



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)

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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 Inlets

The '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 Chakras

This 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.

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From reader reviews:

Katherine Levy:

Playing with family inside a park, coming to see the coastal world or hanging out with pals is thing that usually you could have done when you have spare time, in that case why you don't try thing that really opposite from that. One activity that make you not sense tired but still relaxing, trilling like on roller coaster you have been ride on and with addition info. Even you love 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), you could enjoy both. It is good combination right, you still want to miss it? What kind of hang-out type is it? Oh can occur its mind hangout people. What? Still don't obtain it, oh come on its identified as reading friends.

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Reading a book being new life style in this season; every people loves to learn a book. When you study a book you can get a wide range of benefit. When you read textbooks, you can improve your knowledge, because book has a lot of information onto it. The information that you will get depend on what types of book that you have read. In order to get information about your study, you can read education books, but if you act like you want to entertain yourself read a fiction books, these kinds of us novel, comics, and soon. The 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) will give you new experience in studying a book.

Evelyn Broderick:

Is it a person who having spare time then spend it whole day simply by watching television programs or just telling lies on the bed? Do you need something new? This 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) can be the response, oh how comes? A fresh book you know. You are consequently out of date, spending your spare time by reading in this brand-new era is common not a geek activity. So what these publications have than the others?

Deon Henderson:

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