

## Tapping/Emotional Freedom Technique (EFT)

1. Karate chop- corrects for emotional reversal/small intestine
2. Top of head- activates all meridian points for healing- entire body
3. Middle of forehead- intuition, imagination/eyes
4. Inner eyebrow- trauma, frustration, sadness/bladder
5. Outer side of eye- rage, resentment and loss of power/gall bladder
6. Under eye- anxiety, fear, emptiness/nausea, stomach
7. Under nose- loss of control, shame, embarrassment/governing vessel (yin)
8. Chin- not good enough, uncertainty, confusion/central vessel (yang)
9. Below collarbone- too hard on self/kidney
10. Sore spot- feeling stuck, indecision, worry/kidney
11. Thymus gland- balance/immune system
12. Ribs- survival mode, unhappiness, bitterness, anger/liver
13. Under arm- future worry, obsessions, guilt/ spleen, pancreas
14. Wrist- grief, loss, shame, regret, nervousness/lung
15. Gamut spot (between ring and pinky fingers)- depression, ability to manage stress/physical pain, fight flight response
16. Tip of thumb- negative thinking, grief, loss/lung
17. Index finger- difficulty forgiving self, letting go of past hurts/large intestine
18. Middle finger- anger, jealousy, stubbornness/circulation
19. Pinky finger- "pissy anger", over excitement/heart
20. Heart- sincerity, calm/ heart OR
21. Top of head- inner critic/ seals the deal

