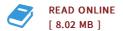




Mudras: The Complete Guide to Mudras - Learn to Radiate Energy, Love and Serenity (Paperback)

By Veronica Baruwal

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The Magic is In Your Fingertips! Radiate Energy, Love and Serenity. Have you been stressed lately? Maybe you feel a little tension in your neck and back? Or are you someone who aims to have more love and peace in your life? Do you know that you can deal with all these just by using your hands? Yes, you read it right! This healing practice is known as Mudra. It involves mainly the hands, and delivers a symbolic gesture as a way to enlightenment and well-being. If you do not know yet, our hands are powerful keys that can unlock doors to our spiritual being, and when Mudras are practiced, it then awakens the very heart of who we are. Mudra uses energy and allows harmonious flow of the vital elements in our body to promote good health and a sound mind. It is a natural way to influence energy and mood to lead you to the path of wisdom. Moreover, it is greatly used to treat physical ailments that you ve been carrying on for a while. How to:...



Reviews

An incredibly awesome pdf with perfect and lucid explanations. I have read through and that i am confident that i am going to gonna read yet again yet again in the foreseeable future. I am quickly can get a delight of reading a created book. -- Mr. Johnson Hane

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Read Write Inc. Phonics: Yellow Set 5 Storybook 7 Do We Have to Keep it?

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 211 x 101 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read Write Inc. Set 1 and 2 sounds....

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Penguin Books Ltd, United Kingdom, 2013. Paperback. Book Condition: New. 222 x 150 mm. Language: English . Brand New Book. In this classic fairy tale, the three little pigs leave home and build their own houses - one of straw, one of...

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HarperCollins Publishers Inc, United States, 2014. Paperback. Book Condition: New. Reprint. 201 x 132 mm. Language: English . Brand New Book ***** Print on Demand *****. A highly personal and moving true story of friend-ship and remembrance from the New York Times bestselling...

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The Tale of Jemima Puddle-Duck - Read it Yourself with Ladybird: Level 2

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