



THE 5 MOST POWERFUL HAND MUDRAS TO GAIN DOMINATION OVER YOUR GROUP

(SWIPE LEFT)



EXPLANATION:

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.





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. Enlightenment 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 behaviors.

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**.

