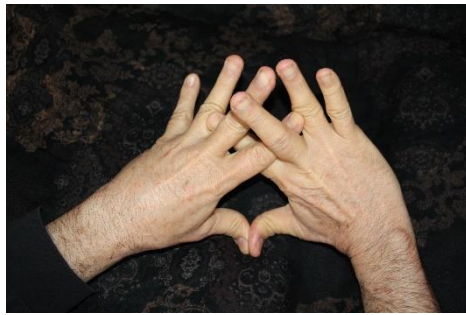


## SEND THEIR ENERGY BACK TO THEM

For those who project their unresolved issues on us and the world, we can simply send their energy back to them. A Taoist method of returning anyone's energy to them is called Mikkyo. Hold the hand Mudra below, **Chant "Toh, Toh, Toh"** and visualize their energy returning to them.



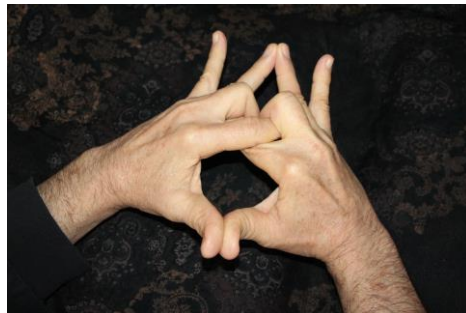
1



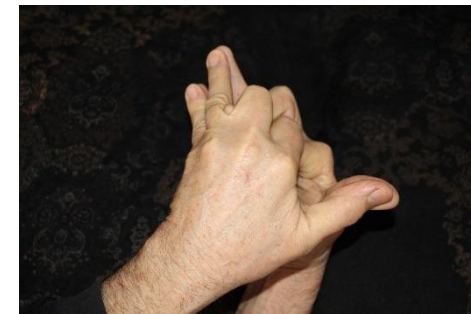
2



4



5



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**This is the Toh Mudra**