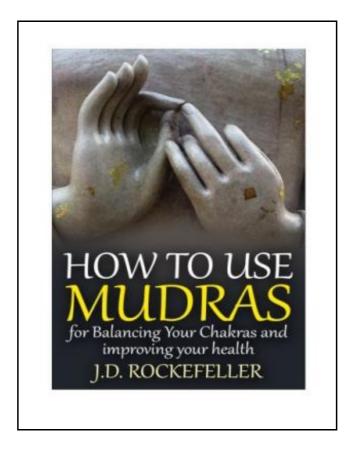
# How to Use Mudras for Balancing Your Chakras and Improving Your Health



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