

The EFT tapping points and their functions

The karate Chop point (KC) is located at the end of the **small intestine meridian**. When we tap here we can overcome psychological reversal. We are better able to move on with our life, find a connection to the present moment, let go of old negative habits and dissolve grief.

Tapping on this point can help dissolve obsessive and compulsive behaviour, resistance to change and worry. This point allows us to let go of thoughts about lack of self worth and doubt.

The Eyebrow Point (EB) is located at the beginning of the eyebrow above the nose at the end of the **bladder meridian**. It is the seat of emotional healing and peace.

By tapping on this point we can work on feelings of fear, trauma and sadness. Past hurts can be healed and impatience, restlessness and frustration dissolved.

The Side of the Eye Point (SE) is located at the side of the eye on the edge of the bone at the end of the **gall bladder meridian**. It is the seat of compassion and clear thinking.

By tapping on this point we can release the emotion of anger and stored feelings of resentment and rage and memories of trauma. Tapping here can also be beneficial if we are afraid of change.

The Under the Eye Point (UE) is located on the edge of the bone under the middle of the eyeball at the end of the **stomach meridian**. Tapping here leads to a feeling of safety, calmness and contentment.

By tapping here we can dissolve anxiety and worry, this point can also be beneficial for any nervousness and apprehension and addictive urges we may be feeling. The Under the Eye Point is good to tap on when we feel fear.

The Under the Nose Point (UN) is located in the groove between the nose and the upper lip at the end of the **governing vessel**. It is the seat of empowerment and love and gratitude for the self and others, the place for self-acceptance.

By tapping here we can release feelings of shame, embarrassment, panic and the fear of failure. We can dissolve the negative emotion of guilt. Although the two main points for overcoming psychological reversal are the karate chop point and the sore spot The Under the Nose Point may also be effective.

The Chin Point (CH) is located in the depression below the lower lip and chin at the end of the **central vessel**. Tapping here provides more confidence, clear thinking and self acceptance.

By tapping on The Chin Point we can release underlying feelings of shame, panic, embarrassment, trauma and anxiety.

The Collarbone Point (CB) is usually the most difficult point to locate. Place your index finger under your collarbone and trace it along until you meet the first rib - here you will find a depression. This depression will feel a little sensitive to the touch. The Collarbone Point marks the ending of the **kidney meridian**. Tapping on this point allows for more clarity and the ability to move forward in life. It also brings more self confidence.

When we tap on The Collarbone Point we can relieve symptoms of stress, indecision, worry and the emotion of fear.

The Under Arm Point is located where the ladies bra strap goes under the arm. It can also be found by placing your hand under the armpit, four fingers side by side. The point is directly under the hand in line with the centre of the armpit. It lies at the ending of the **Spleen Meridian**. Tapping on this point allows for an increase in confidence, compassion for yourself as well as for others and more clarity of thought.

Tapping on The Under Arm Point can help dissolve the negative emotion of guilt. It also beneficial to tap here for relief from worry, low self esteem, anxiety, obsessive behaviour (including OCD), addictive urges, insecurity and hopelessness.

The Crown or Top of the Head Point can be quite sensitive. The point is located above the crown of the head, spread the fingers around the crown area and tap gently with the fingertips. This point is in the area of the **crown chakra** and is great for waking up the body's energy system. The Crown Point is the seat of wisdom, focus and clarity. It is also the place of intuition.

By tapping on this point we can quieten the inner critic and break down negative thought patterns.