

Mudras Principales

Surya



Gyan



Prithvi



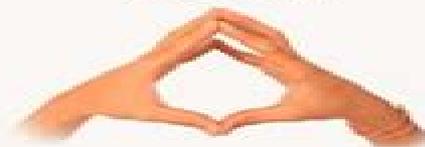
Chinmaya



Yoni



Hakini



Shambhala



Abhaya



Apana



Vayu



Varun



Ganesha



Shunya



Prana



Rudra



Bhumisparsha



Dhyan



Los Mudras

Sabrina Meško



Los Mudras :

Los mudras sanadores Sabrina Meško,2001 Mudras: el puente entre lo visible y lo divino Dave Hyuga,2025-10-06
Mudras como medio para mejorar nuestra meditaci n aumentar nuestra energ a interna y buscar la unificaci n a la deidad
Aliens ancestrales Josep Guijarro,2015-10-01 En la actualidad ya son 2 000 el n mero de mundos que existen en el
Universo Y apenas se ha explorado un 0 1% del universo conocido en nuestra cercan a m s cercana con una tecnolog a que s
lo es el 0 1 % de la que existir en el futuro Ya nadie se atreve a afirmar categ ricamente que no haya vida por doquier en la
inmensidad del Universo Si bien es cierto que no hay una prueba definitiva que certifique que parte de los casos enigm ticos
repartidos por todo el planeta correspondan a visitas de seres de otros mundos en esta obra Josep Guijarro profundiza en la
posibilidad de que ayer quedaran huellas de esas visitas y que tales presencias fueran tomadas en su momento por casi
divinas bas ndose en las investigaciones que ha realizado para la serie Extraterrestres de Canal Historia **Half a Century**
of Dance Research Gertrude Prokosch Kurath,1986 **Los sorias** Alberto Laiseca,1998 Claire DeWitt y la ciudad de
los muertos Sara Gran,2013 Críticas ,2004 De los cuatro vientos ,1990 **Enciclopedia universal ilustrada**
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parlantes Alberto Laiseca,1993 **Yoga ilustrado para principiantes, intermedios y avanzados** H. Jorge Reyes
Muñoz,1972 *50+ Mudras* ,2025-06-23 50 MUDRAS La terapia de mudras consiste en gestos simb licos o rituales
realizados con los dedos Es una forma de terapia natural utilizada para restaurar el equilibrio y tratar diversas afecciones de
salud Los cinco elementos y los dedos Seg n la sabidur a ancestral nuestro cuerpo est compuesto por cinco elementos y cada
dedo representa uno de estos elementos Dedo pulgar Fuego Sol Dedo ndice Aire Viento Dedo medio Espacio Cielo Dedo
anular Tierra Dedo me ique Agua Relaci n entre emociones y rganos El exceso o desequilibrio de ciertas emociones afecta a
rganos espec ficos Alegr a Afecta al coraz n Miedo Afecta a los ri ones Ansiedad Afecta a los pulmones Preocupaci n Afecta al
bazo Ira Afecta al h gado Sanaci n con Mudras Al practicar regularmente la terapia de mudras puedes Equilibrar los cinco
elementos Controlar las emociones Apoyar la salud de los rganos internos Ayudar a manejar problemas f sicos y mentales Los
mudras son herramientas simples y poderosas para apoyar la autocuraci n en cualquier momento y lugar **Folklore**
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