



Jenny Li Ciccone

**EFT Tapping Meridian Points
with Chart**

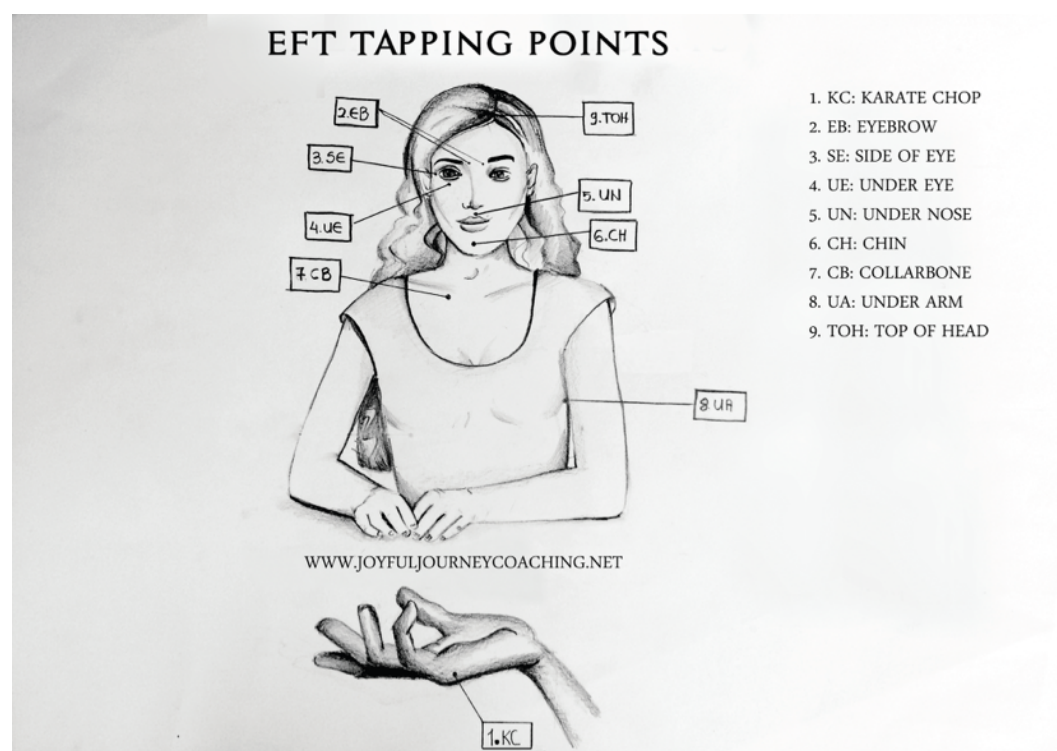
**DECODING
THE SECRETS OF
JOYFUL LIVING**

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*"I trust that we do not come
across by accident, today we
connect for a reason. "*



EFT TAPPING POINTS



Note that I use this simple version of tapping with nine meridian points, to make it easy for you to start.

These meridian points have proven highly connected to our emotion and thought energy inside of our body energy system.

When we are at the lower end vibrational levels, we use most of our healthy energy for suppressing. When we shift to higher vibrational energy, we use healthy energy for taking action.

The Nine Points

1. KC - Karate Chop:
When you hold a fist, you can see a line at the side of your little finger. Kong Fu practitioners use this point to break bricks.
2. EB - Eyebrow:
It's at the beginning of your eyebrow. It's on the bone, and you can touch the hair.
3. SE - Side of Eye:
Follow the same bone, stop at the side of the eye. It's the point.
4. UE - Under Eye:
Still follow the bone now move under the eye. It's at the center of the bone under the eye.
5. UN - Under Nose:
It's at the center and middle of the gap between the nose and upper lip.
6. CH - Chin:
It's at the center and middle of the Gump between our low lip and chin.
7. CB - Collarbone:
In the whole area of our collarbones. You can still use 2-3 fingers to tap, or even 4 to 5 fingers to tap.

8. UA - Under Arm:

Put your hand underneath one side of your armpit. It's at the bottom end of your little finger of the hand and on the side of your body.

9. TOH - Top of Head:

It's on the top of our head, in the center area.

When you look at the chart, you can easily find that we have 7 points on the top part of our body. Six of them, which include the points of Eyebrow, Side of Eye, Under Eye, Under Nose, Chin Point, Collarbone point, form a question mark sign. One point, which is Top of Head, adds a top point on this "question mark" sign. The other point on the body is "Under Arm".

We have only one point on our hand, which is called Karate Chop point. It is the first point we start to tap and say our setup statement.

When you tap, you use 2 or 3 fingers on either hand or both hands (it's totally up to you), gently tap on each meridian point for 5 to 7 times.

Note that it doesn't need to be very precise about the position on each point or the times of tapping. Simply if you touch the area, it will get you connected; all will work.