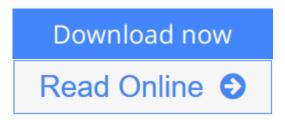


Mudras for Awakening Chakras: 19 Simple Hand Gestures for Awakening and Balancing Your Chakras: [A Beginner's Guide to Opening and Balancing Your Chakras] (Mudra Healing Book 3)

By Advait



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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.

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The 'Universal Life energy' enters the human body at Seven (7) specific points, located along our spine.

These points are THE CHAKRAS.

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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'.

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Gadamudra / Mudra of Spear

Shaktimudra / Mudra of The Divine Feminine

Garudamudra / Mudra of Eagle

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