



Mudras: 40 Powerful Mudras Hand Gestures To Unleash The Physical, Mental And Spiritual Healing Power In YOU! (Mudras, Mudras For Spiritual Healing,)

Diane Clarke

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THE POWER TO CHANGE YOUR LIFE IS LITERALLY IN YOUR HANDS!

Mudras Can Be Used Any Time Any Place To Uplift Your Mood & Heal Yourself Physically, Mentally And Spiritually

2 Free E-Books Inside.. 101 Spiritual Quotes & Command Your Life

Through this book, with Mudras, Diane Clarke will help you “tap” into the universal life force and unleash the healing power in YOU!

If you want to explore the benefits of Mudras but are not sure where to start and which book to read first, then you’ll be pleased to know that your search ends here.

In this book Diane teaches you how triggering specific energy points within your body can help you access the very intelligence that guides your life!

You will discover 40 simple but powerful hand gestures that guarantee to bring out the best in you, physically, mentally and spiritually!

Mudras are not only an extremely powerful healing technique, they will recharge your personal energy reserves, improve your quality of living, relieve you of everyday worries and stress and massively promote your spiritual development.

Inside These Pages You Will Learn...

- How to use Mudras to ease pain!
- Mudras to battle stomach cramps, abdominal disorders and digestive problems!
- Mudras to cure heart disease!
- Mudras to fix most nervous disorders!
- Mudras to extend the longevity of your life! Yes!
- Mudras for weight loss

- Mudras to overcome addictive, self-destructive habits!
- Mudras to awaken your chakras
- Mudras to enhance your sexual health and wellbeing!
- Mudras to enhance your spiritual well being, from manifestation to meditation, we cover it all
- And much more!

Diane Clarke covers the subject of Mudras so well that this book will take even the total novice to the next level and you too will soon be reaping the amazing benefits of this incredible practice.

So Scroll To The Top Of The Page And Click The Orange Buy Now Button To Begin Your Journey Today

It's Never Too Late To Begin Healing Yourself And Excelling Your Life!

You Deserve It, And Diane Can Help You Get It

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