

Deliberate Manifestation

TAPPING POINTS

Most tapping points are connected to an organ. These organs have a Yin or Yang energy as well as an Element. Underneath is a list of the tapping point, the organ or area of connection, common issues that may be effected by this part of the body & benefits of using tapping on each meridian.

Top of Head- Thousand Meeting Points Meridian

Issue: Assimilation of scattered emotions

Benefits: Insight, intuition, spiritual connection, focus, wisdom, spiritual discernment & clarity

Eyebrow- Bladder Meridian, Yang, Water

Issue: Trauma, dread, panic, terror, frustration, impatience, disappointment, restlessness

Benefits: Peace, harmony & emotional healing

Side of Eye- Gall Bladder Meridian, Yang, Wood

Issue: Anger, internal conflict, rage, indecision

Benefits: Contentment, happiness, adoration, calmness, feeling safe

Under Eye: Stomach Meridian, Yang, Earth

Issue: Anxiety, unreliable, deprivation, emptiness, bitter, addiction

Benefits: Contentment, Tranquility

Under Nose- Governing Vessel 27 Meridian (strong brain connection, connects the Yang organs & energy)

Issue: Embarrassed, unsupported

Benefits: Self-Empowerment, self-acceptance, compassion

Chin: Central Vessel 24 Meridian

Issue: Overwhelmed, self-respect, shyness, shame

Benefits: Certainty, clarity, self-confidence & self-acceptance

Collarbone: Kidney Meridian, Yin, Water

Issue: Fear, phobia, cautious, careless, reckless, sexual indecisiveness

Benefits: Ease in moving forward confidence & clarity, sexual assuredness

Under Arm: Spleen/Pancreas Meridian, Yin, Earth

Rejection, self-esteem, worried thoughts, cynicism, envy, rejection

Benefits: Clarity, confidence, relaxation & compassion for self & others

Below Nipple: Liver Meridian, Yin, Wood

Issue: Anger, rage, distressed, self-righteousness, unhappiness

Benefits: Happiness, Merriness

Thumb: Lung Meridian, Yin, Metal

Issue: Grief, regret, depressed

Benefits: Modesty, tolerant, humble

Index Finger: Large Intestines Meridian, Yang, Metal

Issue: Holding on to past hurts, stubbornness, indifference

Benefits: Self worth

Middle Finger: Pericardium/Circulation/Sex, Yin, Fire

Issue: Sad, regret, sexual tension, gloom, stubbornness, jealous

Benefits: Relaxation, releasing past & generosity

Ring Finger: Triple Burner Meridian (regulates the flow of energy through the organs), Yang, Fire

Issue: Hopelessness, depression, despair, grief, sorrow, loneliness, isolation, seclusion

Benefits: Hopeful, elated, vibrant, safe, secure, kindhearted, stable mind & joy

Pinky Finger: Heart Meridian, Yin, Fire

Issue: Anger, Annoyance, Rage, hysteria, shock

Benefits: Forgiveness, loving

Karate Chop: Small Intestines Meridian, Yang, Fire

Issue: Fear of a new experience, confusion, unappreciated, vulnerable

Benefits: Joy