



Tapping Points

1. Side of Hand: the soft fleshy side of your hand mid-way between the top of wrist and first joint connecting the little finger.
2. Eyebrow point: on the eye socket bone about where your eyebrows start.
3. Side of Eye point: on the eye socket bone (not temple) out from the corner of your eye.
4. Under Eye point: on the eye socket bone about the middle of the eye.
5. Under Nose point: midway between the bottom of your nose and the top of your lip.
6. Chin Crease point: the natural crease between the bottom of your lip and end of your chin.
7. Collarbone point: about 2 inches out from the center hollow of the collar bone and 2 inches below.
8. Under Arm point: on the upper rib cage at approximately the bra line of a woman.
9. Top of Head point: around the middle of the top of the head.

Finger Points

10. The side of the fingers and thumb at the side of the nails