

# Female Empowerment EFT

## 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 affected by this part of the body & benefits of using tapping on each meridian.

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### **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

### **Side of Hand:** Small Intestines Meridian, Yang, Fire

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

*Benefits:* Joy