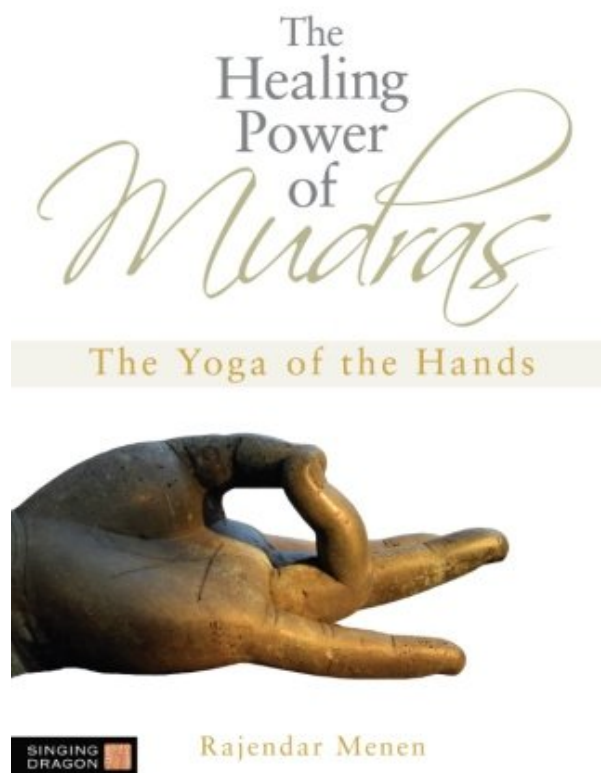


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When The Healing Power of Mudras was sent to the Eternal Spirit office, I jumped at the chance of reviewing it... this book brings those mysterious hand gestures to life and may even be of sufficient interest to change yours. -- Eternal Spirit This book is an excellent, affordable guide to a little-known practice that can have benefits far beyond its modest appearance. -- ForeWord Reviews

## **About the Author**

Rajendar Menen is an award-winning journalist who has written extensively on a number of complementary therapies. He has launched and edited magazines, co-authored three books on AIDS and prostitution in South Asia and freelanced for the BBC, UNFPA, Irish Education Society, France 2 and a number of other international media organisations.

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The use of Mudras, or "yoga of the hands," has been recognised for centuries as a simple yet effective healing tool, known to prevent and cure illnesses and bring about spiritual regeneration. This book examines Mudras, and teaches how regular practice can rejuvenate your body and mind and transform your everyday life. Covering all you need to know about performing Mudras, this insightful and informative book will enable you to gain an understanding of a form of yoga that has already helped thousands of people. Clear illustrations explain exactly how to use Mudras, and chapters explore everything from the use of Mudras in dance and martial arts to diet and the practice of visualisation. Further sections look at how combining Mudras with positive colours and music can improve your wellbeing. They take minutes to perform, and can be done almost anywhere at any time, yet the effects are hugely beneficial. This book is a must for anyone who wants to unlock their spirituality and change their daily lives. Mudras are believed to be the key to spiritual and mental wellbeing, and will radically enhance every aspect of your existence.

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- Number of items: 1
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- Binding: Paperback
- 112 pages

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## Most helpful customer reviews

15 of 16 people found the following review helpful.

A Bit of History with Healing

By DayDay

The book is small but informative. The diagrams were adequate to get the idea of the placements and the history lesson layed a good foundational background to understand the how's and why's this technique works. I tried some hand placements in my meditations and did feel after only a few days that things were

happening. Removing toxins, balancing the interior centers, etc. I did purchase another Mudras book that I found slightly more helpful as i didn't need or want to get as much history as this book provided.

7 of 7 people found the following review helpful.

Very Helpful Information

By Kay H.

The information I was looking for about the neuro-physiological actions of mudras and how to practice them was all here. Thank you. I do not agree with some of the author's other philosophy but my culture is different and his philosophy will not interfere with my mudra practice which is proceeding.

Kayte

11 of 13 people found the following review helpful.

THE HEALING POWER OF MUDRAS;the yoga of the hands

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IT'S A MUST HAVE BOOK FOR THOSE WANTING BETTER HEALTH MIND BODY SPIRIT CONNECTION.I have lupus and it has helped me to balance my life

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