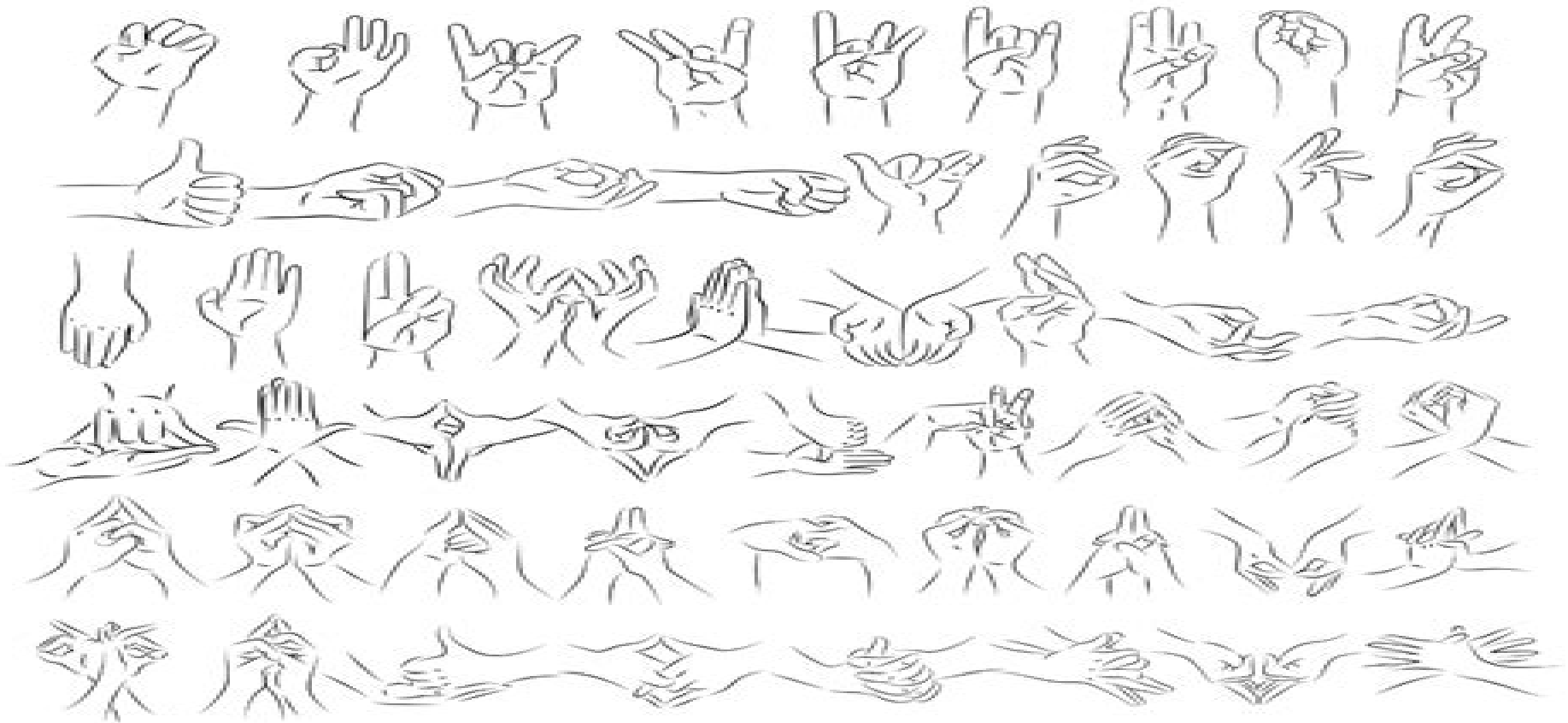


Mudras 101



HOW TO HARNESS
THE HEALING POWER
OF YOUR HANDS

Healing Mudras Yoga For Your Hands Bobacs

Sabrina Mesko, Sabrina Mesko Ph D H



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Healing Mudras Sabrina Mesko, 2014 HEALING MUDRAS Yoga for Your Hands New edition An international bestseller translated into more than 14 languages Authored by Mudra expert Sabrina Mesko Ph D H this first practical guide for unleashing the ancient healing power of hand gestures called Mudras includes hand yoga movements breathing exercises eye movements mantras meditations visualizations prayers and affirmations to enhance the power of each Mudras yoga hand movements involve only the arms and hands are extremely easy to do but are so powerful they can bring you health wealth balance success and happiness How By liberating the energy locked within your body the energy channels called nadis and energy centers called chakras and directing it to help you meet your goals and deal with the problems of everyday life

Healing Mudras for Your Body Sabrina Mesko, Sabrina Mesko Ph D H, 2013-05-08 HEALING MUDRAS for Your BODY Volume I Full COLOR THE POWER TO TRANSFORM YOUR LIFE IS IN YOUR HANDS Mudras are yoga movements involving only the arms and hands They are extremely easy to do but so powerful they can bring you health wealth balance success and happiness How By liberating the energy locked within your body the energy channels called NADIS and energy centers called CHAKRAS and directing it to help you meet your goals and deal with the problems of everyday life This first book in Healing Mudras series includes full color illustrated instructions for performing the Mudras for your Soul The Mudra expert and bestselling author Sabrina Mesko includes breathing exercises eye movements mantras meditations visualizations prayers and affirmations to enhance the power of each In this Healing Mudras Volume I Edition you will find Mudra for Strong Nerves Preventing Stress Healthy Breast and Heart Overcoming Addictions and more *Healing Mudras for Your Soul* Sabrina Mesko, Sabrina Mesko Ph D H, 2013-05-08 HEALING MUDRAS for Your SOUL Volume III Full COLOR THE POWER TO TRANSFORM YOUR LIFE IS IN YOUR HANDS Mudras are yoga movements involving only the arms and hands They are extremely easy to do but so powerful they can bring you health wealth balance success and happiness How By liberating the energy locked within your body the energy channels called NADIS and energy centers called CHAKRAS and directing it to help you meet your goals and deal with the problems of everyday life This third book in Healing Mudras series includes full color illustrated instructions for performing the Mudras for your Soul The Mudra expert and bestselling author Sabrina Mesko includes breathing exercises eye movements mantras meditations visualizations prayers and affirmations to enhance the power of each In this Healing Mudras Volume III Edition you will find Mudra for Divine Worship Happiness Love Trust Evoking Inner Strength Wisdom Help with a Grave Situation Prosperity and more **Healing Mudras** Sabrina Mesko, 2013-06-21 Learn the movements that eliminate fatigue and burnout stop anxiety and depression protect your physical health increase love and abundance improve mental clarity and intuition and align your spirit and give you peace

Healing Mudras for Your Mind Sabrina Mesko, Sabrina Mesko Ph D H, 2013-05-08 HEALING MUDRAS for Your MIND Volume II Full COLOR THE POWER TO TRANSFORM YOUR LIFE IS IN YOUR HANDS Mudras are yoga movements

involving only the arms and hands They are extremely easy to do but so powerful they can bring you health wealth balance success and happiness How By liberating the energy locked within your body the energy channels called NADIS and energy centers called CHAKRAS and directing it to help you meet your goals and deal with the problems of everyday life This second book in Healing Mudras series includes full color illustrated instructions for performing the Mudras for your Mind The Mudra expert and bestselling author Sabrina Mesko includes breathing exercises eye movements mantras meditations visualizations prayers and affirmations to enhance the power of each In this Healing Mudras Volume II Edition you will find Mudra for Facing Fear Patience Overcoming Anxiety Removing Depression Self Confidence Concentration Efficiency and more

Power Mudras Sabrina Mesko,2013-12 THE POWER TO TRANSFORM YOUR LIFE IS IN YOUR HANDS More than twelve years ago internationally best selling author and Mudra expert Sabrina Mesko Ph D H wrote POWER MUDRAS Yoga Hand Postures for Women a follow up book to her worldwide bestseller Healing Mudras the first practical guide for unleashing the healing power of hand Mudras which became an international bestseller and is translated into more than 14 languages In celebration of this classic work we have created a new edition revised with additions Mudras are Yoga hand movements that activate abundant healing balancing and energizing powers Our bodies contain 72 000 electric energy currents keeping that energy flowing powerfully throughout the body is the key to our well being The simple three minute practices introduced in this book will enable you to balance that flow to redirect recharge and stimulate brain centers nerves and offer immediate results to help you feel recharged rejuvenated and stress free This book is created especially for women providing brilliantly clear and beautifully illustrated instructions for the practice of seventy eight powerful Mudra exercises specifically organized to help women feel better look better and reclaim their feminine essence You will find Mudras for Healing your heart Anti aging Eliminating stress and anxiety Sexual empowerment Opening to Love Embracing change Rejuvenation Emotional balance PMS and fertility Computer burnout prevention Facing fear Higher consciousness Better communication Wisdom Prosperity Happiness and many more The author s expert recommendations for appropriate breathing exercises visualizations mantras healing colors and affirmations reinforce the potency of each Mudra With this easy technique you can permanently redirect your life and dramatically improve its quality No previous experience with yoga is needed If you can move your arms and hands you can use these ancient practices to transform your life Power Mudras Sabrina Mesko,2010-12-08 THE POWER TO TRANSFORM YOUR LIFE IS IN YOUR HANDS Yoga hand movements called mudras tap into abundant healing balancing and energizing powers Our bodies contain 72 000 pulsing electric energy currents keeping that energy flowing powerfully throughout the body is the key to our well being The simple three minute practices introduced in this book will enable you to balance that flow to redirect recharge and stimulate brain centers nerves and organs according to your need to discover the pleasure of being the natural you The acknowledged master of this ancient practice is certified yoga therapist Sabrina Mesko She created this book especially for women providing brilliantly clear and beautifully

illustrated instructions for the performance of seventy nine powerful exercises specifically organized to help women feel better look better and reclaim their feminine essence She includes mudras for Emotional balance Antiaging Sexual empowerment Computer related health problems Facing fear Overcoming anxiety Higher consciousness Better communication Stronger character Wisdom Prosperity Happiness The author's expert recommendations for appropriate breathing exercises visualizations mantras and affirmations reinforce the potency of each mudra In less than ten minutes a day you can permanently redirect your life and dramatically improve its quality No previous experience with yoga is needed If you can move your arms and hands you can use these ancient practices to transform your life From the Trade Paperback edition

Mudras Gertrud Hirschi, 2016-01-15 A simple technique to achieve lasting health happiness and inner peace Yoga for the hands sounds too good to be true Do it at the office on an airplane lying in bed Seasoned yoga teacher Gertrud Hirschi has used these hand postures to ease asthma relieve flu symptoms think more effectively relieve tension and more Like a classroom instructor she guides readers with simultaneous breathing advice and conjures up helpful images Brian Bruya Amazon.com Review Mudras are yoga positions for your hands and fingers They can be practiced sitting lying down standing or walking at any time and place These mysterious healing gestures can calm the stress aggravations and frustrations of everyday life Schooled in the traditional knowledge of this eastern art of healing well known Swiss yoga teacher Gertrud Hirschi shows how these easy techniques can recharge personal energy reserves and improve quality of life Readers will learn how to use the practice of mudras to Prevent illness and ailments Support the healing of many emotional issues Promote spiritual development Intensify the affect with breathing exercises affirmations visualizations herbs nutrition music and colors therapy Also included are several full body mudras and exercises to enhance any meditation and yoga practice

Hands of Love Sabrina Mesko, Urban Urbanc, 2016-08-27 Sabrina Mesko Ph D H is a recognized Mudra authority and International bestselling author of timeless classic Healing Mudras Yoga for your Hands translated into 14 languages as well as twenty other books on Mudras and meditation In HANDS OF LOVE Healing Mudras for Two she reveals for the first time these ancient extremely powerful and transformative hand yoga gestures for all couples who wish to improve their communication ability strengthen heal nurture and maintain an optimal love relationship Sabrina partnered with her co author Prof Urban Urbanc to present this practice from a female and male energy perspective and experience Thru more than 100 photographs the authors introduce the technique of harmonizing and balancing Yin female principle and Yang male principles and energies that are present within each one of us individually as well as in all human relationships Thus you can enjoy objective practical and realistic viewpoints from each side when addressing relationship issues and challenges This foremost book depicts in detail the ancient hand movements Mudras that are very easy to do but when practiced with your partner they produce magnified immediate and transformative energy healing effects You will experience and establish more harmony in three minutes of daily practice with this powerful technique than in years of disconnected mind techniques that

fail to reconnect your hearts The authors complement the Mudras with examples of honest open hearted and unconditionally loving verbal communication between two partners which can elevate a relationship out of a fearful phase into a state of profound love and help you attain the highest phenomenon of awakened spiritual union HANDS OF LOVE reveal 45 Mudra sets for Two to help you overcome conflict strengthen physical mental and emotional connection improve communication align with changes develop unconditional love and synchronize your higher purpose With HANDS OF LOVE you will obtain the key to a most intimate and spiritual communication system that can be practiced anywhere anytime and will transport both of you into a state of unconditional love acceptance and relationship bliss Reignite heal and elevate your love in only three minutes a day

Mudras for Astrological Signs Sabrina Mesko, 2016-12-17 International bestselling author and Mudra expert Sabrina Mesko Ph D H authored Healing Mudras Yoga for Your Hands the first practical guide for unleashing the healing power of hand Mudras which became a classic international bestseller and is translated into more than 14 languages In this Special edition of combined series of 12 smaller individual books into one large volume you will find specific Mudras for all astrological signs This easy to use guidebook offers the ancient powerful quick and easy to do technique of Hand Yoga MUDRAS to help TRANSCEND Your Sign s Challenges Protect Your HEALTH and BEAUTY attract LOVE and establish SUCCESS Each Mudra includes photos and instructions for practice with proper breathing exercises mantras charkas and colors MUDRAS are ancient Yoga techniques for your hands They are extremely easy to do but very powerful and instantly effective and can bring you health wealth balance success and happiness How By liberating the energy locked within your body the energy channels called nadis and energy centers called chakras and directing it to help you meet your goals and deal with the problems of everyday life By combining the ancient technique of Mudras with the principles of Astrology you are magnifying their beneficial effects and improving your life on all levels CHANGE YOUR LIFE IN 3 MINUTES THE POWER IS IN YOUR HANDS

Mudra Therapy Sabrina Mesko, Sabrina Mesko Ph D H, 2013-09-04 Learn the natural healing method that will help you conquer fibromyalgia and arthritis relieve stress improve memory overcome lyme manage pain balance irritable bowel syndrome healthy weight strong nerves eliminate addictions sleeplessness Cover

Love Mudras Sabrina Mesko, 2017-12-26 Sabrina Mesko Ph D H is a recognized Mudra authority and International bestselling author of timeless classic Healing Mudras Yoga for your Hands translated into 14 languages as well as numerous other books on Mudras and meditation In LOVE MUDRAS Hand Yoga for Two she reveals for the first time these ancient extremely powerful and transformative hand gestures Mudras that are very easy to do but when practiced with your partner they produce magnified immediate and transformative energy healing effects LOVE MUDRAS are for all couples who wish to improve their communication ability strengthen heal nurture and maintain an optimal love relationship Experience and establish more harmony in three minutes of daily practice with this powerful technique than in years of disconnected mind techniques that fail to reconnect your hearts LOVE MUDRAS contain over 100 photographs of 55 Mudra

sets for Two to help you overcome conflict strengthen physical mental and emotional connection improve communication align with changes develop unconditional love synchronize your higher purpose and balance Yin female principle and Yang male principles and energies that are present within each one of us individually as well as in all human relationships Obtain the key to a most intimate and spiritual communication system that can be practiced anywhere anytime and will transport both of you into a state of unconditional love acceptance and relationship bliss Reignite heal and elevate your love in only three minutes a day

Mudras for Virgo Sabrina Mesko,2013-11 Mudra expert Sabrina Mesko Ph D H is the author of Healing Mudras Yoga for Your Hands the first practical guide for unleashing the healing power of hand Mudras which became a classic international bestseller and is translated into more than 14 languages In this book from the new series titled Mudras for Astrological Signs you will find specific Mudras for all who are born under the astrological sign of VIRGO and would like a quick easy to do technique to help TRANSCEND Your Sign s Challenges Protect Your HEALTH and BEAUTY attract LOVE and establish SUCCESS Each Mudra includes photos and instructions for practice with proper breathing exercises mantras charkas and colors MUDRAS are ancient Yoga techniques for your hands They are extremely easy to do but very powerful and instantly effective and can bring you health wealth balance success and happiness How By liberating the energy locked within your body the energy channels called nadis and energy centers called chakras and directing it to help you meet your goals and deal with the problems of everyday life By combining the ancient technique of Mudras with the principles of Astrology you are magnifying their beneficial effects and improving your life on all levels CHANGE YOUR LIFE IN 3 MINUTES THE POWER IS IN YOUR HANDS

Mudras for Leo Sabrina Mesko,2013-11 Mudra expert Sabrina Mesko Ph D H is the author of Healing Mudras Yoga for Your Hands the first practical guide for unleashing the healing power of hand Mudras which became a classic international bestseller and is translated into more than 14 languages In this book from the new series titled Mudras for Astrological Signs you will find specific Mudras for all who are born under the astrological sign of LEO and would like a quick easy to do technique to help TRANSCEND Your Sign s Challenges Protect Your HEALTH and BEAUTY attract LOVE and establish SUCCESS Each Mudra includes photos and instructions for practice with proper breathing exercises mantras charkas and colors MUDRAS are ancient Yoga techniques for your hands They are extremely easy to do but very powerful and instantly effective and can bring you health wealth balance success and happiness How By liberating the energy locked within your body the energy channels called nadis and energy centers called chakras and directing it to help you meet your goals and deal with the problems of everyday life By combining the ancient technique of Mudras with the principles of Astrology you are magnifying their beneficial effects and improving your life on all levels CHANGE YOUR LIFE IN 3 MINUTES THE POWER IS IN YOUR HANDS

Mudras for Cancer Sabrina Mesko,2013-11 Mudra expert Sabrina Mesko Ph D H is the author of Healing Mudras Yoga for Your Hands the first practical guide for unleashing the healing power of hand Mudras which became a classic international bestseller and is translated into more

than 14 languages In this book from the new series titled Mudras for Astrological Signs you will find specific Mudras for all who are born under the astrological sign of CANCER and would like a quick easy to do technique to help TRANSCEND Your Sign s Challenges Protect Your HEALTH and BEAUTY attract LOVE and establish SUCCESS Each Mudra includes photos and instructions for practice with proper breathing exercises mantras charkas and colors MUDRAS are ancient Yoga techniques for your hands They are extremely easy to do but very powerful and instantly effective and can bring you health wealth balance success and happiness How By liberating the energy locked within your body the energy channels called nadis and energy centers called chakras and directing it to help you meet your goals and deal with the problems of everyday life By combining the ancient technique of Mudras with the principles of Astrology you are magnifying their beneficial effects and improving your life on all levels CHANGE YOUR LIFE IN 3 MINUTES THE POWER IS IN YOUR HANDS *Mudras for Gemini* Sabrina Mesko,2013-11 Mudra expert Sabrina Mesko Ph D H is the author of Healing Mudras Yoga for Your Hands the first practical guide for unleashing the healing power of hand Mudras which became a classic international bestseller and is translated into more than 14 languages In this book from the new series titled Mudras for Astrological Signs you will find specific Mudras for all who are born under the astrological sign of GEMINI and would like a quick easy to do technique to help TRANSCEND Your Sign s Challenges Protect Your HEALTH and BEAUTY attract LOVE and establish SUCCESS Each Mudra includes photos and instructions for practice with proper breathing exercises mantras charkas and colors MUDRAS are ancient Yoga techniques for your hands They are extremely easy to do but very powerful and instantly effective and can bring you health wealth balance success and happiness How By liberating the energy locked within your body the energy channels called nadis and energy centers called chakras and directing it to help you meet your goals and deal with the problems of everyday life By combining the ancient technique of Mudras with the principles of Astrology you are magnifying their beneficial effects and improving your life on all levels CHANGE YOUR LIFE IN 3 MINUTES THE POWER IS IN YOUR HANDS Mudras for Libra Sabrina Mesko,2013-11 Mudra expert Sabrina Mesko Ph D H is the author of Healing Mudras Yoga for Your Hands the first practical guide for unleashing the healing power of hand Mudras which became a classic international bestseller and is translated into more than 14 languages In this book from the new series titled Mudras for Astrological Signs you will find specific Mudras for all who are born under the astrological sign of LIBRA and would like a quick easy to do technique to help TRANSCEND Your Sign s Challenges Protect Your HEALTH and BEAUTY attract LOVE and establish SUCCESS Each Mudra includes photos and instructions for practice with proper breathing exercises mantras charkas and colors MUDRAS are ancient Yoga techniques for your hands They are extremely easy to do but very powerful and instantly effective and can bring you health wealth balance success and happiness How By liberating the energy locked within your body the energy channels called nadis and energy centers called chakras and directing it to help you meet your goals and deal with the problems of everyday life By combining the ancient technique of Mudras with the principles of

Astrology you are magnifying their beneficial effects and improving your life on all levels CHANGE YOUR LIFE IN 3 MINUTES THE POWER IS IN YOUR HANDS **Mudras for Pisces** Sabrina Mesko,2013-11 Mudra expert Sabrina Mesko Ph D H is the author of Healing Mudras Yoga for Your Hands the first practical guide for unleashing the healing power of hand Mudras which became a classic international bestseller and is translated into more than 14 languages In this book from the new series titled Mudras for Astrological Signs you will find specific Mudras for all who are born under the astrological sign of PISCES and would like a quick easy to do technique to help TRANSCEND Your Sign s Challenges Protect Your HEALTH and BEAUTY attract LOVE and establish SUCCESS Each Mudra includes photos and instructions for practice with proper breathing exercises mantras charkas and colors MUDRAS are ancient Yoga techniques for your hands They are extremely easy to do but very powerful and instantly effective and can bring you health wealth balance success and happiness How By liberating the energy locked within your body the energy channels called nadis and energy centers called chakras and directing it to help you meet your goals and deal with the problems of everyday life By combining the ancient technique of Mudras with the principles of Astrology you are magnifying their beneficial effects and improving your life on all levels CHANGE YOUR LIFE IN 3 MINUTES THE POWER IS IN YOUR HANDS Healing Mudras Sundari Dasi,Yogi Nataraj,2020-11-11 Our body has an incredible power to heal itself Mudras fully harness this latent ability of the body to heal The five fingers of our hands represent the five elements earth water fire air and ether These elements when balanced give us good health and when unbalanced lead to diseases Mudras balance the elements with a series of hand gestures prevent and reverse many chronic issues We have personally applied these mudras to many who have suffered chronic problems like diabetes insomnia migraine stress etc In every case mudra practice has provided them with calmness healing and confidence With all the experience behind us we are presenting this book and especially the series of mudras along with audio and video practice along so that you can easily practice these mudras and heal All our mudra audio and video series are on our website www.yoginataraj.com mudra Join us on this beautiful journey of self healing This book also gives you a promo code to get a discount on our Mudra Courses **Mudras for Aquarius** Sabrina Mesko,2013-11 Mudra expert Sabrina Mesko Ph D H is the author of Healing Mudras Yoga for Your Hands the first practical guide for unleashing the healing power of hand Mudras which became a classic international bestseller and is translated into more than 14 languages In this book from the new series titled Mudras for Astrological Signs you will find specific Mudras for all who are born under the astrological sign of AQUARIUS and would like a quick easy to do technique to help TRANSCEND Your Sign s Challenges Protect Your HEALTH and BEAUTY attract LOVE and establish SUCCESS Each Mudra includes photos and instructions for practice with proper breathing exercises mantras charkas and colors MUDRAS are ancient Yoga techniques for your hands They are extremely easy to do but very powerful and instantly effective and can bring you health wealth balance success and happiness How By liberating the energy locked within your body the energy channels called nadis and energy centers called chakras and

directing it to help you meet your goals and deal with the problems of everyday life By combining the ancient technique of Mudras with the principles of Astrology you are magnifying their beneficial effects and improving your life on all levels
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