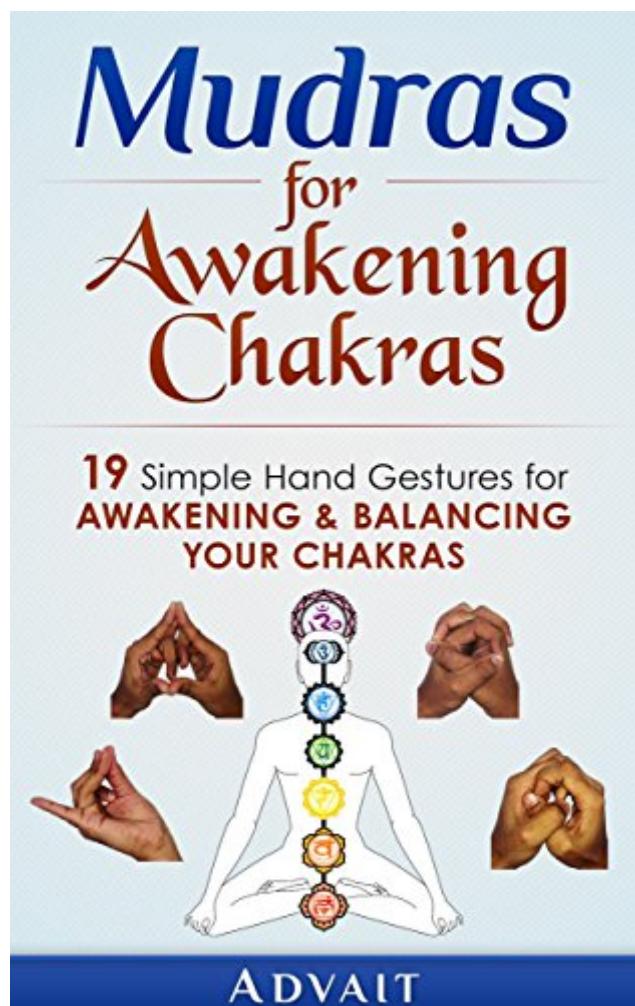


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# Mudras For Awakening Chakras: 19 Simple Hand Gestures For Awakening And Balancing Your Chakras: [ A Beginner's Guide To Opening And Balancing Your Chakras ] (Mudra Healing Book 3)





## 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 youâ™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

I am practicing mudras for healing every day for the last eight years. Recently I was looking for something to balance my body and it is amazing how these mudras works for me. The book is simple clear and concise. For each chakra there are minimum two mudras (except for the crown chakra) so if it is difficult for you to perform one mudra you can try another . I love this book and I highly recommend it..

Have not read it all the way through yet but I guess I need to find my inner chakra or spirit or something the mudras just don't seem to work as the book states, but I'm a believer and am keeping on keeping on!!

I've just completed my first readthrough of "Mudras for Awakening Chakras" and I found it to be quite handy for expanding my (so far, little) knowledge about chakras and chakra healing. I found there were a few grammatical and spelling errors, but nothing that my OCD couldn't tolerate. I made sure to practice each Mudra on one hand as I went through the book, and they seem simple enough to do for most people. However, if you have VERY long and somewhat crooked fingers (like I do) it will take a bit of practice and getting used to on some of the Mudras. I can't wait to utilize these Mudras in my next meditation session. I hope that balancing out my chakras and meditating will assist with my severe anxiety. I'll post an update after maybe 2 or 3 weeks of consistent use of these Mudras, to let everyone know the verdict. Blessings!

I really liked the way the author broke down each step in a clear and concise manner. If this is something that interests you, its definitely a great book to use as a beginner or to just use as a refresher. I will definitely be trying out some of these in my meditations.

THIS IS AN AWESOME START TO THOSE OF US THAT ARE JUST STARTING TO MEDITATE. AS A BREAST CANCER SURVIVOR. I HAVE FOUND, THE MORE I MEDITATE AND DO VERY LIGHT YOGA. THE STRONGER I BECOME. WHAT WE NEED IS MORE STEP BY STEP INSTRUCTIONAL BOOKS. THANKS A MILLION. I WILL DEFINATELY RECOMMEND THIS BOOK.

The author has gone to a lot of trouble to create this information but I wish he had given more facts as to how these mudras came to be and prove of their performance with stories of successes.

If those mudras might work or not, who knows, but nothing wrong with trying them, Im guessing. But I will totally ignore the parts where the author recommend to eat red meat to help the root chakra. It's evident there is a lack of knowledge about it. If you want to improve fast, and one day to wake up your kundalini, avoid these toxins, such as any kind of meat. coffee, cigars, alcohol, dairy. Being vegetarian is the key for many reasons which I wouldn't explain right now and right here. Thanks

This was a very easy to follow book. The font size was perfect with great details for proper method. The book was also to the point and properly illustrated. I can recommend this book to any beginner or anyone looking for a fast and easy refresher.

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