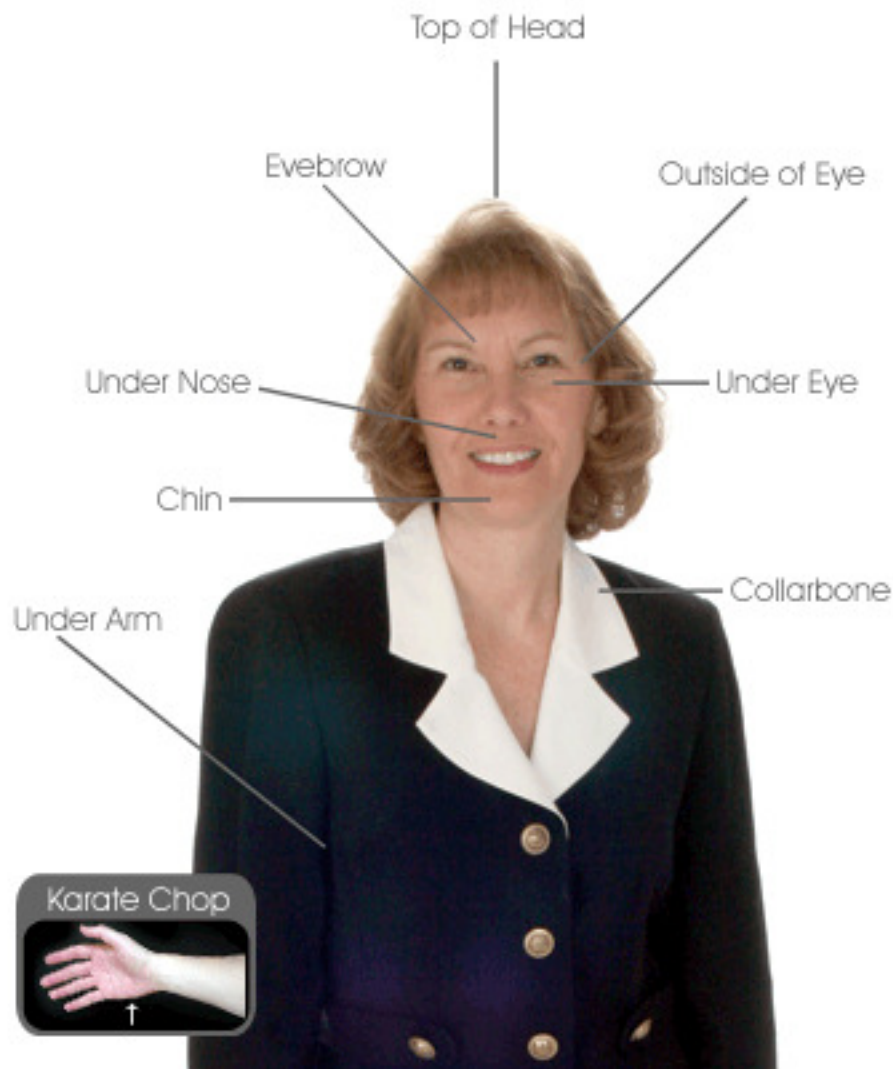


# EFT Energy Meridian Tapping Points



**Karate Chop** use 3 or 4 fingers of one hand to tap on the edge/side of other hand between the wrist and little finger

**Eyebrow** use 1 or 2 fingers, tap on either eyebrow above the nose where the eyebrow starts

**Outside of Eye** use 1 or 2 fingers, tap on the outside edge of either eye on the bone

**Under Eye** use 1 or 2 fingers, tap just below either eye on the bone

**Under Nose** use 1 or 2 fingers, tap the area below the nose and above the upper lip

**Chin** use 1 or 2 fingers, tap below lower lip in the crease where the chin starts

**Collarbone** use 3 or 4 fingers or a closed fist, tap 1 or 2 inches left or right of center on the collarbone

**Under Arm** use 3 or 4 fingers, tap about four inches down from the armpit on the side of the body on the rib cage

**Top of Head** use 3 or 4 fingers, tap around on the top of head