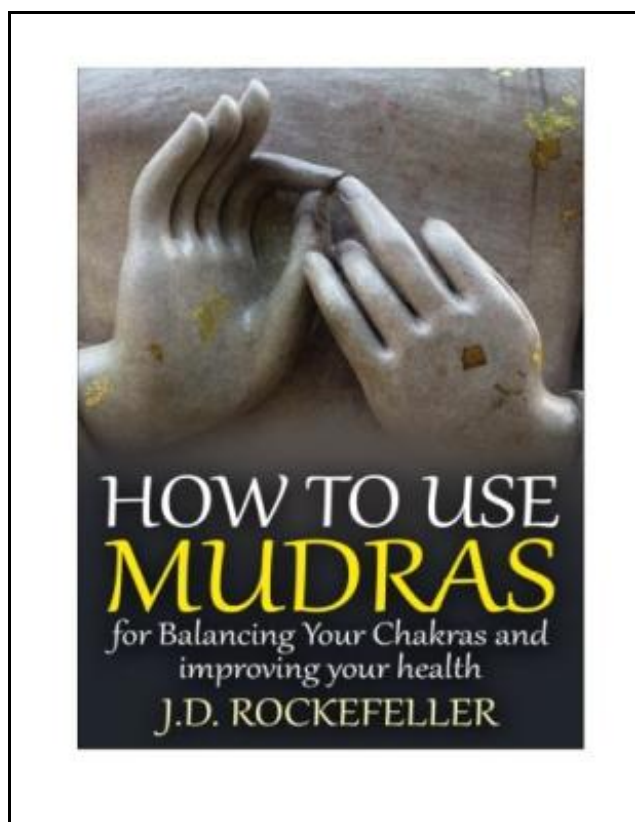


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you always under excessive stress and pressure? Are you looking for an easy way to reduce stress and feel more joy, peace and energy? If yes, this guide can help you do exactly that by activating the energy points in your body with the use of certain hand postures. These hand postures are easy to hold and can be done during meditation or even while watching your favourite TV show. Although they are quite easy, these hand postures called mudras are quite effective in controlling many of the chronic disorders as well protecting you from infections and diseases. In this guide, you will learn about the seven main chakras or energy points in our non-physical body. Imbalances in these energy points can lead to various physical and psychological disorders. We will talk about how you can find out about what are the signs of an imbalanced chakra. You will also learn how mudras, combined with meditation, can help restore the balance of the non-physical body, thus, providing benefits for the physical body as well.



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