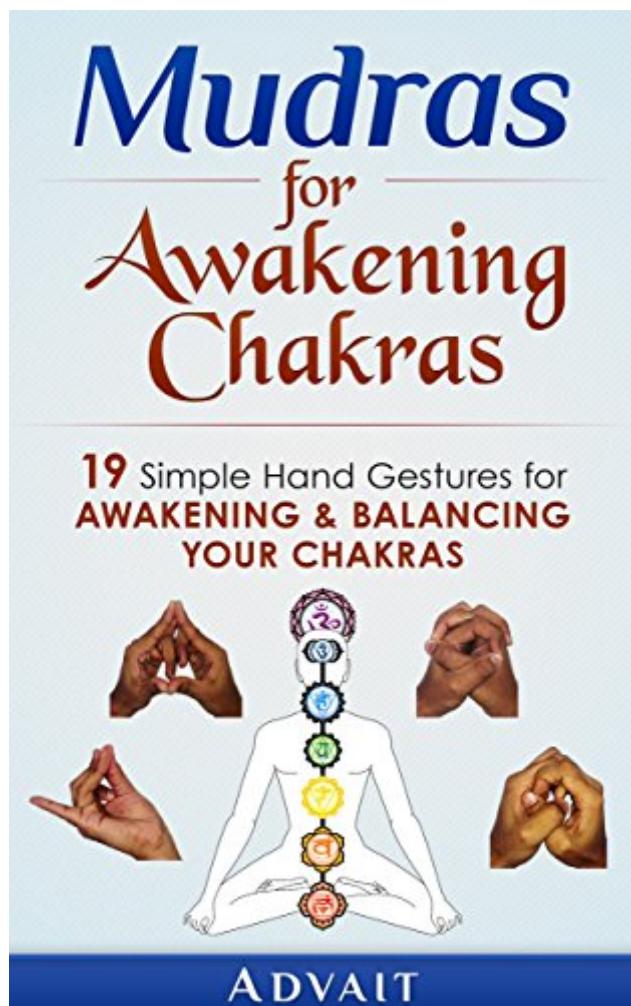


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# Mudras For Awakening Chakras: 19 Simple Hand Gestures For Awakening And Balancing Your Chakras: [ A Beginner's Guide To Opening And Balancing Your Chakras ] (Mudra Healing Book 3)





## 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.

## Book Information

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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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Chakras: [ A Beginner's Guide to Opening and Balancing Your Chakras ] (Mudra Healing Book 3) Mudras: Mudras for Weight Loss, Mudras for Awakening Chakras, Mudras for Healing (Mudras - Chakras - Mudra yoga) CHAKRAS: Mudras for Balancing and Awakening Chakras: The Powerful Personalised Meditation Guide, Cleanse And Activate Your 7 Chakras, Feel Energised And ... Mudras, Enlightenment, Spirituality) Mudras for Women: 25 Simple Hand Gestures Every Woman Should Know for attaining a Healthy Body, Beautiful Skin, Supercharged Sex Drive and Enhanced Vitality (Mudra Healing Book 12) Mudras for a Strong Heart: 21 Simple Hand Gestures for Preventing, Curing & Reversing Heart Disease: [ A Holistic Approach to Preventing & Curing Heart Disease ] (Mudra Healing Book 8) CHAKRAS: Chakras For Beginners - How to Awaken And Balance Chakras, Radiate Positive Energy And Heal Yourself (Chakra Meditation, Balance Chakras, Mudras, Chakras Yoga) CHAKRAS: Chakras for Beginners - Awaken Your Internal Energy and Learn to Radiate Positive Energy and Start Healing (Chakra Meditation, Balance Chakras, Mudras, Chakras Yoga) CHAKRAS: Chakras For Beginners: Step-by-Step Practical Guide to Awaken Your Internal Energy & Balancing the 7 Core Chakras Using Meditation Mudras (Spirituality, ... Emotional Physical or Mental Imbalances) CHAKRAS: Chakras for Beginners - Awaken Your Internal Energy and Learn to Radiate Positive Energy and Start Healing (Chakras, Chakras For Beginners, Awaken Chakras, Third Eye) Chakras: Chakras :Learning To Balance Your Chakras Made Simple (Chakra Alignment ,Chakra Healing, Chakra Balancing Book 1) Mudras of Indian Dance: 52 Hand Gestures for Artistic Expression Chakras: Chakras for Beginners, Awaken Your Internal Äçâ ¬Â"Positive Energy, Healing, Spiritual Growth, Äçâ ¬Â"Balancing, Essential Oil for the Chakras Crystal Healing For The Chakras: A Beginners Guide To The Chakras And Chakra Balancing With Crystals Chakras: Purify and Strengthen Your Inner Self- Radiate Energy, Balance Chakras and Meditation Healing (Chakras, meditation,mindfulness,) Chakras: Awaken Your Internal Energy Äçâ ¬â œ Balance Chakras, Radiate Energy and Healing Through Meditation (Chakras, Spirituality, Serenity) Crystal Healing: Charge Up Your Mind, Body And Soul - Beginner's Journey (Crystal Healing For Beginners, Chakras, Meditating With Crystals, Healing Stones, Crystal Magic, Power of Crystals Book 1) Crystal Healing: The Ultimate Reference Guide To Understanding The Benefits of Crystals (Healing Stones, Energy Healing, Crystal Healing, Chakras Book 1) Crystal Healing: Charge Up Your Mind, Body And Soul - Beginner's Journey (Crystal Healing For Beginners, Chakras, Meditating With Crystals, Healing Stones, Crystal Magic, Power of Crystals) (Volume 1) Crystals: The Ultimate Guide To: Energy Fields, Auras, Chakras and Emotional Healing (Aura, Healing Stones, Crystal Energy, Crystal Healing, Energy Fields, Emotional Healing, Gemstone) Crystal Healing: The Ultimate Reference Guide To Understanding The Benefits of

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