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Free sample mind-body tool from

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3 Thumps – Stimulates your energies, boosts immune system, and releases stress. Relieves pain.

- Place the fingers of either or both hands in the center of your sternum at the thymus gland. Tap for 15 – 20 seconds. Use your thumb and all your fingers. As you tap, breathe slowly and deeply in through your nose with your tongue at the roof of your mouth and out through your mouth.
- Tap or rub the neurolymphatic spleen points firmly for about 15 seconds. They are beneath the nipples of the breasts and down one rib.
- Tap or rub the spleen acupuncture points located on the sides of the body about 4 inches below the armpits. As you tap, breathe slowly and deeply in through your nose and out through your mouth.
 - In the future, use either the neurolymphatic spleen points or the spleen acupuncture points if one set is more tender than the other.

Julie Lusk, M.Ed. RYT, is CEO of Wholesome Resources, author of [Yoga Meditations](#), [Desktop Yoga](#), [30 Scripts for Relaxation](#), and the [Mind-Body eBook Collection](#). Her CD's include [Real Relaxation](#), [Wholesome Energizers](#), [Power of Presence](#) and [others](#). She is available as a [speaker, trainer and friend](#).

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