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Variants Of This Mudra Are Used In Qigong And Kundalini Yoga. The Images Of Shiva Nataraj In India Show This Mudra, But With Two Extra Hands Added. The Upraised Left Hand Holds A Flame, And The Upraised Right Hand Holds Feb 9th, 2024

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1. Introduction To Mudras And Mudra Healing •Mudra Is A Sanskrit Word Meaning Sign Or Seal. In The Word Mudra, Mud Means Joy And Ra Means Produce. Hence, Mudra Means Gestures That Produce Joy And Happiness. •Mudra Is A Gesture Or Position, Usually Of The Hands That Locks And Guides Energy Flow And Reflexes To The Brain. Mar 12th, 2024

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Namaste / Anjali (NAH-mes-tay) Nama = To Bow As = I Te = You Namaste = I Bow To You Anjali Mudra Anjali = Offering/salutation Mudra = Sign The Hand M Feb 4th, 2024

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Mudra Can Help To Get Into A Mood Of Acceptance.

Hold The Finger Positions With Both Hands, For At Least A Couple Of Minutes. Ahamkara Mudra Hand Position Bend Index Fingers Slightly And Put The Upper Phalanx Of T Feb 10th, 2024

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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 Mar 8th, 2024

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