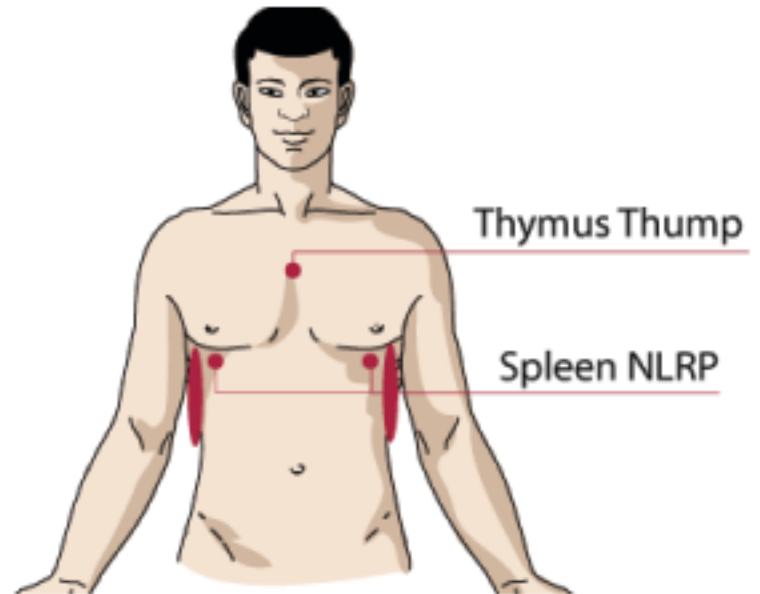


## Kinesiology Homework • Thymus Tapping

### How to tap the thymus

- Using 3 finger find the thymus point on the chest (where the sternum is slightly raised, on the crest of that mound and slightly to the left)
- Tap with firm pressure, you should hear a thump
- Tap 3 times in Waltz beat - '1, 2, 3'; pause for a moment and then repeat
- If you have the right point you will feel a small amount of pain (showing that blockages are clearing). The area will also start to go a bit red - this is the correct spot.
- Repeat 5-10 times



### What is the Thymus Gland?

- Part of the immune system, it is involved in the production of T-Cells
- Highly linked to emotions in psychoneuroimmunology; this gland is thought to be imbalanced when a person carries unresolved emotions that need expressing
- On an emotional level is particularly linked to feelings of low self esteem
- The gland can shrink over time and is thought to shrink with emotional issues

### Benefits of Thymus Tapping

- 'Plump' up a shrinking thymus gland
- 'Wakes' the gland and helps to release feelings of insecurity and low self esteem
- Stimulates the gland on a physical level, hence boosting immunity and good digestion
- Can be used with an affirmation to 'tap in' to the cells new thought processes and view points, thereby helping to change mindset for the better