



**When you experience confused or arbitrary, practice “Twin Hands.”**

In every human brain there is a creative mind and a pragmatic one. The effective use of both in a bi-cameral balance is capable of miraculous insight, compassion, ingenuity, and dedication. The over-reliance on one mind and not the other is usually ineffective, debilitating, or disconnected from reality. Learning to engage full thinking and no separation between left and right brain will unlock every aspect of your humanity and potential.

**How to practice Twin Hands:**

**Shift between Polarities.**

**Focus on creative solutions.**

**Attempt to any pragmatic solution.**

Explanation of the Practices:

**Shift between Polarities – It takes willpower and practice to even try thinking outside your habits.**

**Focus on creative solutions – Feel like life is simply the way it is? Create a new possibility, can you?**

**Focus on pragmatic solutions – Do you have too many ideas? Try attempting just one and see results.**

**Twin Hands Mantra:**

**“Polarity Exists, Not to be Chosen Between.”**