

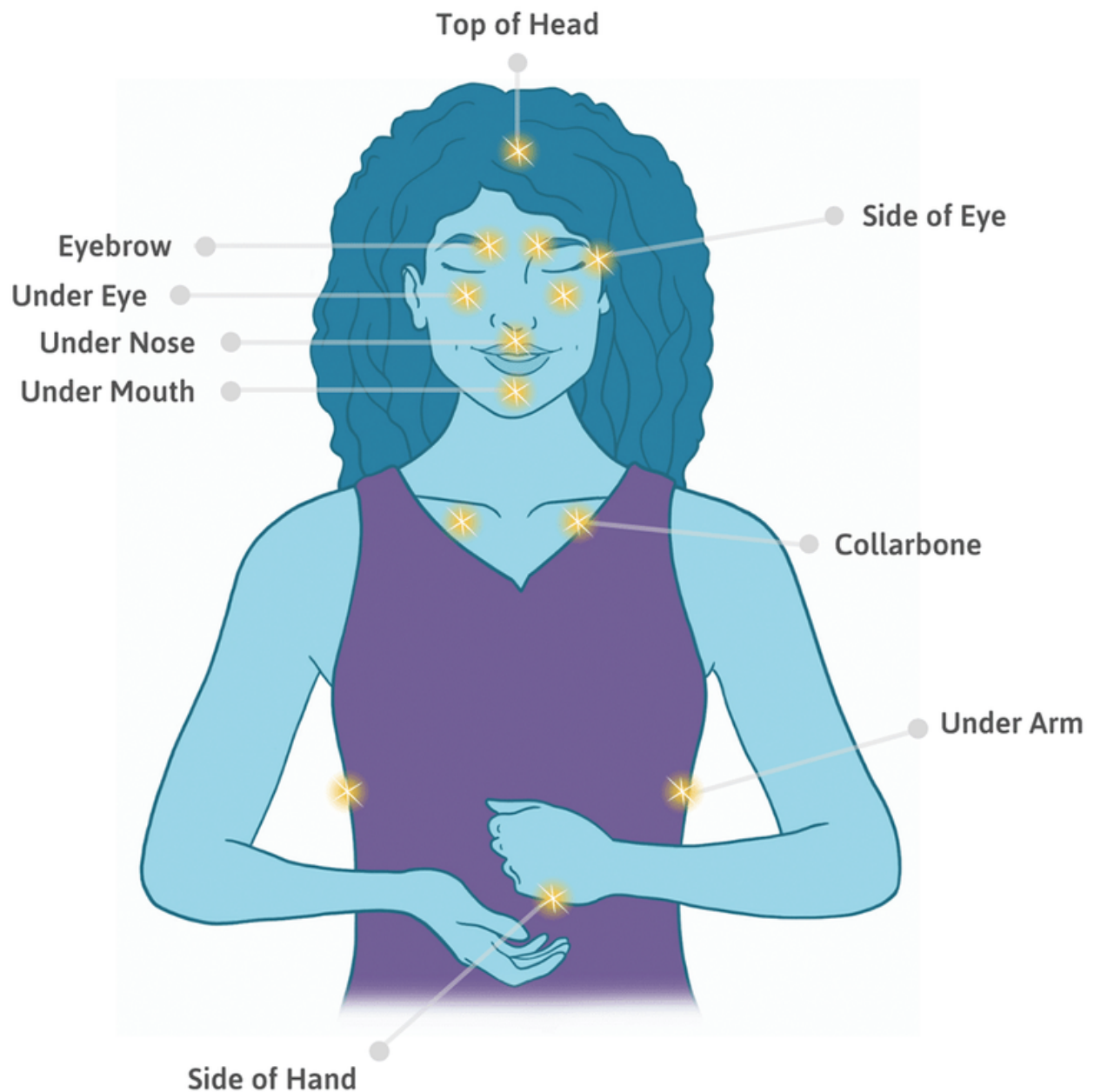


THE TAPPING POINTS

DIVE INTO EACH OF THESE NINE POINTS, ONE BY ONE.

www.TheTappingSolution.com

The Tapping Points





What Is Tapping?

Tapping, also known as EFT (Emotional Freedom Techniques) is a scientifically-backed technique where cutting-edge neuroscience meets ancient wisdom. This method is a combination of modern psychology and traditional Chinese acupuncture techniques.

It's a practical, easy-to-use tool that works on the amygdala, directly targeting the brain's stress response. By calming the nervous system, Tapping helps us release stress and respond to daily challenges with greater peace and ease.

During a Tapping session, you focus on whatever may be causing you stress or discomfort while using your fingertips to gently tap on certain points on the body.

These points, called EFT Tapping points, correspond to traditional Chinese medicine acupuncture points found along the body's meridians.



5 Benefits of the EFT Tapping Technique

Research suggests EFT Tapping offers several benefits:



1. Reduced Stress and Anxiety

Tapping helps calm the nervous system, lowering physiological markers of stress and helping us feel better.



2. Improved Sleep

Tapping helps prepare our bodies for sleep by putting us into “rest-and-digest” mode. It can help you fall asleep faster, sleep deeper, and even alleviate insomnia.



3. Weight Loss

Studies show Tapping helps people break free from cravings and emotional eating, adopt healthier habits, and ultimately lose weight. It leads to long-term, sustainable changes.



4. Reduced Depression

Tapping has been shown to improve mood and alleviate feelings of depression.



5. Pain Relief

Studies suggest Tapping can reduce pain intensity and how much pain affects us emotionally. It helps relax our bodies and release emotions that may be contributing to pain.

Tapping is also effective for PTSD, fears and phobias, relationship issues, productivity, athletic performance, and much more.



The Tapping Points

The points that you tap on during a Tapping sequence are found along the body's meridians.

While there are thousands of accupoints along the body where meridians can be accessed, we usually use a set of nine EFT Tapping points for our traditional Tapping sequence.

There are many ways to Tap, and the process is very adaptable. These nine points were chosen as part of an easy-to-learn and easy-to-repeat sequence that can be applied to a wide range of situations and challenges with a high level of effectiveness.

Let's dive into each of these nine points, one by one.

And if you're eager to start experimenting with Tapping, download our free app and get started today!

Rewire your mind, transform your life

Get started with the Tapping Solution App for free!

- ✓ Reduce ongoing stress levels
- ✓ Relieve chronic physical pain
- ✓ Improve sleep quality and duration
- ✓ Eliminate anger, anxiety, and other negative emotions.
- ✓ And much much more.

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1. Side of the Hand (Karate Chop – KC)



Location:

The Karate Chop point is found along the fleshy, narrow side of the hand on the side of the pinky finger. It is found on both the left and right hands, between the base of the pinky finger and the wrist. It is often referred to as the Karate Chop point, because this is the part of the hand that you would use to deliver a karate chop.

Corresponding meridian:

Small intestine

Benefits:

Releases feeling stuck and promotes ease in moving forward, letting go, healing from grief, and becoming happy in the present moment.

Tips for Tapping:

You can tap on either hand, using the opposite hand to do the tapping. Try using several fingers from the opposite hand to tap on this point.



2. Eyebrow (EB)



Location:

This point is where your hair begins on the inner part of your eyebrow, right on the bone there. It is found on both sides of the body, on both the left and the right brow bone.

Corresponding meridian:

Bladder

Benefits:

Releases trauma, hurt, and sadness and promotes peace and emotional healing.

Tips for Tapping:

You can tap on both sides at once, pick just one side of the body, or alternate sides as you go along. Try using just a few fingers, like the index and middle fingers, to tap on this point.



3. Side of the Eye (SE)



Location:

From the Eyebrow point, follow that ridge of bone from your eyebrow down to the side of the eye to find this point. Note that the Side of the Eye point is not located in the indent that is your temple; you'll want to stay on top of the bone instead.

Corresponding meridian:

Gallbladder

Benefits:

Releases resentment and anger and promotes clarity and compassion.

Tips for Tapping:

You can tap on both sides at once, pick just one side of the body, or alternate sides as you go along. Try using just a few fingers, like the index and middle fingers, to tap on this point.



4. Under the Eye (UE)



Location:

From the Side of the Eye point, follow that ridge of bone once again to come under your eye. This point is found directly under the eye, on either side of the body.

Corresponding meridian:

Stomach

Benefits:

Releases fear and anxiety and promotes feelings of contentment, calmness, and safety.

Tips for Tapping:

You can tap on both sides at once, pick just one side of the body, or alternate sides as you go along. Try using just a few fingers, like the index and middle fingers, to tap on this point.



5. Under the Nose (UN)



Location:

This point is found in the space between your nose and upper lip.

Corresponding meridian:

Governing Vessel

Benefits:

Releases shame and powerlessness and promotes self-acceptance, self-empowerment, and compassion for self and others.

Tips for Tapping:

As it is a small area, try using just a few fingers (like the index and middle fingers) to reach this point for Tapping.



6. Under the Mouth (UM)



Location:

Also called the chin point (CP), this point is found in the crease between your chin and bottom lip.

Corresponding meridian:

Central

Benefits:

Releases confusion and uncertainty and promotes clarity, certainty, confidence, and self-acceptance.

Tips for Tapping:

As it is a small area, try using just a few fingers (like the index and middle fingers) to reach this point for Tapping.



7. Collarbone (CB)



Location:

Starting from where your collarbones meet in the center (at the base of that U-shape), go down one inch and out one inch to either side to get to the Collarbone point. This Tapping point is found on both the left and right sides of the body.

Corresponding meridian:

Kidney

Benefits:

Releases the feeling of being stuck, promotes ease in moving forward, and boosts confidence and clarity.

Tips for Tapping:

You can tap with a few fingers on either side of the body to stimulate this point. Alternatively, try taking your whole hand and tapping the entire hand across the place where a bowtie would lie. That allows you to easily stimulate this point on both sides at once without having to worry about the exact location of the point.



8. Under the Arm (UA)



Location:

This point is located on your side, about four inches (or one hand's width) below the armpit. That is about where a bra strap lies. It is found on both the left and right sides of the body.

Corresponding meridian:

Spleen

Benefits:

Releases guilt, worry, and obsessing and promotes clarity, confidence, relaxation, and compassion for self and others.

Tips for Tapping:

The easiest way to stimulate this point is to use all your fingers, or your whole hand, to tap on the side of the body under your arm.



9. Top of the Head (TH)



Location:

This point is right on the center of the top of your head, at the crown.

Corresponding meridian:

This isn't necessarily one particular point, but rather a collection of many meridian points. Along with being associated with several of the meridians, the Top of the Head point is also connected to the crown chakra.

Benefits:

Opens the crown chakra and promotes spiritual connection, while anchoring in the new balance and alignment from the Tapping round that has just been completed.

Tips for Tapping:

Simply tap your hand or your fingertips at the very top of your head to stimulate this Tapping point.



Where to go from here?

Now that you're more familiar with the Tapping points – where they are, what they do, and how to tap on them, it's time to get Tapping!

By Tapping on these EFT Tapping points while maintaining mental focus on the problem at hand, you can begin to release stress, difficult emotions, and even physical discomfort.

[Head over to The FREE Tapping Solution App](#) to explore our extensive library of Tapping Meditations designed to walk you through the process and support you with a wide range of different concerns and problems.

Here are some of our top meditations:

- **To reduce stress:** try our Release Stress session, which can help you find relief in 13 minutes or less! [Download our Free App & Try it now.](#)
- **To find relief from anxiety:** Try our 5 Day Release Anxiety Series. This Series Reduces Anxiety by 55% and 98.5% of participants say they feel better! [Download our Free App & Try it now.](#)
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- **To get help with losing weight:** Explore sessions like "I'm Stressed About My Weight" "Master Weight Loss Manifestor", "Motivate Me to Eat Better" and "Cravings Buster". These sessions target the emotional and psychological barriers to weight loss. [Download our Free App & Try it now.](#)
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- **To simply find some peace today:** Need a moment of tranquility? Our "Instant Boost of Peace" Tapping session can help you find calm amidst the chaos. [Download our Free App & Try it now.](#)
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- ✓ And much much more.

