

Gertrud Hirschi

Nuevos MUDRAS

*Éxito, salud y vitalidad
con el yoga
de tus manos*



URANO

Nuevos Mudras Exito Salud Y Vitalidad Con El Yoga De Manos

Sabrina Meško



Nuevos Mudras Exito Salud Y Vitalidad Con El Yoga De Manos:

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 *Bibliografía española* ,2003 **Das Schweizer Buch** ,2005 *Yoga de las manos* , 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 **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 ya que liberan 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 desvela la energía cósmica *Los mudras sanadores* Sabrina Meško,2001

El poder curativo de los mudras Rajendar Menen,2007 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 la 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 ya que liberan la energía bloqueada del cuerpo

Como explica Rajendar Menon nuestros cuerpos son milagros el nacimiento y la muerte son milagros y el mismo proceso de sanación es un milagro. Las mudras ayudan a crear paz interior eliminan la fatiga y la ansiedad agudizan la intuición y proporcionan longevidad y felicidad son otro milagro. Las mudras pueden ocasionar cambios milagrosos y lograr que nuestro cuerpo mejore. Las mudras pueden curar prácticamente cualquier dolencia desde un simple dolor de oídos a un ataque de corazón. Las mudras ayudan a moldear los aspectos físicos mentales e incluso morales de las personas. Algunas mudras equilibran los elementos del cuerpo al cabo de 45 minutos mientras que otros pueden hacerlo en unos pocos segundos. La práctica regular de algunas mudras puede curar el insomnio la artritis y la pérdida de memoria. Las mudras propician una revisión bíblica de los cambios destructivos que suceden en el cuerpo humano. Además propician la piedad y la buena disposición en el ser humano. En el yoga Kundalini las mudras revelan la energía cósmica.

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. Las 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.

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.

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