



# Meridian Tapping

## What is Meridian Tapping?

Meridian Tapping is based on the concepts behind acupuncture, which affects the energy that moves throughout our bodies in pathways called meridians.

There are many meridians and each channel carries its own unique energy around the body. At various points on the meridian lines there are pools of energy that can be stimulated to release blockages.

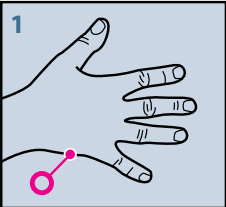
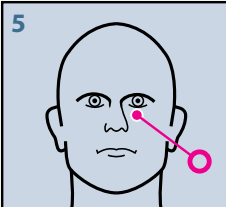
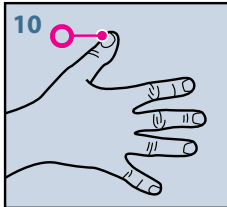
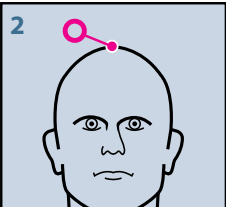
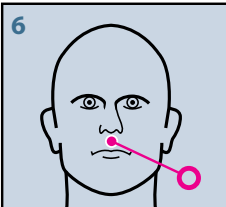
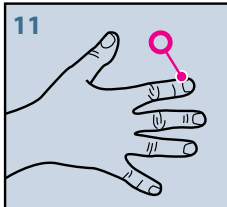
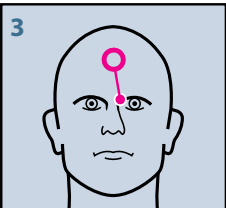
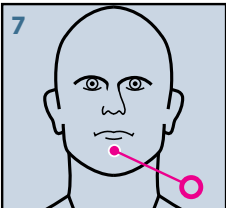
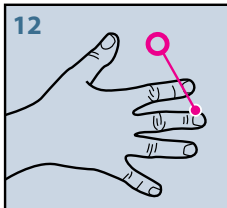
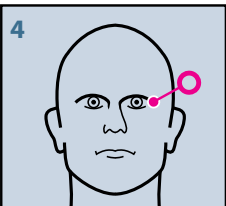
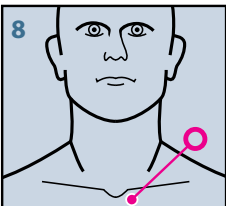
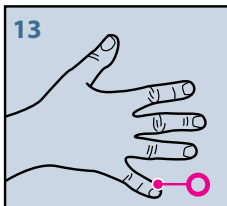
It is important for the energy in our bodies to be in harmony, but blockages can start to occur when we are experiencing physical or emotional stress. Meridian Tapping works by creating tiny electrical impulses along the individual's natural healing systems, allowing blockages to be released and a smooth energy flow to be restored.

# Step-by-step guide to using Meridian Tapping

- 1 Identify/name the problem/issue as specifically as possible.
- 2 Construct an affirmation using the following template or something similar - 'Even though (describe problem here) I could choose to accept myself...'
- 3 Now tap the Karate Chop point 3 times while repeating the affirmation. It is **crucial** that you don't just say the words; you must **feel** the feelings too.
- 4 Once you have completed steps 1 to 3, you can tap the rest of the points (about 7 times each) in the order of the illustrations.
- 5 The Karate Chop point is the only point where you use the full affirmation. On the rest of the points it is best to use just one or two of the words that emphasise most how you feel. Remember to keep **feeling** the feelings.
- 6 After you have finished tapping all the points, take a deep breath and evaluate how you feel and what has changed.
- 7 Repeat stages 1-6 again using updated affirmations/feelings until problem has been resolved.

## The Points

Meridian Tapping utilizes points along many of the main meridians. The resistance of the skin on these points is ten times less than on other areas of the body and they are all located near the end of a meridian to maximise the impact. (Please remember that meridians relate to the energetic elements of the anatomy.) Using 2 or 3 finger pads, tap firmly on:

|  |   |   |  |   |   |
|--|---|---|--|---|---|
|  | <p><b>1 Karate Chop</b></p> <p>Outside of hand about 1 inch down from the knuckle of the little finger.</p> |  | <p><b>5 Under Eyes</b></p> <p>On the bone. Can be tapped individually or together.</p>                       |  | <p><b>10 Thumb</b></p> <p>Outer side of thumb nail.</p>   |
|  | <p><b>2 Crown</b></p> <p>Top of head.</p>   |  | <p><b>6 Above Top Lip</b></p>  |  | <p><b>11 Index Finger</b></p> <p>Side of index finger nail closest to thumb.</p>  |
|  | <p><b>3 Beginning of Eyebrows</b></p> <p>Can be tapped individually or together.</p>                        |  | <p><b>7 Under Bottom Lip</b></p>   |  | <p><b>12 Middle Finger</b></p> <p>Side of middle finger nail closest to thumb. (No need to tap on ring finger point.)</p> |
|  | <p><b>4 Side of Eyes</b></p> <p>Can be tapped individually or together.</p>                                 |  | <p><b>8 Under Collarbone</b></p> <p>On soft tissue either side of breast bone. Individually or together.</p> |  | <p><b>13 Little Finger</b></p> <p>Side of little finger nail closest to thumb.</p>  |

The more you tap, the more powerful it becomes. All healing tools require **you** to animate them.

# If you are not getting good results try one or more of the following

- Drink plenty of water.
- Repeat the procedure a few times.
- Take a break, move around and try again.
- Be more specific in identifying and **feeling** the problem.
- Look for different aspects of the problem and work on each one individually.
- Get help from an experienced practitioner.

## PLEASE NOTE

- You can do no harm. The worst thing that can happen is nothing.
- It is important to focus on the negative when you are tapping: the feelings you want to release must be activated to be dispersed.
- The more specific you are with your affirmation/words/feelings, the better the results. If you get stuck, then you can use the number system: Rate your problem from 1-10 (10 being maximum intensity) and say/feel *'Even though my (e.g. stomach ache) is an 8, I could choose to accept myself'*. After tapping all the points, take a deep breath and register whether the intensity has increased or decreased. Repeat the process as often as you like, recognising and incorporating the new number each time.
- Although everyone can tap and achieve good results, it can sometimes be advisable to work with an experienced practitioner as some thoughts are often stored below our conscious awareness.

**Remember!**  
*Meridian Tapping works whether  
you believe it or not.*

