

Thymus Thump

Energy Enhancer, Stress modulator

The Thymus Thump quickly helps in a stressful situation, or when in need of an energy boost, or when you've hurt yourself, or suddenly became angry, or to enhance the immune system. Thymos is a Greek word meaning "spiritedness." The Thymus is part of the endocrine system and modulates the production of adrenaline. After puberty, it begins to slowly atrophy, thus the need to regularly stimulate it.

When one is fearful, angry, or stressed out, the adrenal gland starts producing adrenaline for the "fight or flight" automatic physical response. If the adrenaline is not needed, as while in a car when cut off by another, we need to stop the production of adrenaline.

When we cannot use adrenaline it takes bodily energy to transform it into a "non-toxic" substance, and this prevents you from quickly calming down. The Thymus Thump stimulates the release of white blood cells (T-lymphocytes) associated with the immune system. As you get older do the TT at least three times a day.

Daily Practice

The thymus gland is located about 2 inches beneath the center of your breastbone, about 3rd rib or one hand width from the base of your throat.

1. With a closed fist, thump the chest (thymus gland) a few firm times while mentally directing the body/mind to relax or to rejuvenate
2. Take a few deep breaths through your nose (if possible) remembering, ***"Peace IN Everything, Everything AS Peace."***
3. Release any tensions - in shoulders and abdomen
4. Refocus on positive experiences for the rest of the day.

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