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gesture or position) in
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by the positioning of
our fingers and thumb.
Force **energy** flows ...

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healing Mudras are:

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The Human Hands
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are a Powerful Tool.

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Sadhguru discusses the human hands and their potential when bringing one's **energy** system to a ...

**Learn Basic Mudras
& How to use them**

What are **mudras**?

Mudras are positions of the body, usually just the hands that have some influence on your body's **energy**

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Heal PALPITATIONS
in minutes with this
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teaching by Geoff
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different chakra
part1 Chakras are
“Hot Spots” of **energy**

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where matter and
consciousness meet. In
yoga, meditation, and
Ayurveda, this term
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Namaskar **Mudra** -

00:10 Chin **Mudra** -

02:19 Chinmaya

Mudra - 04:20 Adhi

Mudra ...

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Monday", where I am
so excited to show you
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**1. Kashyapa Mudra
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