

# **THUMPING FOR ENERGY**

## **K-27**

Awaken yourself and concentrate

K-27 Massage or Thump

From U at center of collarbone, drop down an inch and out slightly to the indentations. Use opposite hand to massage or thump the indentation for 20 seconds while breathing deeply.

Use this in a classroom or business meeting.

## **Thymus Thump**

Boost immune system and increase strength

Move down from K-27 a couple of inches to center of sternum  
Breathe deeply and firmly tap thymus with backs of four fingers (in fist)

It's okay when alone to howl like Tarzan.

## **Lazy 8's**

Balance brain quadrants

Whether with thumb in front of you or pencil on paper, trace an infinity sign or an 8 on its side.

Follow the motion with your eyes.

The key to balancing is to cross over the midpoint repeatedly.

Donna Eden, Energy Medicine, 1999.