

EFT AND RELATED ACUPUNCTURE POINTS

Top of Head - Governing Vessel Meridian (opens the crown chakra). *Releases:* inner critic, lack of focus and “gerbil wheel” thinking. *Allows:* insight, intuition, spiritual connection, focus, wisdom and clarity.

Eyebrow - Bladder Meridian. *Releases:* trauma, hurt, sadness, restlessness, impatience, frustration and dread. *Allows:* inner peace and emotional healing.

Side of Eye - Gall Bladder Meridian. *Releases:* rage, anger, resentment and fear of change. *Allows:* Clarity, compassion and understanding.

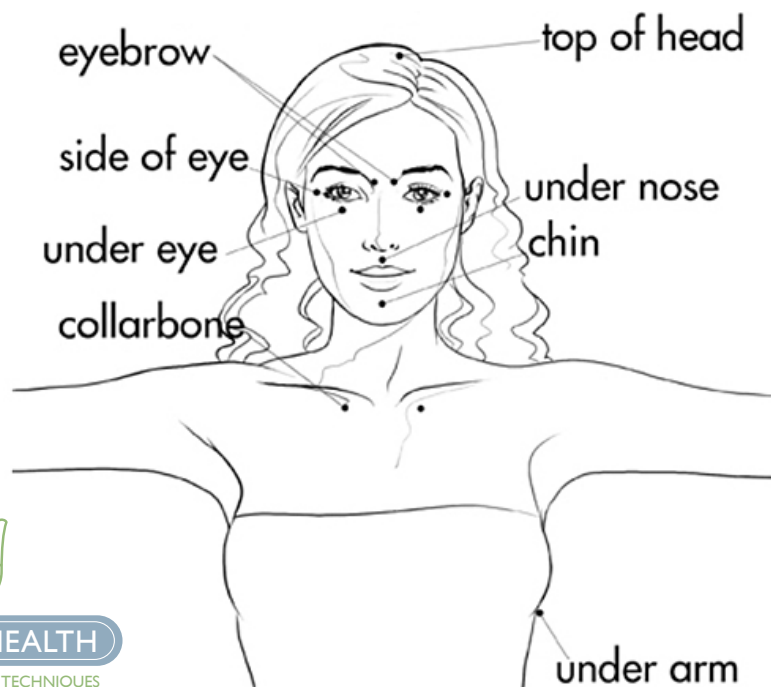
Under Eye - Stomach Meridian. *Releases:* fear, anxiety, worry, emptiness, nervousness and disappointment. *Allows:* Contentment, calmness, feeling safe, “all is well” feeling.

Under Nose - Governing Vessel Meridian (runs from the tail bone up the spine over the head to the nose point). *Releases:* Embarrassment, shame, guilt, grief, fear of ridicule, powerlessness, fear of failure and psychological reversals. *Allows:* Self-empowerment, self-acceptance and compassion.

Chin - Central Meridian (runs from chin to pelvis). *Releases:* Confusion, uncertainty, embarrassment, shame and second guessing decisions. *Allows:* Certainty, clarity, self-confidence and self-acceptance.

Collarbone - Kidney Meridian/Adrenals. *Releases:* Psychological reversal, worry, indecision, feeling stuck and general stress. *Allows:* Ease in moving forward, confidence and clarity.

Under Arm - Spleen Meridian. *Releases:* Guilt, obsessing, worry, hopelessness, insecurity and poor self-esteem. *Allows:* Clarity, confidence, relaxation and compassion for others.



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