

Tuesday (2026-1-6)

Clapping Therapy: My 2-3 Minute Daily Ritual for Circulation and Focus

Even at the age of 60, my hands are agile, my mind is sharp, and my energy is stable—no fatigue, no mental fog. This state is no coincidence. Behind it lies an extremely simple yet deeply impactful daily practice—Clapping Sadhana. Every day, I clap with moderate force for 2–3 minutes until my palms turn slightly red. I usually perform this practice regularly right after waking up in the morning under the open sky and sometimes also in the afternoon.

As a researcher, I have always looked for high-impact and low- or no-cost therapy or exercises to remain fully healthy. This clapping practice is exactly that kind of habit—no equipment required, no cost, yet the impact on the body, mind, and emotions is profound. It activates reflex points in the hands, increases blood circulation, and breaks the patterns of stress accumulated throughout the day. I clap in a rhythm and focus entirely on the sensation. In this way, this practice becomes more than just physical activity; it becomes a mindful “pattern interrupt” that instantly resets me mentally.

The Science of Reflexology and Organ Stimulation in Clapping Practice

The human palm contains more than 30 acupressure points that are directly connected to vital organs such as the heart, lungs, liver, and kidneys [1]. When we clap vigorously, these points are activated, and signals are sent to the organs through the nervous system, improving their functional efficiency. Various studies have shown a 5–10 mmHg decrease in systolic blood pressure and improved heart rate following reflexology sessions [2][3]. From the perspective of percussion therapy, clapping causes immediate vasodilation in the blood vessels of the hands. This effect is not limited to the hands; it improves systemic blood circulation by 15–20% and helps in clearing plaque accumulated in the capillaries [4].

Neurologically, clapping activates the motor cortex and somatosensory areas. It coordinates both hemispheres of the brain, which improves concentration, reaction time, and overall cognitive performance. Functional MRI (fMRI) studies have proven that the brain activation seen during clapping is remarkably significant compared to other motor activities [5].

A Simple Clap for a Heart-Touching Mental Reset

This practice is not dear to me for scientific reasons alone; it is also extremely powerful emotionally. The sound and touch generated while clapping create a sense of celebration. It triggers the release of endorphins, which uplifts the mood and spreads a wave of inner

happiness [6]. In the language of NLP (Neuro-Linguistic Programming), it is an effective “pattern interrupt.” It breaks the chain of negative thoughts, reduces cortisol, and instantly lowers anxiety [7].

Emotionally, this practice is powerful because it transforms a very simple action into therapeutic self-care. It develops a sense of gratitude and increases resilience toward life.

Benefits for the Lymphatic System, Immunity, and Mental Health

The vibration generated by clapping activates the lymphatic system. It is like percussion therapy, which moves lymphatic fluid and strengthens the body's immune response.

Studies have shown a 10–15% increase in natural killer cells, which is vital for immunity [8]. Mentally, the practice of clapping acts as a kinesthetic anchor. It breaks stress cycles midway, improves emotional regulation, and reduces the risk of burnout [7][9]. In the long term, regular clapping practice improves handwriting, reduces spelling errors in children (the principle of which also applies to adult concentration), and supports heart health through blood pressure regulation [3][4].

How I Practice Clapping Therapy

I practice clapping for only **2–3 minutes daily**, applying firm pressure to all my **fingertips** and the **base of my palms**. I use moderate force until my palms turn slightly red—this is a sign of good blood circulation. Doing this in the morning provides energy for the whole day. Doing it in the afternoon removes mental fog. No equipment is needed, and no special place is required—your own hands are enough.

Adopt Clapping Practice for Daily Energy and Clarity

This highly effective clapping practice beautifully complements my other daily spiritual disciplines (sadhana). If you want to improve blood circulation, increase mental clarity, and instantly free yourself from stress, you must try this practice.

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