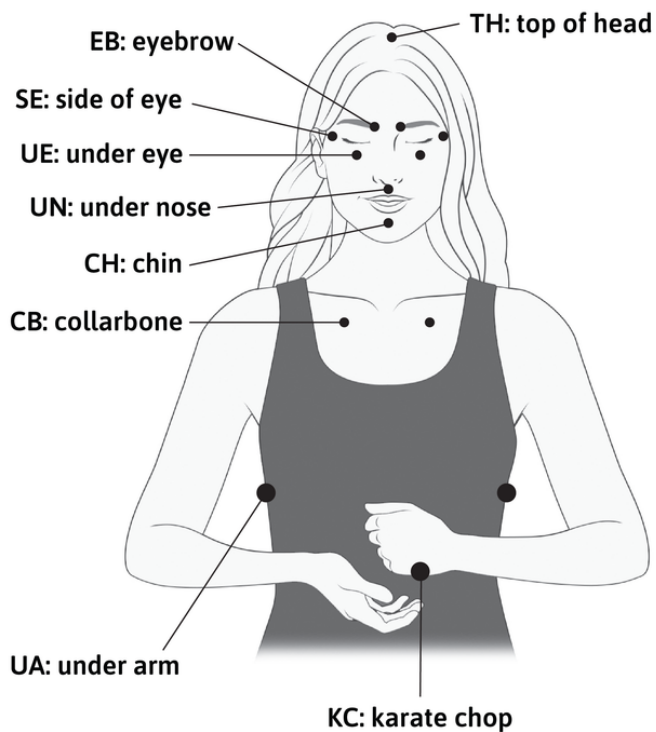


# TRADITIONAL EFT TAPPING POINTS

## Tapping Points



### **KC: KARATE CHOP**

*Small Intestine Meridian*

Why we use it: Releases feeling stuck and promotes ease in moving forward, letting go, healing from grief, and ability to be happy in the present moment.

### **EB: EYEBROW**

*Bladder Meridian*

Why we use it: Releases trauma, hurt, and sadness and promotes peace and emotional healing.

### **SE: SIDE OF THE EYE**

*Gall Bladder Meridian*

Why we use it: Releases resentment and anger and promotes clarity and compassion.

### **UE: UNDER THE EYE**

*Stomach Meridian*

Why we use it: Releases fear and anxiety and promotes contentment, calmness, and the feeling of safety.

**UN: UNDER THE NOSE**

*Governing Vessel Meridian*

Why we use it: Releases shame and powerlessness and promotes self-acceptance, self-empowerment, and compassion for self and others.

**CH: CHIN/UNDER THE MOUTH**

*Central Meridian*

Why we use it: Releases confusion and uncertainty and promotes clarity, certainty, confidence, and self-acceptance.

**CB: COLLARBONE**

*Kidney Meridian*

Why we use it: Releases the feeling of being stuck and promotes ease in moving forward, confidence, and clarity.

**UA: UNDER THE ARM**

*Spleen Meridian*

Why we use it: Releases guilt, worry, and obsessing and promotes clarity, confidence, relaxation, and compassion for self and others.

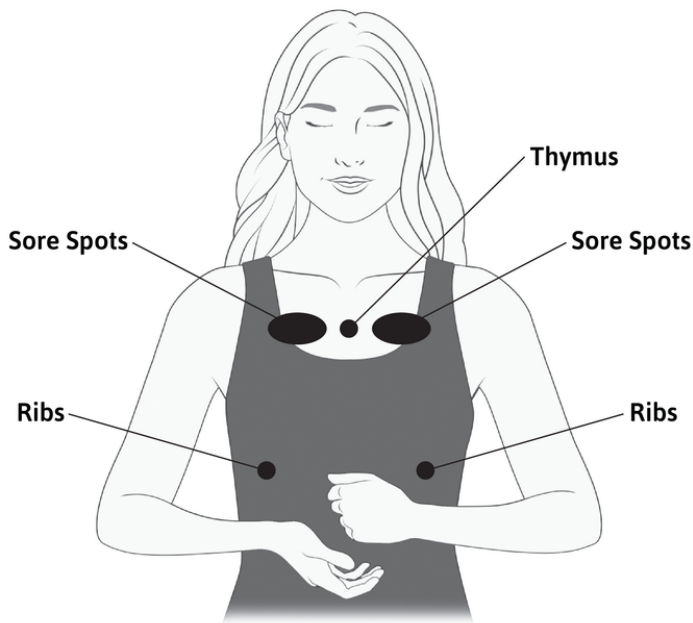
**TH: TOP OF THE HEAD**

*Crown Chakra*

Why we use it: This is not one particular point, rather its a collection of many meridian points. Tapping on the top of the head opens the crown chakra and promotes spiritual connection, while “anchoring in” the new balance and alignment from the completed tapping round.

# ALTERNATIVE EFT TAPPING POINTS

## Alternative Tapping Points



### **THYMUS**

*Seat of the Immune System*

Benefits: Tapping this point activates and balances the immune system, so it's great to tap on this point daily to keep your physical health in tune. Tapping the thymus point at the end of an EFT round also helps "anchor in" the new balance and alignment throughout your body.

### **SORE SPOT / SOFT SPOT**

*Kidney Meridian*

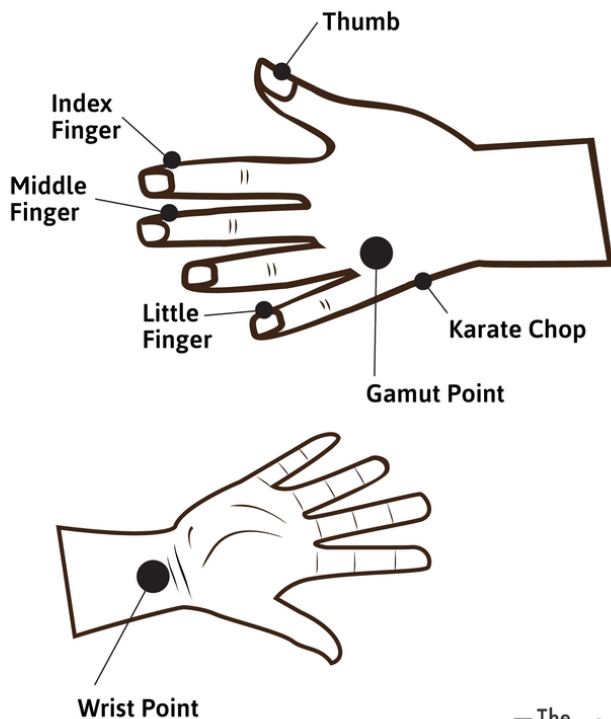
Benefits: This is essentially the same at the collarbone point above, but instead of tapping on it, you rub it gently with light pressure. You can begin your tapping sequence with this point while saying your setup statements in place of using the karate chop point.

### **RIBS**

*Liver Meridian*

Benefits: Releases anger and other primitive emotions and promotes compassion, happiness, safety, acceptance, transformation, and peace.

## Hand Tapping Points



The Tapping Solution

### SIDE OF THE HAND

*Small Intestine Meridian*

Benefits: Releases feeling stuck and promotes ease in moving forward, letting go, healing from grief, and the ability to be happy in the present moment.

### THUMB

*Lung Meridian*

Benefits: Releases negative thinking, judgment, self-righteousness, grief, and loss and promotes acceptance of self and others, healing from loss, ability to see the positives in life.

### INDEX FINGER

*Large Intestine Meridian*

Benefits: Releases the difficulty of forgiving yourself and letting go of past hurts and promotes self-forgiveness, releasing the past, and being more joyful and peaceful in the present.

### MIDDLE FINGER

*Circulation-Sex Meridian*

Benefits: Releases anxiety and sexuality issues and promotes bonding, relaxation, generosity, acceptance of self and others, and trust.

### PINKY FINGER

*Heart Meridian*

Benefits: Releases smaller anger, annoyances, and frustrations and promotes unconditional love, forgiveness, compassion, and self-care.

## **GAMUT POINT**

*Triple Warmer Meridian*

Benefits: Releases repetitive thinking, obsessing, and worry and promotes hope, the calmness of mind, clarity, and connection with positive possibilities.

## **WRIST**

Benefits: There are actually a few meridian points that can be accessed by tapping the inside of the wrists. Doing so releases anxiety and depression and can aid in reducing insomnia and heart issues.

The diagrams and information in this document were created by Nick Ortner of The Tapping Solution. You can learn more and read his original post at the link below:

<https://www.thetappingsolution.com/blog/traditional-and-alternative-eft-tapping-points/>



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