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Every chakra in your body has a chakra sound associated with it, also known as a bija mantra or seed mantra. These chakra sounds are very powerful when it comes to unblocking your seven chakras and awakening your kundalini life force. So, what exactly is seed mantra? In Hindu tradition the word bija means "seed", and it

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Mudra is an ancient Sanskrit term meaning "gesture." We use mudras in yoga to cultivate a greater sense of awareness to certain energetic fields within the subtle body. In other words, we can use them to help us meditate and open up our seven main chakras.. And there are literally hundreds of mudras, each with its own unique symbolism and placement of palms and fingertips.

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Kundalini Yoga - Kundalini Awakening - Kundalini Energy Travel Upward - Kundalini Yoga Poses (Postures) Kundalini Yoga Mudras - Kundalini Yoga Benefits Kundalini Yoga Dangers? What is Kundalini Yoga? Kundalini Yoga is also called Hatha Yoga or Laya Yoga in Ancient Hinduism School. In the past Kundalini Yoga was

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highly exclusively used and harbored by the Hindu Tantra and schools where ...

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Mudras for all Chakras

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