



# FREIA

FINDING RECOVERY & EMPOWERMENT FROM ABUSE

## Thymus Thump technique

John Diamond first suggested activating the thymus to release stress



### WHEN TO USE IT

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- Starting to cry and feeling as though you are going to fall apart and are trying to hold it together
- Feeling anxiety suddenly
- Feeling stressed in general
- Starting to catch a cold, fighting an infection or other challenge
- Bombarded by negative & abusive energy

### COMMON RESULTS

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- Increases emotional resilience
- Calms the nervous system
- Can stop an anxiety attack
- Boosts immune functioning
- Stimulates all energies (Donna Eden)

### STEPS

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- With either hand in a soft fist, pound lightly to vigorously on the center of the sternum (center of the upper chest). The thymus gland lies directly underneath the sternum and is activated by the tapping.
- Do this until the wave of reactivity/anxiety recedes, until some resilience is regained. May take a minute to several or more.