

MUDRAS

YOGA *in your* HANDS



GERTRUD HIRSCHI

Mudras Yoga In Your Hands

Sabrina Mesko



Mudras Yoga In Your Hands:

Mudras Gertrud Hirschi, 2000-05-01 Mudras also playfully called the finger power points are yoga positions for your hands and fingers They can be practiced sitting lying down standing or walking They can be done at any time and place while stuck in traffic at the office watching TV or whenever you have to twiddle your thumbs waiting for something Hirschi shows you how these techniques can prevent illness relieve stress and heal emotional problems **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 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 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 *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 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 Taurus 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 TAURUS 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 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 CHANGE YOUR LIFE IN 3 MINUTES THE POWER IS IN YOUR HANDS Mudras for Aries 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 ARIES 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 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

Healing Mudras Sabrina Mesko, 2000 The practice of mudras for at least three minutes daily will bring you health wealth balance success and happiness from Healing Mudras Mudras are yoga movements involving only the arms and hands They are extremely easy to do but so powerful that they can transform your life How Simply by liberating the energy locked within your body in 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 In this the first book to make the sacred healing techniques of mudra available to everyone expert yoga teacher Sabrina Mesko includes dynamically illustrated instructions for performing the fifty two most accessible mudras with appropriate breathing exercises eye movements mantras meditations visualizations prayers and affirmations to enhance the power of each Inside you ll find mudras for Creating inner peace and inner strength Eliminating fatigue and overcoming anxiety Protecting your physical and emotional health Transcending stress depression guilt and anger Calming the mind and sharpening intuition Promoting happiness love prosperity longevity Healing a broken heart and much more No previous experience with yoga is needed If you can move your arms and hands freely and pay attention to your breathing you can use these ancient healing mudras to enrich your life wherever you are in as little as a few minutes a day

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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 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 Mudras for Sagittarius 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 SAGITTARIUS 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

Yoga in Your Hands Colin Briguglio, 2021-05-04 Mudras are powerful sacred hand gestures from the yogic tradition that communicate and symbolize your intentions to yourself and the world around you During challenging times use these three mudras to bring about more peace This book is related to hand gestures which create different Mudras Total 51 Mudras have been described in this book along with how mudras are affecting our body mind heart etc Mudra yoga has been primarily invented by India and this knowledge should be known to everyone What is the spiritual as well as the scientific reason behind it How does it work What are the advantages of mudras How to do it How much time required for doing so All related questions have been answered in this book The focused audience is from children to elders there is no age limit This means all family members can do it easily The book is in the very simple English language and easy to understand Learners should have the five Ws in their mind Why What When Where and Who This is the general philosophy of a person who is keen to learn new things The same concept is explored in this book How do Yoga Mudras affect our body Where and when can we do them This book answers all such questions It s a science and the majority of it has originated from India Hinduism has shown the earliest recorded knowledge and analysis of the Mudras in different Holy books This tradition is 5000 years old and this science will create harmony between health and happiness The book covers different types of functionality advantages and other important details of Yoga Mudras This book caters to people of all age groups Everyone can find detailed and interesting information about the use of Mudras from this book Have a happy and healthy reading Hope you enjoy reading the book We didn t have health insurance in old times

Yoga in Your Hands Bessie Goldhirsh, 2021-09-04 Mudras are powerful sacred hand gestures from the yogic tradition that communicate and symbolize your intentions to yourself and the world around you During challenging times use these three mudras to bring about more peace This book is related to hand gestures which create different Mudras Total 51 Mudras have been described in this book along with how mudras are affecting our body mind heart etc Mudra yoga has been primarily invented by India and this knowledge should be known to everyone What is the spiritual as well as the scientific reason behind it How does it work What are the advantages of mudras How to do it How much time required for doing so All related questions have been answered in this book The focused audience is from children to elders there is no age limit This means all family members can do it easily The book is in the very simple English language and easy to understand Learners should have the five Ws in their mind Why What When Where

and Who This is the general philosophy of a person who is keen to learn new things The same concept is explored in this book How do Yoga Mudras affect our body Where and when can we do them This book answers all such questions It s a science and the majority of it has originated from India Hinduism has shown the earliest recorded knowledge and analysis of the Mudras in different Holy books This tradition is 5000 years old and this science will create harmony between health and happiness The book covers different types of functionality advantages and other important details of Yoga Mudras This book caters to people of all age groups Everyone can find detailed and interesting information about the use of Mudras from this book Have a happy and healthy reading Hope you enjoy reading the book We didn t have health insurance in old times

Mudras for Scorpio 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 SCORPIO 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** 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 **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

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Mudras Yoga In Your Hands Introduction

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