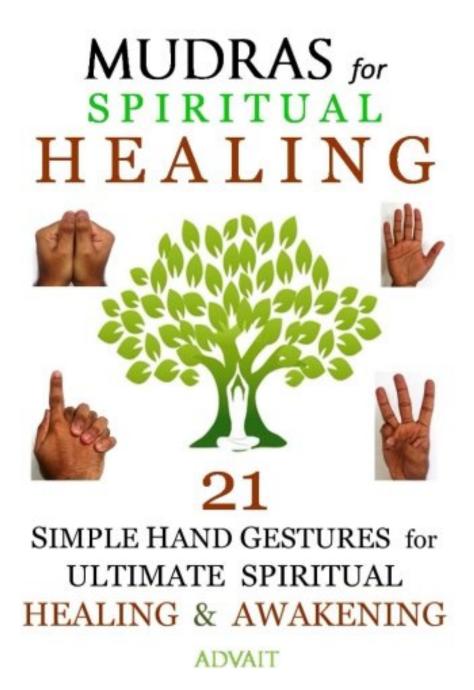


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5 of 6 people found the following review helpful.

COULD have been great.

By Jeff B

I just got this ebook, because I know a little about mudras and I know they can be very effective.

However, I am very disappointed in this ebook, because the author explains how to do the mudra---but does not explain at all what the benefits of the mudras are!!! I don't know about other readers, but I want to know what the mudra means and what it is supposed to accomplish!

Even though I believe this book has valuable instruction on performing the mudras, I certainly wouldn't recommend it to anyone, because of the lack of explanation of the mudras.

2 of 2 people found the following review helpful.

I like Advait's collections

By Midwest Man

I like Advait's collections. They are grouped according to topic. This is a novel idea.

For each mudra, the author gives a purpose, step-by-step process for each one, whether you should be seated, laying, or standing, and a time frame for accomplishing the purpose.

I am familiar with mudras, and noticed some of his mudras were variations of more common mudras, and the themes were similar but not the same. I am not going into detail, because what he said works, for the issues I used the 5 or 6 mudras. Great!

Great collection.

1 of 1 people found the following review helpful.

Handy guide!!

By bernadette hopke

I never heard of Mudras before this book. It was very informative and easy to follow. I am looking forward to going back and doing them. If you are looking for healing meditation with your hands and is easy to follow. I would try this. I like that the book shows exactly how your hands are suppose to be. Interesting!!

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