

Mudras: Essential Mudras Guide For Beginners To Radiate Energy, Love And Serenity By Veronica Baruwal

By Veronica Baruwal

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SABRINA MESKO Ph.D.H. is the international bestselling author of "Healing Mudras -Yoga for your Hands" (Random House), the first practical guide for unleashing the

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a few of the essential key mudras are presented here. There is, perhaps, nothing better in the world than the practice of mudras for success and wellbeing.

Sandi has 2,070 books on Goodreads, and is currently reading Shadow Game by Christine Feehan and M.Y.T.H. Inc. Link by Robert Asprin

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For thousands of years hand mudras have been used in India for healing, storytelling, emotional expression, and to evoke and convey elevated spiritual states.

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which is considered an essential part of Tantric Buddhism. particularly on the different types of
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