



Mudras for Healing and Transformation

Joseph Le Page, Lilia Le Page

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Mudras for Healing and Transformation, articulates the depth of mudras in a form easy to understand and apply. Emerging out of their extensive lifetime background and training in the Five Koshas, the authors offer readers access to over one hundred mudras that explore the physical dimension, the subtle body, balancing of the mind and emotions, support on the journey of spiritual awakening, and tapping into their inherent spiritual nature.

The authors have created a text rich in ancient philosophy, blended with a modern-day approach to understanding and use of the science of mudras for healing. The book breaks down the complexity of each mudra through step-by-step instructions. Easy-to-use breakout boxes, for each mudra, include: core quality, benefits, cautions, instructions, and mudras with similar effects. Illustrations throughout help bring further awareness to alignment within the systems of the body, elements activated, doshas, prana vayus, and chakras.

Going beyond mudras to address the entire spectrum of healing, the authors accompany each mudra with a beautiful guided meditation to deepen awareness and the energetic affect of each. These timeless meditations are a perfect complement to the overall flow of the book and will be enjoyed by readers and practitioners alike, from any spiritual tradition.

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