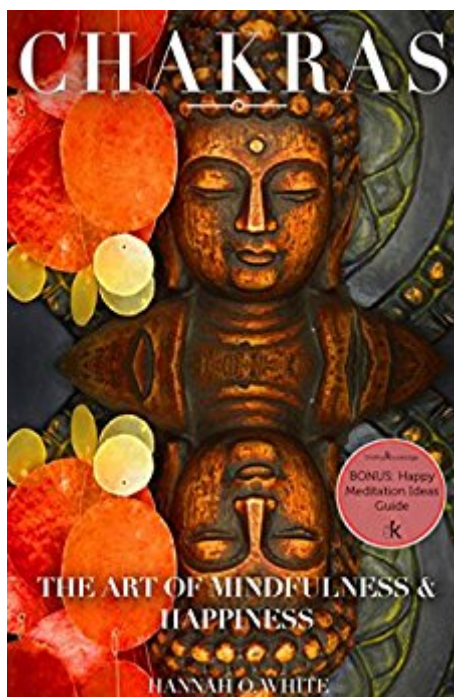


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# **CHAKRAS: Mudras For Balancing And Awakenning Chakras: The Powerful Personalised Meditation Guide, Cleanse And Activate Your 7 Chakras, Feel Energised And ... Mudras, Enlightenment, Spirituality)**



## Synopsis

Train your mind and Discover how Meditation can help you have a Healthier, Happier and more Enjoyable Life! Mudras and chakras are ancient hand gestures used in many traditions. From yoga to Indian dancers and martial arts practitioners. They act as "switches" for the inner energy that flows through your body. That energy can be controlled by the power of mudras and chakras. Most mudras and chakras are very easy to learn and yet they are so powerful that can control and eventually change your life! In this book a renowned practitioner and writer Hannah O. White provides a highly practical guide to get yourself familiarised with this holistic experience. Treat your body as a subtle but powerful projection that is continually receiving and transmitting power. Apply this to your everyday life, and it may even act as an inspirational guide for experienced trainers. Why You Should Check Out "Mudras to awaken and balance your Chakras: Holistic benefits that you can get by this guide: Boosting inner energy and self esteem Encouraging freedom, joy and stress relief Enhancing inner peace, self-expression and creativity Encouraging stability and grounding Concentration and clarity Take action now! Pick up your copy today by tapping the [Buy Now](#) button at the top of this page. Tags: CHAKRA, CHAKRAS, MEDITATION, HEALING, ENERGY BALANCING, BUDDHISM, SPIRITUALITY

## Book Information

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## Customer Reviews

Reiki Master/Teacher and author Hannah O. White draws on her gifts of clairvoyance, clairsentience and clairsentience to gain insights on what is in her clients' highest alignment. She subtitles this book *The Powerful Personalised Meditation Guide, Cleanse And Activate Your 7 Chakras, Feel Energised And ... Mudras, Enlightenment, Spirituality* a heady assignment but one she introduces with warmth and charm and conviction that makes us immediately drawn to her teachings and instructions, so that when she promises she will help us boost inner energy and self esteem, encourage freedom, joy and stress relief, enhance inner peace, self-expression and creativity, encourage stability and grounding and give us concentration and clarity we immediately trust her. Hannah opens her exploration with us by offering some fine background *Mudras are symbolic gestures or positions of the body which influence your energy and the elements in your body. Most mudras are formed as hand and finger gestures, but there are some that involve your entire body. You can perform them when you are meditating, in order to help the elements in your body achieve balance and thus, balance your chakras and unblock them* We *re discussing mudras and chakras together because mudras are actually able to influence chakras. More specifically, mudras retain certain powers that can help awaken and balance your chakras. So, if one or more of your chakras are blocked, that is owed to an imbalance in the elements in your body. To put it simply, the energy of one element drowns out the other. You can fix that by practicing certain mudras during your time of meditation.* The book is divided into explanatory divisions: *MUDRAS: For Balancing and Awakening Chakras - Simple Exercises for beginners* *Awaken Your Chakras and Encourage Your Wellbeing; The Root Chakra (Muladhara); The Sacral Chakra (Swadhisthana); The Solar Plexus Chakra (Manipura); The Heart Chakra (Anahata); The Throat Chakra (Vishuddha); The Third Eye Chakra (Ajna); The Crown Chakra (Sahasrara); and then Forming a Routine* *How to integrate what you have learnt in your everyday life. And she closes her lesson by saying, "Allow this e-book to teach you everything a beginner needs to know about chakras, how mudras can influence them and how to maintain their balance for a clean, happy life. When you feel like nothing is working out, look no further than yoga to find out where you lack balance, what is blocked and what you can do about it in order to regain that valuable energy and crucial influence."* Hannah and her book are inspirational and learned. Grady Harp, January 16

I received this book at no charge from for my Kindle. It was an enjoyable read. Thank you to the author for providing the material free for Kindle readers.

Very clear and descriptive information on chakras. I enjoyed the pictures of the Madras and the additional spiritual insight. Thank you

I started meditating this year, but I had never heard of or used Mudras in my practice. But, this changed after reading this book. Each mudra is fully explained and clearly demonstrated in each chapter. I found them to be a simple addition to my meditation practice.

I am new to meditating so this was an easy to read and understand manual. I was able to start with the correct breathing methods right away. The author seems like she was right there encouraging you not to give up.

With this book I learned the fundamentals on how to unblock my chakras!! I was thinking about this ancient practise for a long time. My friends were claiming that this type of meditation is for those who want to balance their body, mind and spirit. And it actually worked well for me. For the non persuasive I highly recommend!

If you are a beginner to meditation and the chakras of the human energy body and like your information jam-packed in as few pages as possible, this is a book for you. For the price of one ebook, you receive two, namely a beginner's guide to meditation comes along as well. In addition, a preview to a book on Reiki, also by the author, has been provided. As mentioned above, the author discusses the human energy body by describing the chakras. She explains what they stand for, how to activate them using mudras, (which are simple postures involving the fingers), the symbols and colours associated with each chakra and also how to balance and harmonize the energies of each chakra to achieve optimal physical, mental, emotional and spiritual health. Her directions on how to meditate on the chakras are sound and clear and blend well with the contents of the adjoining book on meditation where she advocates a relatively easy going strategy for beginners. The text shows that she is aware of the pitfalls that can waylay newbies in the art of meditation and provides suggestions that have helped her personally. Reading the text would make you feel as if the author was in the same room, telling you what to do. This book is only for

newcomers to meditative practices, advanced seekers will not find the information relevant to their needs. It could be argued that the author could have included some case studies or personal anecdotes as well. However, if she had done that, it would have distracted from the "short and sweet" nature of the material. Warmly recommended to newcomers on the journey towards their extended selves.

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