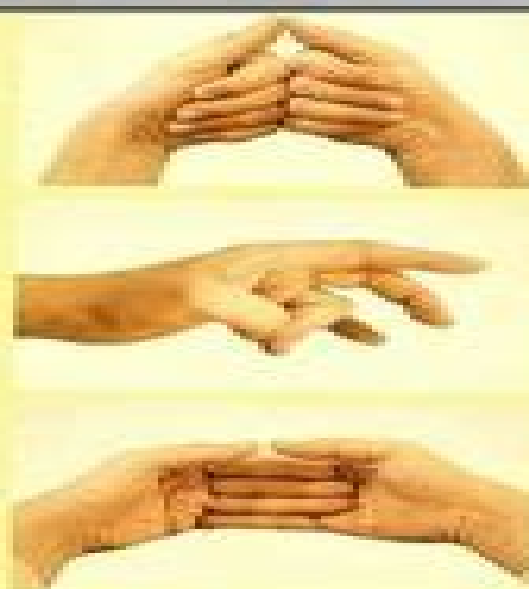


Matthias Mala



Sentirse bien
a través de los **mudras**

EDICIONES OBELISCO

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AW Rasmussen



Sentirse Bien A Través De Los Mudras:

Críticas ,2004 **Asanas Mudras y Bandhas - Despertando el Kundalini Extático** Yogani,2013-04 Asanas Mudras y Bandhas Despertando el Kundalini Extático ofrece un enfoque práctico para la incorporación de las posturas de yoga y especializadas maniobras físicas internas en una rutina diaria compacta de prácticas que incluye la respiración espinal pranayama y la meditación profunda El despertar del kundalini se cubre con claridad incluyendo una discusión de los síntomas y los métodos específicos para controlar tu ritmo y regular las energías internas para proveer el desarrollo progresivo y seguro del silencio interior permanente la dicha extática y el derramamiento de amor divino las características esenciales de la iluminación ascendente Yogani es el autor de libros innovadores sobre altamente efectivas prácticas espirituales tales como Advanced Yoga Practices Easy Lessons for Ecstatic Living dos libros de texto completo y fácil de leer y The Secrets of Wilder una novela espiritual muy poderosa La Serie de Iluminación AYP hace estas prácticas profundas disponibles por primera vez en una serie de libros de instrucciones concisas Asanas Mudras y Bandhas es el cuarto libro en la serie Tantra Descubriendo el Poder del Sexo Pre Orgásmico es el tercer libro de la serie El segundo de la serie es Respiración Espinal Pranayama Viaje al Espacio Interior El primero es Meditación Profunda Camino hacia la Liberación Personal

Bibliografía española ,2004-06 Sentirse bien a través de los mudras Matthias Mala,2004 Los mudras son posturas de las manos y de los dedos que poseen poderes espirituales y terapéuticos extraordinarios Por medio de ellos podemos dirigir y controlar el flujo energético de nuestro cuerpo Ayudan a relajarse y a mejorar el bienestar físico y mental gracias a estos sencillos ejercicios con los Mudras que Matthias Mala nos propone en este libro podemos fomentar de manera eficaz tanto la creatividad como la capacidad de comunicación La ventaja de los Mudras con respecto a otras disciplinas es que se pueden hacer en cualquier momento y lugar sin realizar ningún esfuerzo excesivo y sin ningún desembolso En este libro encontrar una presentación sencilla clara y detallada de cada uno de los Mudras Los Mudras más importantes acompañados de su fotografía y la manera de realizarlos Mudras específicos para combatir diversos trastornos físicos superar las depresiones o abandonar los malos hábitos Mudras para obtener más energía Mudra para la inspiración la comunicación la belleza la pareja la relajación

Conjunto ,2000 *Hatha yoga* Stella Iannantuoni,2003 **9 círculos** Jesús de la Mata Ramírez , Crecimiento de conciencia hacia el ser a través de enseñanzas marciales zen

Vida de una maestra yogui hindú Discípulos de Swamijita,2021-01-27 Este libro cuenta la bella y extraordinaria vida de una yogui renunciante de la mayor pureza tradicional de la India Sus experiencias nos muestran el insondable poder del espíritu humano más allá de lo común Valiosas enseñanzas sobre el destino del ser humano el propósito de la vida la ilimitada energía interna sanaciones la ilusión de este mundo las verdades de los poderosos sonidos cósmicos los conocimientos de las eras antiguas y sabias Escogida por su maestro por haber sido la única que pasó la prueba de total entrega y renunciación ha llegado a altísimos niveles de realización y es su misión llevar las enseñanzas de la espiritualidad al mundo ayudarnos a descubrir la silenciosa sabiduría que crea y

mantiene el universo nuestra verdadera esencia el inmenso poder que tenemos y la profunda ciencia del yoga para sanarnos equilibrarnos y trascender llegando a la verdad suprema No tenemos que hacer para SER SOMOS El problema es que somos pero no SABEMOS *Mantras Sagradas Palabras de Poder* John Blofeld,2004-04 Archivo Itelman Irene Itelman,2002

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 más *Nuevos 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* **El poder mágico del gesto** Matthias Mala,1998-01-01 **Yoga de las manos** , **Los mudras sanadores** Sabrina Meško,2001 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 Zurich e imparte seminarios a lo largo de todo el mundo **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 solo se utilizan los brazos y las manos y que nos permiten canalizar adecuadamente la energía a través de nuestro cuerpo así como facilita 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 otro 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.

El poder curativo de los mudras Rajendar Menen, 2009

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 transforman 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 forma ilustrada se dan las instrucciones para practicar los cincuenta y dos mudras más 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 dedicando tan solo unos pocos minutos al día.

50+ Mudras, 2025-06-23

50 MUDRAS La terapia de mudras consiste en gestos simbólicos 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. Según la sabiduría ancestral, nuestro cuerpo está compuesto por cinco elementos y cada dedo representa uno de estos elementos: Dedo pulgar: Fuego; Sol; Dedo índice: Aire; Viento; Dedo medio: Espacio; Cielo; Dedo anular: Tierra; Dedo meñique: Agua. Relación entre emociones y órganos. El exceso o desequilibrio de ciertas emociones afecta a órganos específicos: Alegría: Afecta al corazón; Miedo: Afecta a los riñones; Ansiedad: Afecta a los pulmones; Preocupación: Afecta al bazo; Ira: Afecta al hígado. Sanación con Mudras. Al practicar regularmente la terapia de mudras puedes: Equilibrar los cinco elementos; Controlar las emociones; Apoyar la salud de los órganos internos; Ayudar a manejar problemas físicos y mentales. Los mudras son herramientas simples y poderosas para apoyar la autocuración en cualquier momento y lugar.

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