

# THYMUS THUMP

(from John Diamond, *Behavioral Kinesiology*)



## Purpose:

To get the system going, help relieve shock anxiety and panic attacks, and increase your Life Energy.

## Use when:

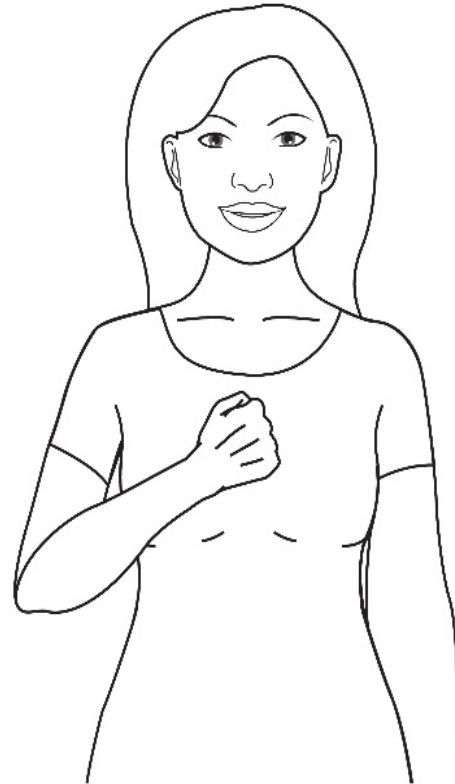
- After a shock or trauma
- Feeling anxious or panicky
- Feeling tired or fatigued

## Common experiences:

- Feeling stronger, more awake
- Feeling calmer, more present
- Increased energy and stamina

## Steps:

1. With either 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 and is activated by tapping.
2. Continue thumping until the anxiety recedes and some resilience is regained. May take one to several minutes.



**Follow along with the video:** <https://youtu.be/ZIkRe4ZSWHs>

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*Resources for Resilience*

Association for Comprehensive Energy Psychology  
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