

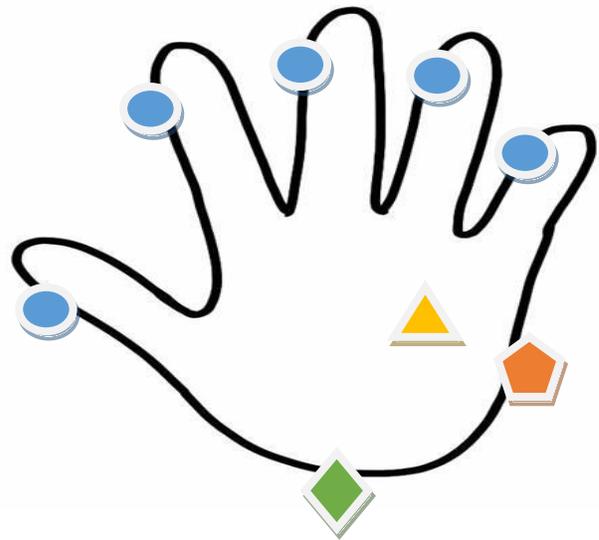
Hand Tapping Meridian Points

Start by gently tapping the Gamut Point for the Set-up (3 times).

Tap or squeeze the points on the side of each of your fingers

Inside of the Wrist

Side of the Hand between your little finger and wrist



At times, tapping on the head and torso can feel awkward. And when you are in a public space it may not be the easiest tool to use. Yet, public places often present us with those rich and dastardly anxiety moments that readily respond to EFT tapping.

There are meridian endpoints at the ends of your fingers, just beside the fingernail. Check out the visual above. I have used this format in many places; others have shared theirs as well. Perhaps you can add to our list:

- * During Meetings
- * All aspects of dentist appointments
- * On hold for customer service
- * Standing in lines
- * Awake with insomnia
- * Before/during/after difficult conversations
- * In a traffic jam
- * Getting focused or motivated
- * Before a meal or party

The Process Using Hand Points:

Do your Set-up on the Gamut Point; it's between your knuckles at the base of ring and little finger. There is a groove running down the back of the hand; tap on that groove. Do the Set-up 3 times; Set up example...

Even though I feel frustrated standing in this stupid line...I accept myself totally no matter what

Tap on the side of your thumb and move on to the inside of each finger. Tap the side facing the thumb. Rather than tapping, you can squeeze the sides of your fingers. *This frustration I feel ...*

After the fingers, tap on your Inside Wrist, and just keep repeating and acknowledging what is bothering you or getting in your way; Of course, the words may change...*This frustration I feel standing in line, I don't have time for this...*

Next go to the Side of Hand point and continue the process. *This stupid line frustration I feel*

Now, take a deep breath and check in with your feelings; have they changed, lessened, increased? What do you notice? Continue tapping on what has come up for you. For example:

Even though I still feel frustrated standing here...I love and accept myself totally and completely.