



# *The Vibrant Restoration*™

## Release, Allow and Receive

*Respectfully inspired from Donna Eden's Energy Medicine*

By tapping three specific sets of points, you can activate a sequence of responses that will restore you when you are tired, will increase your vitality and energy, will protect you when feeling bombarded by negative energies, and will strengthen your immune system. This exercise will synchronize your body's rhythms and harmonize its energies.

### FIRST THUMP POINT

Apply The TriVibrance™ Joy and Purpose oil (or the oil of your choice or recommended by your practitioner) to the first thump point, The K-27 Points (the end of your kidney meridian). To find your two K-27 points, place your fingers on your collarbone (clavicle). Now slide them inward toward the center and find the U shape where they stop. Drop about an inch beneath these corners and move outward about an inch to the hollow area. Most people have a slight indent here that their fingers will drop into. You can also identify the K-27s because this slight indented spot is usually a little tender when pressed.

### SECOND THUMP POINT

Apply The TriVibrance™ Joy and Purpose oil to the second thump point, your thymus gland. Your thymus gland is located in the center of the chest, underneath the sternum.

### THIRD THUMP POINT

Apply The TriVibrance™ Joy and Purpose oil to your spleen points. Find the spleen points by putting your fingers under your breasts, slightly out from the center. Then move them down under the next rib. This is about where a bra strap would rest.

Start by thumping your first point, your K-27s. You may choose to cross your hands over your body, this is not essential, but it does assist the energy to cross over from the left-brain hemisphere to the right side of the body and from the left hemisphere to the right side. Tap or massage the points firmly while breathing deeply, in through your nose and out through your mouth. Continue for about 20 seconds.

Next, thump your second point, your thymus gland area. Move your fingers down a couple of inches and then into the center of your sternum after thumping your K-27s. As you breathe deeply, firmly tap your thymus point with the four fingers of each hand for about 20 seconds.

Lastly, thump your third point, your spleen points. Tap firmly with several fingers while moving in and out underneath the breast area for about 20 seconds, breathing deeply in through your nose and out through your mouth.