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.

![Hand Mudra Images]

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This is the Toh Mudra