THYMUS THUMP

(from John Diamond, Behavioral Kinesiology)

Purpose:
To settle the body, help relieve shock anxiety or panic attacks, and increase your Life Energy.

Use when:
- After a shock or trauma
- Feeling anxious or panicky
- Feeling tired or fatigued

Steps:
1. With one hand in a soft fist, pound vigorously on the center of the sternum (center of the upper chest in photo above). The thymus gland lies directly underneath the sternum. The action helps activate it.
2. Continue thumping until the anxiety recedes and a feeling of resilience returns. May take one to several minutes.

Follow along with the video:
https://youtu.be/ZlkRe4ZSWHs

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