

Libros De Mudras Gratis

Swami Saradananda

Mudras para la vida moderna Swami Saradananda,2016-08-24 Transforma tu vida mediante el poder de los mudras, gestos sutiles pero muy eficaces que se realizan con las manos y que favorecen la salud y el bienestar. Con instrucciones fáciles de seguir y a través de obras de arte inspiradoras y fotografías explicativas, esta es la guía ilustrada definitiva sobre los mudras, ideal tanto para yoguis experimentados como para principiantes. Impulsan la fuerza interior y la vitalidad, alivian el estrés, la ansiedad y la fatiga, cultivan la alegría de vivir, la paz y la creatividad, mejoran la concentración y la claridad mental, ¡y mucho más! Descubre los ejercicios de meditación, visualización y respiración (pranayama), los mantras y las posturas de yoga (asanas) que aumentan el poder de los mudras. Conoce los beneficiosos efectos de diferentes series de mudras diseñadas para problemas concretos de salud, desde el estrés y el insomnio hasta la artritis y los dolores de cabeza.

Mudras Gertrud Hirschi,2025-01-21 • Una obra imprescindible para practicantes de yoga y para todos aquellos que buscan aumentar su bienestar físico y emocional. • La práctica de los mudras requiere muy poco tiempo y puede realizarse en cualquier lugar. • Sin dejar de lado el mensaje profundamente espiritual de los gestos sagrados, Gertrud Hirschi nos muestra el lado práctico de esta tradición ancestral. Los mudras, gestos sagrados de la tradición hindú y otras religiones, constituyen poderosos mensajes dirigidos desde las manos hacia nuestro ser físico, psicológico y espiritual. Son gestos ancestrales que, empleados con sabiduría y serena constancia, ayudan a mantener la salud, calmar dolores, sosegar el ánimo y aumentar nuestra vitalidad. Practicados junto a la meditación, apoyan y facilitan el camino espiritual de manera sencilla, auténtica y libre de cualquier doctrina. Con este libro la autora nos introduce en un campo en el que cada uno de nosotros puede convertirse en su propio terapeuta, estableciendo un tratamiento a su medida. Para reforzar los beneficios que podemos obtener de los mudras, y basándose en su experiencia personal, nos enseña cómo acompañarlos con la respiración, afirmaciones positivas, visualizaciones, hierbas medicinales, alimentación adecuada y música.

Los mudras sanadores Sabrina Meško,2001

Mudras for Stress Management: 21 Simple Hand Gestures for a Stress Free Life Advait,2015-05-18 Your Guide to A Stress-Free Life Through Simple Hand Gestures!!!Mudras for Stress Management is all about educating you about Ancient Vedic 'Mudra' techniques which involves achieving A Stress-Free Life with Simple Hand Gestures.Start Living a Stress-Free Life Now!!!Those who don't know how to fight worry and live a stress-free life, die young.Are you plagued by fears &

phobias??Do you toss and turn at night with a knot in your stomach, worrying about your work, your family, job, Future, or relationships??Do you suffer from crippling shyness, obsessive Self-doubt, or a feeling of insecurity??If your answer is 'Yes' to any of the above questions, then understand that, you are living a stressed Life and it Will Affect Your Health Adversely.Now Tell Me....Do You Want To Lead A Stress-Free Life??If your answer is 'Yes' to this question, then this book is for you!!!All the Mudras mentioned in this book are Stress Reduction and Management Mudras, which train you to remain Stress-Free and in Control in any kind of difficult situation and contribute towards a relaxed mind and help the practitioner maintain a calm composure all the time.You don't believe me?? Try out for yourself.These Mudras work wonders!!Discover:: 21 Simple Hand Gestures for A Stress-Free LifeThis book details a variety of Simple Hand Gestures called as Mudras, that when performed regularly will help you lead a stress-free Life.Some of the Mudras that you'll discover inside this book are:# Samputamudra / Mudra of Bud# Tritiya Kurmamudra / Mudra of Tortoise III# Hamsimudra / Mudra of The Contained Spirit# Phuppusmochanmudra / Mudra of liberated Lungs# Chinmudra / Mudra of ConsciousnessEverlasting Health is Achievable Through A Stress-Free Life!! Just perform these Simple Hand Gestures regularly.Would You Like To Know More?Download this book now and start living a stress-free life from today.Scroll to the top of the page and select the buy button.

Mudras para cuerpo, mente y espíritu Gertrude Hirschi,2011-01-20 LIBRO + 68 CARTAS DE MUDRAS PARA aliviar el dolor físico, mitigar el estrés, avivar la mente, el equilibrio mental y emocional, el desarrollo espiritual, Los mudras son ejercicios en los que los dedos y las manos adoptan posturas especiales que transforman nuestras extremidades en verdaderos «centros energéticos». Se corresponden con los ejercicios de yoga más conocidos y, al igual que ellos, ayudan a fortalecer el flujo de la energía vital en cuestión de minutos. De hecho, ejercen un efecto vigorizante a todos los niveles y ayudan a reducir el estrés. GERTRUD HIRSCHI es mundialmente conocida gracias a sus obras sobre yoga y mudras, que han sido traducidas a numerosos idiomas. Dirige una escuela de yoga en Zúrich e imparte seminarios a lo largo de todo el mundo.

Los Mudras Sanadores Sabrina Mesko,2014-07-31 Los Mudras son movimientos de yoga que se realizan con los brazos y las manos. Son extremadamente sencillos, pero tan poderosos que transformarán su vida. ¿De qué forma? Simplemente liberando la energía bloqueada en el interior de su cuerpo en los canales de energía llamados nadis y en los centros energéticos denominados chakras. Disponiendo y dirigiendo dicha energía a través de los mudras, usted podrá alcanzar sus objetivos y tener la capacidad para solucionar los problemas de la vida diaria.Este es el primer libro que pone a disposición de todo el mundo las técnicas de sanación sagradas de los mudras. En él, de forma ilustrada, se dan las instrucciones para practicar los cincuenta y dos mudras mas accesibles, junto a los ejercicios respiratorios, movimientos oculares, mantras, meditaciones, visualizaciones y afirmaciones que los acompañan con el fin de potenciar el poder de cada uno de ellos. No es necesario haber practicado yoga antes. Si usted puede mover sus manos y brazos, podrá utilizar los milenarios MUDRAS SANADORES contenidos en este libro para enriquecer su vida dedicándoles tan solo unos pocos minutos al día.

Mudras de la India Cain Carroll, Revital Carroll, 2018-07-31 Mudras de la India presenta 250 fotografías de las mudras de las manos con detalladas descripciones de la técnica, aplicación y beneficios espirituales y para la salud. Cada mudra se presenta con su nombre en sánscrito, su transcripción y su traducción al español. Los beneficios de las mudras de las manos están indexados en un formato de fácil utilización que abarca los principales intereses para la salud, así como de las aplicaciones espirituales y psico-energéticas. El libro incluye una rica mirada a la herencia cultural de las mudras de la India y de los efectos transformadores de estos poderosos gestos de las manos.

Mudras terapéuticos : descubre el poder curativo del yoga de las manos Rajendar Menen, 2010-06 Los mudras son sencillos movimientos de yoga en los que sólo se utilizan los brazos y las manos y que nos permiten canalizar adecuadamente la energía a través de nuestro cuerpo, así como facilitar la consecución de numerosos objetivos como la elevación espiritual y la sanación física y emocional. Son muy fáciles de realizar, pero tan poderosos que pueden cambiar la vida de una persona al liberar la energía bloqueada del cuerpo. Como explica Rajendar Menen, nuestros cuerpos son milagros; el nacimiento y la muerte son milagro y el mismo proceso de sanación es un milagro. Los mudras ayudan a crear paz interior, eliminan la fatiga y la ansiedad, agudizan la intuición y proporcionan longevidad y felicidad. Por eso son un milagro. * Los mudras pueden curar prácticamente cualquier dolencia, desde un simple dolor de oídos a un ataque de corazón. * Los mudras ayudan a moldear los aspectos físicos, mentales e incluso morales de las personas. Algunos mudras equilibran los elementos del cuerpo al cabo de 45 minutos, mientras que otros pueden hacerlo en unos pocos segundos. * La práctica regular puede curar el insomnio, la artritis y la pérdida de memoria. * Los mudras promueven la piedad y la buena disposición en el ser humano, además contrarrestan el envejecimiento. * En el yoga Kundalini, los mudras desvelan la energía cósmica.

Expectatissime et suo merito laudatissime in quattuor Se[n]te[n]tiarum libros quatuor plurimarum resolutiones & exactissimae decisiones ... Durandus, 1515*

Mudra Chögyam Trungpa, 1987

The Healing Power of Mudras Rajendar Menen, 2011-04 This book details several beneficial Mudras, and provides a holistic view of physical and spiritual healing. The right colours, foods, thoughts and ambience combined with regular Mudra-practice will make for a new and healthy you!

Nuevas mudras Gertrud Hirschi, 2003 Mudras, sacred hand gestures from Hinduism and other religions, are comprised of powerful message that span from the hands out to our physical, psychological and spiritual being.

Mudras for Beginners: Your Ultimate Beginners Guide to Using Simple Hand Gestures for Achieving Everlasting Health, Rapid Weight Loss and Easy Self Healing Advait, 2015-09-29 Mudras - The Lost Ancient Vedic Healing Technique Mudras have been in use in the East for thousands of years, invented in early Vedic Hindu culture and then practiced in Buddhism. They have been used as a spiritual practice (and still are), as a way on the path to enlightenment. They're also used to cure physical

ailments.Sounds too good to be true!! But believe me it is True!!Do these Mudras while 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.These hand postures help you -#Cure Heart Problems#Cure your Cold#Increase your Concentration#Relieve Muscle Fatigue#Cure DiabetesThese Mudras are simple Hand Gestures that transform our hands into real Powerhouses.Covering all you need to know about performing Mudras, this insightful, informative and fluff-free Beginner's Guide will enable you to gain an understanding of a form of yoga that has already helped thousands of people across the globe.From Building Character to Healing Emotional Pain,From Bringing Luck to Connecting With The Divine,Mudras can work wonders.Want to Transform your Life with Simple Hand GesturesIt's simple, and you can do it today,just scroll up and click,Buy Now

I love Mudra La Pina,2021-04-01T00:00:00+02:00 40 POSIZIONI DELLE MANI PER DIVENTARE UN PO' MEGLIO... O ALMENO PER SENTIRCI MENO PEGGIO! Paure, sensi di colpa, vergogna, inadeguatezza, angoscia: poco importa chi siamo, quanto guadagniamo, chi dorme accanto a noi o sotto il nostro stesso tetto, per tanti di noi questi stati d'animo sono familiari. C'è chi trova piccoli o grandi escamotage per sfuggire, dal bicchiere di vino alle goccine, dal chiudersi al buio al litigare col primo che passa. La prima buona notizia è che un punto di partenza c'è. Invece di dare la colpa a ciò - o a chi - ci circonda, proviamo a pensare che se i colleghi, i figli, i genitori, i partner ci danno sui nervi, è perché riflettono qualcosa che ci duole della nostra vita interiore. Ed è una buona notizia, perché se non possiamo né controllare né cambiare gli altri, su di noi, invece, possiamo sempre lavorare. La seconda buona notizia sono i Mudra. Lo yoga delle mani va bene per tutti. Uomini, donne e ogni loro sfumatura. Per tutte le razze, religioni ed età. È un metodo senza confini di spazio o di tempo. È un approccio semplice e potente, che accarezza l'anima e coccola i nostri sentimenti ridotti in coriandoli. I Mudra ci fanno scoprire che a volte la soluzione è sulla punta delle dita. I Mudra sono pose delle mani con effetti pazzeschi sulla parte emotiva della nostra vita. Ce n'è per tutti i gusti e tutte le occasioni. Gratis. Senza effetti collaterali. Ci sono Mudra contro l'ansia e il panico, per favorire il sonno, per amare. Da fare prima di un esame o di un appuntamento galante. Praticateli in ufficio, in metropolitana, in macchina, a casa... insomma, ogni momento è buono. Attingete con avidità e sfondatevi di Mudra!

El poder curativo de los mudras Rajendar Menen,2009

Mudras Gertrud Hirschi,2003

Mudras for Awakening the Energy Body Alison Denicola,2015 Mudras are hand gestures commonly used in yoga and meditation practices to direct the energy and expand consciousness. This vibrantly colored deck presents 33 mudras and 7 chakra cards that were selected for their benefits in promoting health and healing. Each card includes instructions for the pose, an explanation of specific benefits, and an affirmation to help focus your intentions.

Mudras: 25 Ultimate Techniques for Self Healing Advait,2015-05-18 Mudras: 25 Ultimate techniques for Self-

Healing Mudras have been in use in the East for thousands of years, invented in early Vedic Hindu culture and then particularly in Buddhism. Buddha statues often have the hands in certain hand positions. They have been used as a spiritual practice (and still are), as a way on the path to enlightenment. They're also used to cure physical ailments. Sounds too good to be true!! But believe me it is True!! Do these Mudras while 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. These hand postures help you -#Ease Asthma,#Relieve Flu Symptoms,#Let You Think More Effectively,#Relieve Tension,#Even Induce Bowel Movement. These Mudras are special finger and hand position exercises which transform our hands into real Powerhouses. Covering all you need to know about performing Mudras, this insightful, informative and fluff-free book will enable you to gain an understanding of a form of yoga that has already helped thousands of people across the globe. From Building Character to Healing Emotional Pain, From Bringing Luck to Connecting With The Divine, Mudras can work wonders. Want to Transform your Life with Simple Hand Gestures? It's simple, and you can do it today, just scroll up and click Buy Now

Mudras for Modern Life Swami Saradananda, 2015 Transform your life through the power of mudras subtle but highly effective hand gestures that boost health and wellbeing. With easy-to-follow instructions, inspiring artworks and informative photographs throughout, this is the definitive illustrated guide to mudras, ideal for experienced yogis and newcomers alike. Increase your inner strength and vitality, relieve stress, anxiety and fatigue, cultivate joy, peace and creativity, enhance concentration and clarity, and much more! Discover the meditations, visualizations, breathing exercises (pranayama), mantras and yoga poses (asana) that enhance the power of the mudras. Benefit from a range of specially designed mudra routines for specific health issues, from stress and insomnia to arthritis and headaches.

Mudras of Yoga Cain Carroll, 2013-10-21 This card set provides 72 hand mudras used in yoga. Each card presents a full-colour image of the mudra, includes concise information on techniques and applications and details physical, energetic and spiritual benefits. The accompanying booklet explains how to use the mudras at home and specifies those that address health common complaints.

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