THE FOUR ENERGY THUMPS

Perform daily to boost your immune system, to increase your strength & vitality, to overcome obstacles easier, and to feel more alert &

#1: Under Eye Points (Cheekbones)

#2: K-27 Points (Collarbones)

#3: Thymus Point

#4: Spleen Neurolymphatic Points

For each step, tap or thump the points while breathing in through the nose and out through the mouth about three times.

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