

EXPLANATION OF THE TAPPING POINTS

KC (1) the karate chop point

This point is mainly used for; simple tapping technique, the “set up statement”, and psychological reversal. The karate chop point is on the outer side of the hand between the base of the pinky finger and the wrist. This point **releases** : feeling stuck or frozen , the inability to let go, sorry. Worry. resistance to change, compulsive behavior. **Allows:** healing from grief, letting go of the old and allowing ourselves to move forward. [Small intestine meridian]

TOH (2) Top of the Head (crown) this point is located at the top of the head. This is an important meridian because many meridians meet at the top of the head. It is also in the area, which is known as your spiritual energy center, the 7th or Crown Chakra, It is thought that this area awakens the entire energy system and encourages us to pay attention to what is being addressed. This point is highly sensitive and requires a gentle tapping, **releases:** lack of focus inner critic, repetitive thinking (hamster wheel). **Allows:** focus, clarity, wisdom, intuition, spiritual connection, and spiritual discernment.

EB (3) eyebrow point this point is located on the inner side of the eye, approximately where the eyebrow begins. Either eye can be used for tapping this point or both eye points in unison (uses both hands) **releases:** sadness, trauma, restlessness, frustration, impatience and dread. **Allows:** peace calm [Bladder meridian]

SE (4) Side of the eye located at the outer edge of the eye right on the bony edge of the temple. **Releases:** resentment, rage fear of change, anger **allows:** clarity and compassion. [Gall bladder meridian]

UE (5) Under the eye Located under the eye directly below the pupil on the bony area there. **Releases:** anxiety, fear, emptiness, nervousness, disappointment and worry. **Allows:** the feeling that all is well, feeling of safety, contented, and calm [Stomach meridian]

UN (6) Under the nose Located directly under the nose in the middle just above the upper lip. **Releases** : powerlessness, shame, embarrassment, guilt, grief, fears of failure or ridicule, and psychological reversal **allows** : compassion for self and others , self-acceptance and self-empowerment. [Governing meridian]

CP (7) Chin point located just under the bottom lip, between the lip and the chin. **Releases** : shame, second guessing yourself, confusion, uncertainty. **Allows** : confidence, clarity, feeling certain and self-acceptance. [Central meridian]

CB (8) Collar bone point located in the center of the clavicle about ½ and inch below the bone in the area that is next to the depression below the Adam's apple . **releases** : feeling stuck, psychological reversal, indecision, and general stress. **Allows** : confidence, clarity, a general ease about moving forward. [Kidney meridian- Adrenal gland function]

UB (9) Under the Breast located under the breast in the center **releases** : anger frustration **Allows**: calm peace release of rage and being unforgiving [Liver meridian]

UA (10) Under the arm point approximately 6 inches below the arm pit at the (bra strap) area for women **release**: obsession, guilt, worry, insecurity poor self-esteem being hopeless **allows**: relaxation, compassion for self and others confidence, clarity [Spleen meridian]

UW(11) located under hand wrist area

TOP (12) located top of the wrist area both 11 and 12 can be done on either hand it has a calming effect on the body and is useful in recovery from injury.

