Twitter Thread by Deep Psychology



Deep Psychology
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5 Powerfull Hand MUDRAS to gain Domination over Your Group.

Every organ and bodily part is connected to your hands. Mudras are unique hand motions that, when sustained with focus, can directly stimulate healing processes within the body.

These mudras are used by successful and powerful people to gain concentration and focus.

People like Tate, Elon, Trump, and many more use mudras to establish domination over their surroundings.

Mudras can be employed for power, energy, harmony, and healing awareness.

1.) Awakening mudra (uttarabodhi)

It has the power to invoke enlightenment as well as a greater awareness and consciousness of the spiritual.

It helps you overcome your fear, relax your body, and restore your energy.

2.) Enlightment Mudra (Yoni)

Your nervous system will quiet down, and you'll have more control over your senses.

It assists you in developing inner awareness and improving your communication skills so you can impress everyone in the room.

3.) illumination mudra (Kalesvara)

It will slow down your thoughts and make you more aware of addictive behaviours.

It improves your memory, clears your mind of competing thoughts, and helps you concentrate.

4.) Unbreakable Trust Mudra

It will instil unshakeable self-confidence in you as well as inner strength and faith in a higher power.

With this, your self-assurance will soar, enabling you to decide how your future self will live.

5.) Kali mudra

It will be useful in getting rid of some unnecessary heart baggage and giving you the strength to get through a trying day.

It promotes optimism in the body while unclogging channel blockages

Are you feeling stuck and need some extra push to reach your goals?

" Chad mindset program" will help you to:

- Rewire your beliefs
- - Change your habits
- Reach your goals
- - Make More Discipline

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Consider joining my free telegram channel: Transform yourself.
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