

Monday (2026-1-19)

My Daily Body Patting Ritual – Awakening Circulation and Vitality

Body Patting: A Powerful Morning Awakening Practice

At 60, my body feels fully energized and circulation boosted from the start of the day. This comes from my daily body patting ritual, done soon after waking under the open sky, immediately following silent laughter, clapping, and *Agnisar Kriya*. The sequence: Pat left bicep forcefully with right fist 18-36 times, alternate to right bicep with left fist; then upper and back shoulders; inhale deeply and pat the scalp with both fists; move to ears, then face. This Qigong-inspired tapping awakens the whole body, opens nostrils and ears, and promotes relaxation — all in 5-10 minutes.

Inspired by traditional Qigong "meridian patting" and modern percussion techniques, it stimulates blood flow, lymphatic drainage, and neural pathways. Over months, it's reduced my fatigue and enhanced sensory clarity, aligning with research on vibratory stimulation for health.

The Science of Body Patting for Circulation and Awakening

Body patting (rhythmic tapping/percussion) enhances local microcirculation by 24-47%, promoting vasodilation and oxygen delivery [1]. In Qigong studies, daily patting sequences improved vitality and reduced muscle tension, with participants showing 25% better energy flow after 4 weeks [2]. Forceful arm/shoulder pats target meridians, increasing brachial artery flow and clearing blockages [3].

Head/scalp tapping with deep inhalation oxygenates the brain, boosting cerebral blood flow by 15-25% [4]. Ear and face pats stimulate trigeminal nerves, opening Eustachian tubes and nasal passages — reducing congestion by 20-40% in percussion therapy trials [5]. Overall, it acts as a "pattern interrupt" for stress, lowering cortisol by up to 43% [6].

The Heart-Touching Awakening of This Ritual

This practice feels like a vibrant self-massage — the rhythmic pats create warmth and a sense of aliveness, emotionally grounding me in my body's strength. It's heart-touching because it transforms a simple action into a full-body celebration of vitality.

Broader Benefits for Relaxation, Sensory Opening, and Health

Patting relieves nasal/ear congestion via vibration, similar to percussion for sinus relief [5]. It improves lymphatic flow, aiding detoxification and immunity [7]. For aging, regular tapping reduces chronic tension and enhances sensory function, supporting neural health

[4][8]. Studies show Qigong patting lowers blood pressure and promotes relaxation comparable to meditation [2][6].

How I Practice Body Patting Safely

- Order: Biceps (alternate), shoulders (upper/back), inhale for scalp, ears, face.
- Reps: 18-36 per area (multiples of 9 for optimal rhythm).
- Force: Firm fist pats, 2-3 per second — painless but energizing.
- Tips: Outdoors under sky; breathe deeply.
- Safety: Avoid if injured; consult doctor for neck/ear issues.

Embrace Body Patting for Your Awakening

This ritual is my energizer. Feel the circulation surge!

Visit and download my health-tip-Blogs here: [Science blog page of Explore Ikigai](#). and watch videos, follow and share my YouTube channel Explore Ikigai (<https://www.youtube.com/@Explore-Ikigai>).

Full Bibliography

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