



FREAA

FINDING RECOVERY & EMPOWERMENT FROM ABUSE

Four Thumps technique

FROM DONNA EDEN ENERGY MEDICINE

WHEN TO USE IT

- Tired or lacking in energy
- Need a boost of energy
- Need to think more clearly
- Feeling sick or under the weather

COMMON RESULTS

- More energized and improved immunity
- Feel calmer
- Able to think more clearly

STEPS

- Go to throat and follow down to "U notch" – where a man's tie would go
- Go down 1" and laterally 1-2" (both directions) to find a soft spot, under collar bone, outside the sternum (breastbone) and above the first rib.
- Deeply massage then thump firmly several times – 1st location (for energy)
- Go to center of chest and thump firmly like a gorilla - 2nd location (for immune function)
- Find a point on the side of the body, approx 4" below the arm pit and thump firmly – 3rd location (for metabolism) (Point will be sore when you find it!)
- Find a point on the upper side of cheekbones, directly under the eyes; and tap firmly – 4th location (for grounding)

Notes:

This is a powerful technique for stimulating our internal energy