



**Fig. 4.34** *Touch the tip of your tongue against the upper palate.*

#### Tip of the Tongue / Roof of the Mouth

Many people have heard of this practice in the martial arts, meditation, yoga, and even while doing the thymus thump. (Tapping the sternum stimulates the thymus gland to produce T-cells and enhances the immune system.) The practice of keeping the tip of your tongue to the roof of your mouth helps keep your focus, while meditating, driving, chopping vegetables, etc., keeping you calm and centered. How this may work is easy to explain, and I am happy to offer corroborating evidence as to the efficacy of this practice. The system of acupuncture dates back thousands of years. There are 12 meridians that energize our organ systems.

Two meridians are known as the Master Meridians – they are in charge of all the rest. They are called the Conception or Central Vessel and the Governing Vessel. The very fact they are called “vessels” gives us a clue. A meridian is a line of energy; a vessel is some sort of container. These two meridians, the Master Meridians, are important because they “contain” the secret of energy and vitality. Both of these meridians begin at the perineum – that part of the body between the genitals and the anus. The Central Vessel travels up the front - through the soft tissues of the body - and ends at the tip of the tongue. The Governing Vessel travels up the back - through the hard bony tissues of the vertebrae, over the bones of the cranium - and ends at the roof of the mouth. To keep the tip of the tongue at the roof of the mouth completes the “microcosmic circuit” and allows the energy to flow. When we tap the sternum, we direct this flowing energy to the thymus gland, stimulating its function – producing T-cells, thereby enhancing the immune response.