

Mudras For Awakening Chakras 19 Simple Hand Gestures For Awakening And Balancing Your Chakras A Beginners Guide To Opening And Balancing Your Chakras Mudra Healing Book 3

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“ The term ‘ awakening ’ means that the connection with your sacral chakra is fully balanced, open, and very strong, ” says Konst. When this happens, “ you ’ ve reached ‘ your own ...