

THE FOUR ENERGY THUMPS

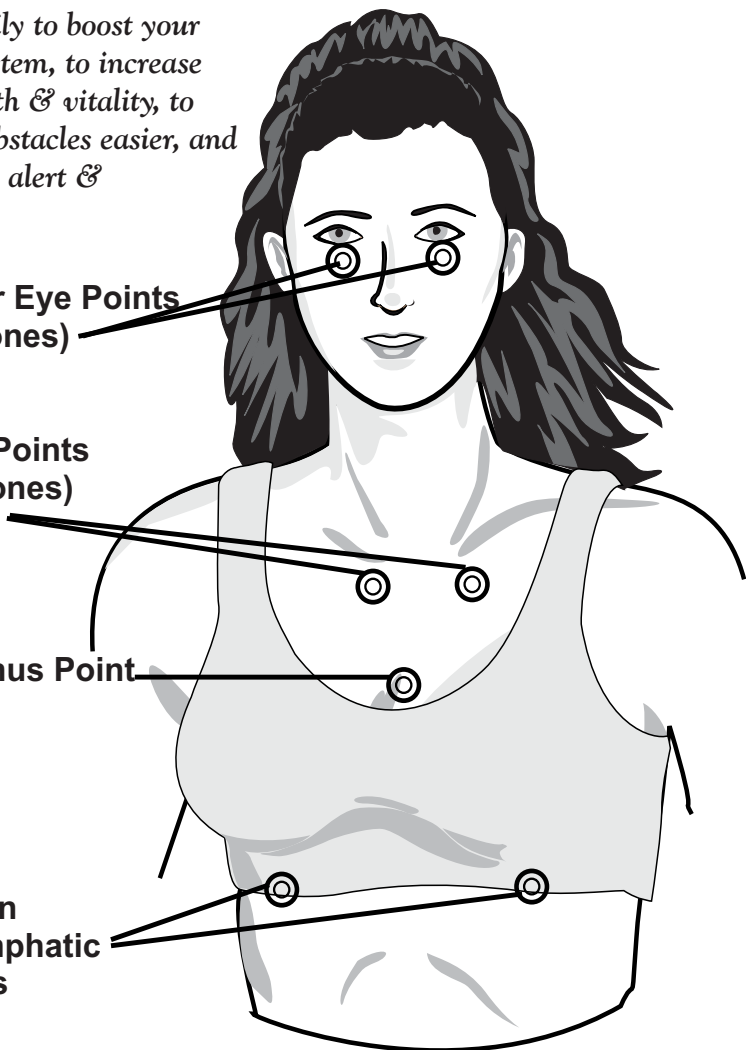
Perform daily to boost your immune system, to increase your strength & vitality, to overcome obstacles easier, and to feel more alert &

**#1: Under Eye Points
(Cheekbones)**

**#2: K-27 Points
(Collarbones)**

#3: Thymus Point

**#4: Spleen
Neurolymphatic
Points**



For each step, tap or thump the points while breathing in through the nose and out through the mouth about three times.

WHY DO THE FOUR THUMPS?

Courtesy of Gwenn Bonnell <http://www.tapawaypain.com/get-more-energy-with-the-top-four-energy-points/>

We are constantly under stress, and doing the Four Thumps a few times a day rebalances your energy system and may help you:

- Feel more alert, alive and vital
- Fight infections and illnesses with a stronger immune system
- Boost your energy level – immediately and long-term
- Find it easier to overcome obstacles, and
- Tap into your own natural rhythm.

THE ENERGY TAPPING POINTS: WHERE ARE THEY AND WHAT DO THEY DO?

1) Under the Eyes on the Cheekbones: Grounding, connecting with your rhythm

Not being able to listen to our natural rhythm leaves us stressed, worn out, and short-tempered.

The acupoints directly under the eyes on the cheekbones (both sides of the face – see the chart) affect the stomach meridian, or pathway of energy, that flows up around the eyes and down the front of the body and legs, and off the second toe.

Energy flowing smoothly through this meridian connects you with the earth's energies and helps your body find your perfect rhythm. Tapping these points along the stomach meridian grounds your energy, helps you find that natural rhythm and helps your hormones support your natural rhythm.

Psycho-energetically, helping your body find its natural rhythm helps it metabolize what it can't metabolize, and helps you adapt to what you find it difficult to adapt to. You feel more grounded and stable, and stress no longer knocks you off balance – you find it easier to adapt and go with the flow.

2) The Collarbone Points: Get all your energies flowing in a forward direction

Especially if simply walking forward tires you, pay attention to these points just under the clavicle, or collarbone.

To find them, place your fingertips on the U-shaped notch at the top of the breastbone, right about where a man knots his tie. Then move your fingers out to each side and down about an inch. Most people have small depressions there.

These are the end points of the kidney meridians, the pathways of energy that begin under the ball of each foot, travel up the inside of the leg, up the front of the body, and end at the collarbone.

Stimulating these points – aka the “K-27 points” – gets the energy flowing in a forward direction through all your meridians (pathways of energy in the body) and jump-starts your energy system so you feel more alert and energetic.

3) The Thymus (center of chest): Your life energy!

According to Dr. John Diamond, author of Life Energy, the thymus gland controls the life energy of the body.

This gland lies just beneath the upper part of the breastbone in the middle of the chest, and it plays a vital role in the body’s immune system.

The thymus also affects your will to get well, and thumping on a regular basis helps override any self-sabotage.

4) The Spleen Neurolymphatic Points: Removes toxins, assimilate change.

These points are part of the lymph system, which helps the immune system remove toxins from the body.

The spleen neurolymphatic points are the depression between the 7th and 8th rib, just below the level of the breastbone, or sternum. Find the points by moving your hand beneath your breasts, straight under the nipples, then move them down over the next rib. (Don’t go all the way under the ribcage, that’s going down too far).

Thumping these points helps remove toxins, fight infection, modulate blood chemistry and hormones, counter dizziness and stress, and metabolize food.

Spleen meridian energy helps assimilate change in your life. Is there anything you are trying to change?