

How to use mudras for spiritual healing and achieve happy and healthy life Many of our diseases are caused by our state of mind. Fear, anger, jealousy, insecurity - all these negative emotions are poisoning our health. Mudras for Spiritual Healing will help you get rid of these negative states and heal your body and spirit. The book is written in a reader-friendly language. It is backed by the facts and figures from the ancient texts considered to be the gold standard books of the mudras and reliable modern studies, researches and interpretations. In this book author have focused the 23 best mudras for spiritual healing. A little introduction to each mudra is provided besides elaborating the physical effects along with the role in spiritual healing. 5 reasons to buy this book: â€¢ It is written by advanced researcher and practitioner of Yoga Mudras and Ayurveda with vast experiences in subject â€¢ The book provides detailed description of mudras with high quality and clear illustrations â€¢ After regular practice of mudras, described in the book, you will heal your body, spirit and prevent the emergence of other possible health problems â€¢ You will grow spiritually and get rid of physical, mental and emotional disturbances â€¢ Your life will become more happy, calm and peaceful Buy a copy of the book now and start a new, healthy and happy life practicing Yoga Mudras. Just Scroll to the top of the page and press the Buy now with 1-click Button.

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