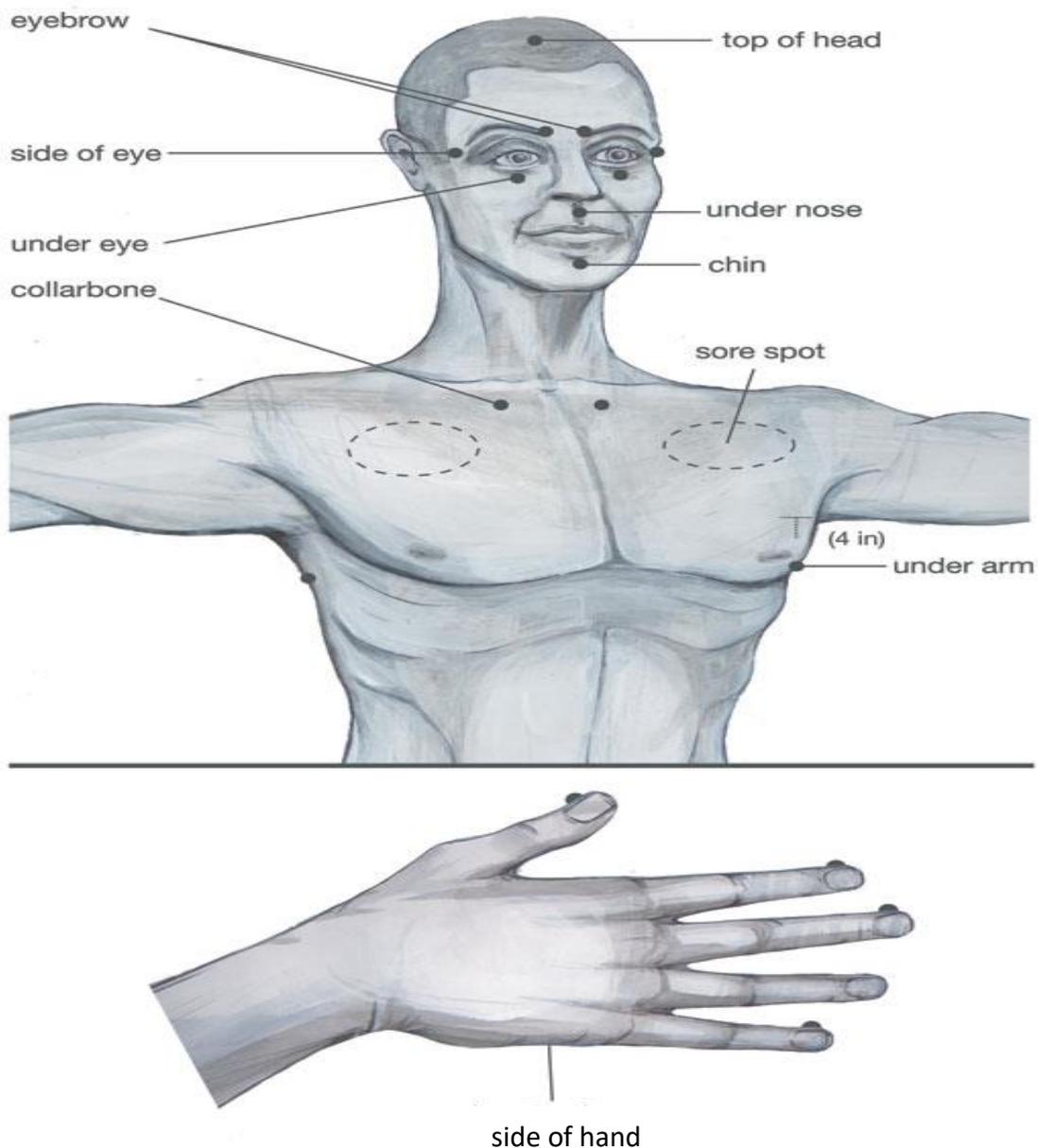


EFT TAPPING POINTS AND ANATOMICAL REFERENCE

These diagrams show the most used EFT meridian points. They are the ends of energy meridians located just beneath the surface of the skin. They respond to touch rather than having to use needles.

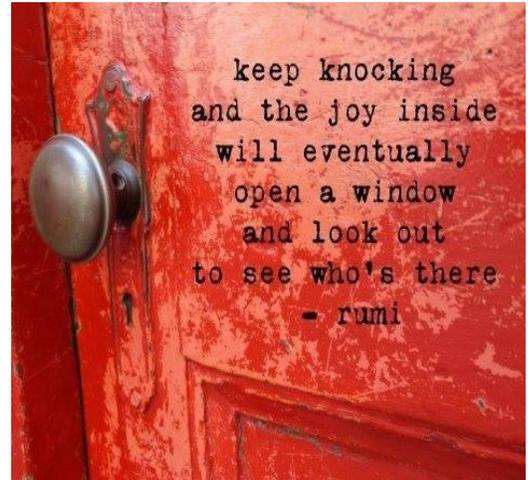
Each energy meridian relates to a specific organ or part of the body, in EFT we tap on all the points since there are so few. This eliminates the tedious process of calibrating and individualizing and allows for deeper and more comprehensive work.

Below the diagram you will find the standard procedure for doing EFT as well as the anatomical reference for each point.



Abbreviations and Anatomical References

- SS: **The Sore Spot** - Neuromyopathic point
- EB: **Beginning of the Eye Brow** - Bladder Meridian
- SE: **Side of the Eye** - Gall Bladder Meridian
- UE: **Under the Eye** - Stomach Meridian
- UN **Under the Nose** - Governing Vessel
- Ch: **Chin** - Central Vessel
- CB: **Beginning of the Collar Bone** - Kidney Meridian
- BN: **Below Nipple** - Liver Meridian
- UA: **Under the Arm** - Spleen Meridian
- TH **Top of the Head** - Governing Vessel
- Th: **Thumb**- Lung Meridian
- IF: **Index Finger** - Large Intestine Meridian
- MF **Middle Finger** - Heart Protector
- BF: **Baby Finger** - Heart Meridian
- SOH **Side of Hand** - small Intestine Meridian (



These tapping points proceed down the body, making them easy to memorize.

The BN (Below Nipple) point is usually omitted, as it can be an awkward point for women to access and EFT results have been superb without it. This point relates to the Liver Meridian and there may be occasions where you want to use it.

The "Gamut" point is a special point used in the 9-Gamut procedure. It is found on the back of either hand and is about 15mm behind and between the knuckles at the base of the ring finger and the little finger. An EFT practitioner is trained to guide folks through this procedure.

For more information connect with a credentialed EFT practitioner: EFT International is the international credentialing institution for this type of energy work. Check their website for a list of credentialed practitioners, the latest scientific research, and free resources. Your contact:

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