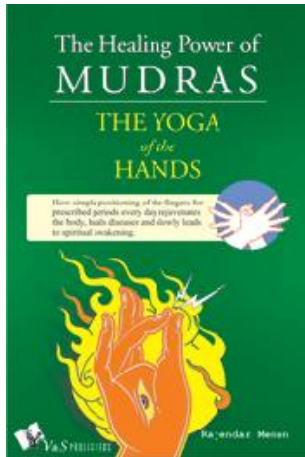




The Healing Power Of Mudras



Author: Rajendar Menen
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Our fingers have enormous power!

With the right positioning for prescribed periods, the fingers of both hands can rejuvenate the body, heal disease and even slowly, over time, lead to a spiritual awakening.

Mudras can be practised in almost any posture: walking, sitting, standing and even lying down!

They require no gadgetry, complicated accessories or extra space. They are easy to do, make no demands of extraordinary physical strength, and are completely free.

Called the Yoga of the hands, Mudras are an ideal healing tool. They have been known to prevent and cure illnesses and, most important, and slowly bring about a spiritual regeneration.

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-practise will make for a new and healthy you!

Some Glimpses:

- *Ancient healing through Mudras
- *Mudras and dance, practice of visualisation
- *Mudras in martial arts
- *Bodhisattavas and Mudras
- *Diet

About the author:

The author is an award-winning journalist who has written over 2,000 articles in more than 30 journals in five countries.



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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.

His other books published by Pustak Mahal are Magneto-Therapy, The Miracle of Music Therapy and Benefits of Vaastu & Feng Shui.

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