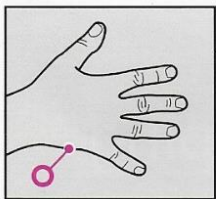


Jo Brewer Kinesiology

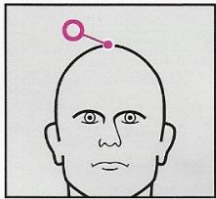
Steps to Meridian Tapping

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], I understand/believe/accept myself"
3. Tap 'karate chop' point repeatedly whilst saying the affirmation. It is **crucial** that you don't just say the words, you must **feel** the feelings too. Do this 3 times, taking a deep breath in and out between each round.
4. Tap the rest of the points, shown below, whilst repeating a few key words that emphasise how you **feel** about the issue. Remember to really engage with your **feelings**. Repeat this 3 times, taking a deep breath in and out between each round.
5. Evaluate how you feel and what has changed.
6. Repeat these stages as often as you like until problem is removed. The affirmation and 'feeling' words can be amended as you progress with the tapping sessions – often new feelings emerge as layers of emotions are processed.



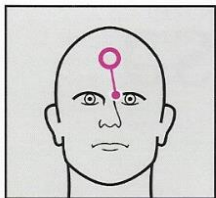
Karate Chop

Outside of hand about 1 inch down from the knuckle of the little finger.



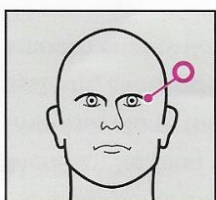
Crown

Top of head.



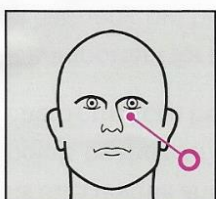
Beginning of Eyebrows

Can be tapped individually or together.



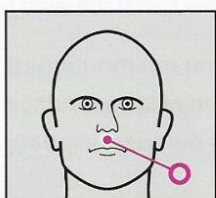
Side of Eyes

Can be tapped individually or together.

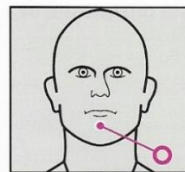


Under Eyes

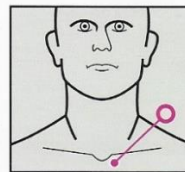
On the bone. Can be tapped individually or together.



Above Top Lip

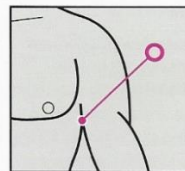


Under Bottom Lip



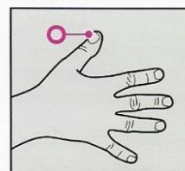
Under Collarbone

On soft tissue either side of breast bone. Can be tapped individually or together.



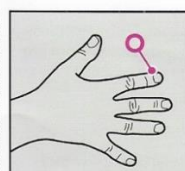
Under Arm

At side of breast where bra side panel would be positioned.



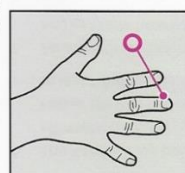
Thumb

Outer side of thumb nail.



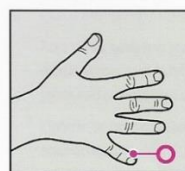
Index Finger

Side of index finger nail closest to thumb.



Middle Finger

Side of middle finger nail closest to thumb. (No need to tap on ring finger point).



Little Finger

Side of little finger nail closest to thumb.