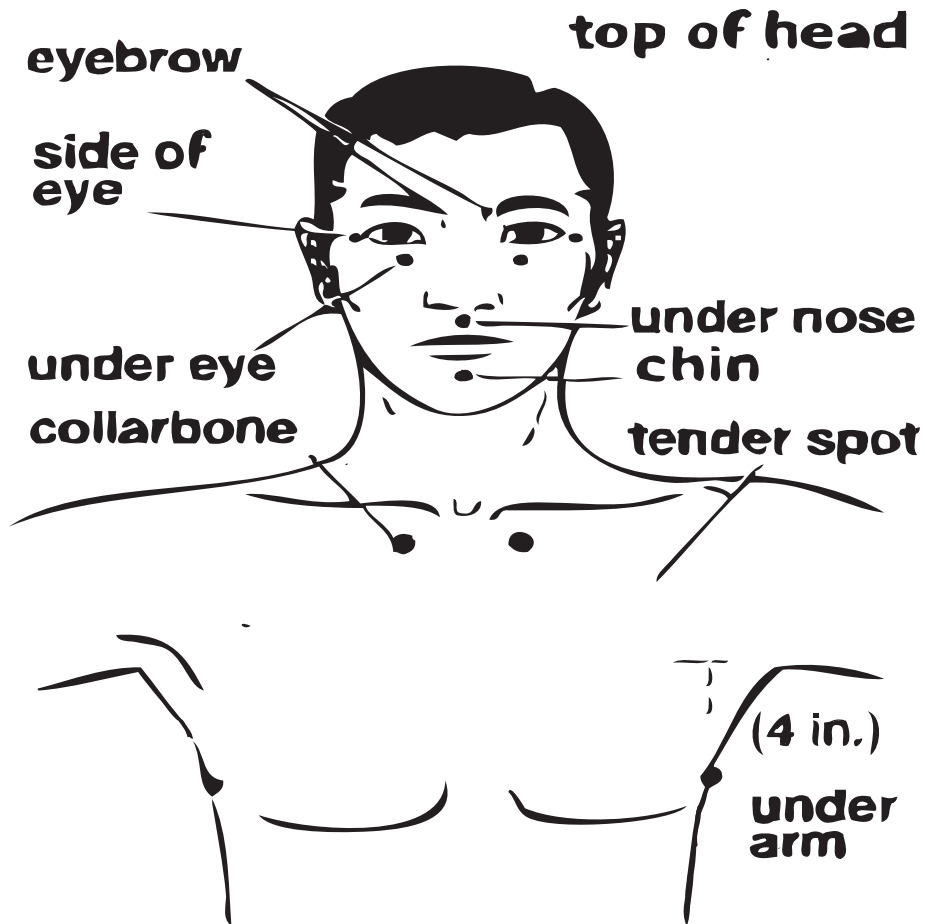
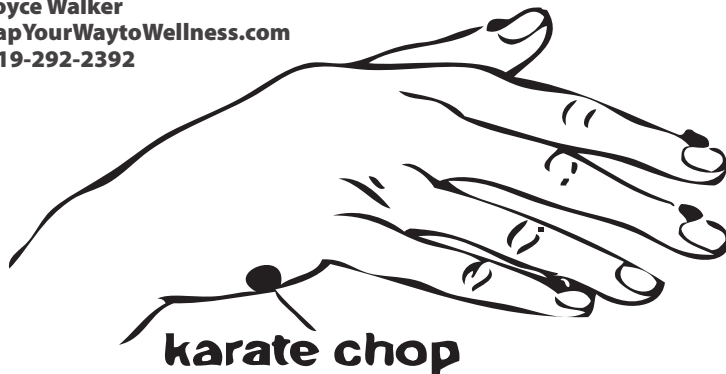


EFT Tapping Points



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- (KC) Karate Chop Point: On the side of the hand, at the base of both little fingers. Where the life line is on both hands. Used for reversals and as the set up point.
- (EB) Eyebrow Point: The inner edges of the eyebrows, closest to the bridge of the nose.
- (SE) Side of the eye: On the bone bordering the outside of the eye.
- (UE) Under the eye: On the bone directly under the eye.
- (UN) Under the nose: In the center of the area between the nose and the upper lip.
- (CH) Chin: In the center between the bottom of the lower lip and the chin.
- (CB) Collarbone: Right under your collarbone, about 3 inches from the center.
- (UA) Under the Arm: On your side, about four inches beneath the armpit.
- (LP) Liver Point: A few inches under the nipple, slightly to the side (where the underwire of a bra hits).
- (WR) Wrist Point (not shown): Where the hand and forearm come together. Bump together.
- (CRH) Crown of the head: The crown area toward the back of the head. Be gentle.