

El #1½c Thymus Energy

Thymus gland / endocrine gland.

It plays an important role in lymphatic system and immune system.

This gland makes a series of peptides called thymosins that assist specialisation of T-lymphocytes into killer, helper and suppressor cells.

The Thymus is the master gland in relation to monitoring / regulating energy flow in the meridian system. Severe stress can shrink the thymus to 50% size in a day.

It is said that when the thymus energy is low the spleen energy is also imbalanced.

We include this as a pre check in order to raise the client's vibration so they are energetically buoyant and able to meet the goal with vibrancy and enthusiasm.

Metaphysics A / B / C

Drawing on own energy

Enough energy to get through what life throws at you

Ability to cope

Resilience

Stand up in the face of challenge

How much of you is available to move toward your goal

Vibrancy in relation to the goal.

Core fuel tank energy rather than nervous system energy

Evaluation:

1. Using a clear circuit IM, point your (or the clients) fingers over the thymus.
IM unlock = disturbance in the energy flow.
IM lock = adequate thymus energy (still test % as a benchmark)
2. Test % of Thymus life energy: Say "strong for life energy (asserting to the body that we are looking for the locked IM response to indicate the thymus energy %).
3. Now state "The life energy is currently at least 50% (if testing as a pre check) or "The life energy toward this goal is at least 50%" (if using as a measure in relation to the goal)
4. IM locks = this is a "yes", then count up in increments of 10% eg at least 60%, at least 70 % and so on until the IM unlocks (the IM will stay locked (yes) until you pass the current % thymus energy level eg at least 80%. Once you find the % that causes the IM to unlock, go back to the % that was the **last** lock and count in increments of 1 i.e. 70%, 71%, 72% etc. When the IM unlocks, record the % which was the **last** lock, and that is the thymus energy %.
5. Find emotion and dynamic (**only** required when using this as a finger mode **or** if doesn't clear with the correction alone as a pre-check)
6. Whilst holding the fingers over the thymus gland, test if priority balance is A, B or C (The 1st IM lock)
 - A. Thymus thump
 - B. Tongue tip
 - C. Rub right NL & hold NV

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Balance A, B, C

1. Do required balance as per evaluation

A) firmly tap on the thymus area several times while taking some deep belly breaths in & out through the nose

B) Put the tip of your tongue on the roof of the mouth just behind the front teeth while taking some deep belly breaths in & out through the nose

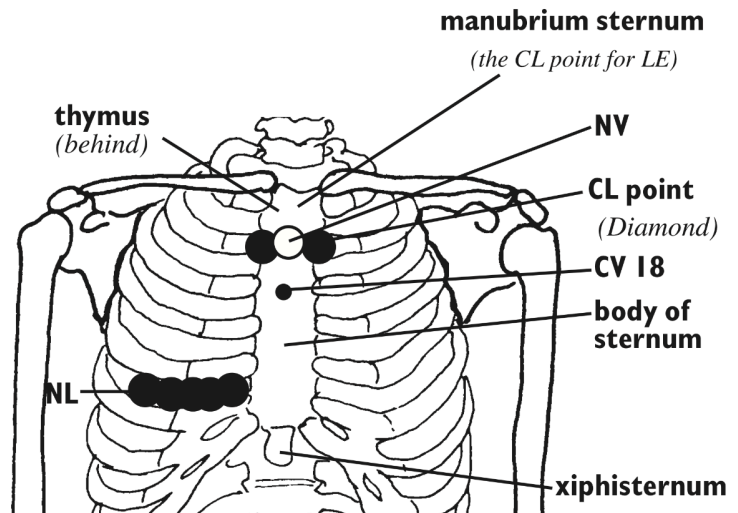
C) Vigorously rub the NL (under right pec) and lightly hold the NV on the manubrium sternum (as per the diagram).

Checking changes:

1. % Thymus life energy after
2. Check emotion
3. Check mode

Note:

If you are using this technique in the **pre-check** section **do not find an emotion**. Just do the correction and then retest.



If it does **not** clear using the balance, only **then** find an emotion, discuss the relevance (between the emotion and the metaphors of Thymus), repeat balance and then check changes.