

FOUR THUMPS

(as taught by Donna Eden – www.learnenergymedicine.com)



Purpose:

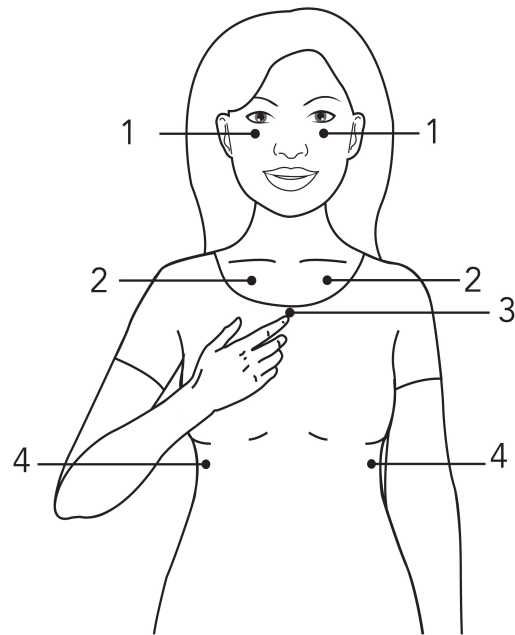
To reawaken the system after shock, relieve feeling numb or frozen, turn the circuits back on, increase energy in mind and body.

Use when:

- Feeling numb, paralyzed, in shock
- Feeling tired, fatigued, discouraged
- Needing an energy lift

Common experiences:

- Feeling more awake and alert
- Feeling stronger and more energetic
- Feeling joyful and happier



Steps:

1. Point 1-Tap lightly on both sides 20-30 times (On the upper edge of the ocular ridge, right below the pupil of the eye).
2. Points 2- Rub in small circles and/or tap on both sides 20 -30 times (Approximately 1 inch under the collarbone and 1 inch out to the side of the sternum (breast bone), in a soft indentation between the ribs)
3. Point 3 -THUMP vigorously with 20-30 times (The soft spot at center of sternum)
4. Points 4 –Rub in small circles and/or then tap vigorously on both sides 20-30 times (Just under breast and slightly to the side where the protruding rib sticks out)
5. Check in: what do you notice and feel, in your body, now?

Follow along with the video: <https://youtu.be/SG5u-uVbkJ8>

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Resources for Resilience

Association for Comprehensive Energy Psychology
Energypsych.org/resilience