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1. Introduction To Mudras And Mudra Healing •Mudra Is A Sanskrit Word Meaning Sign Or Seal. In The Word Mudra, Mud Means Joy And Ra Means Produce. Hence, Mudra Means Gestures That Produce Joy And Happiness. •Mudra Is A Gesture Or Position, Usually Of The Hands That Locks And Guides Energy Flow And Reflexes To The Brain. 3th, 2024

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