

# THE FOUR ENERGY THUMPS

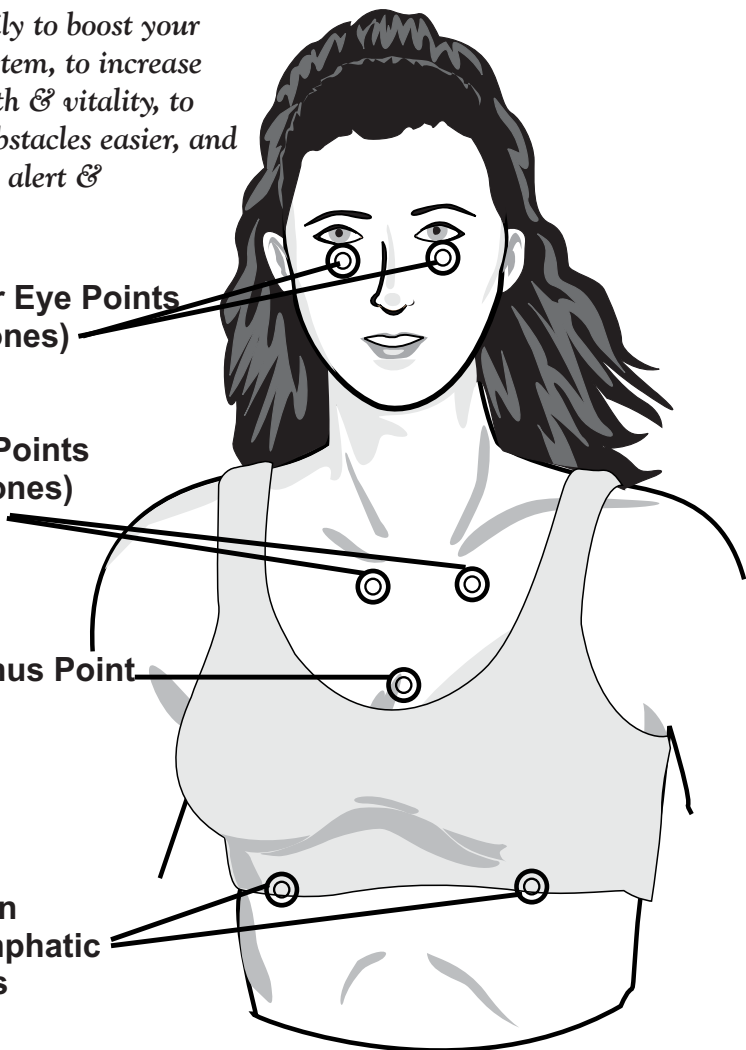
*Perform daily to boost your immune system, to increase your strength & vitality, to overcome obstacles easier, and to feel more alert &*

**#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.**