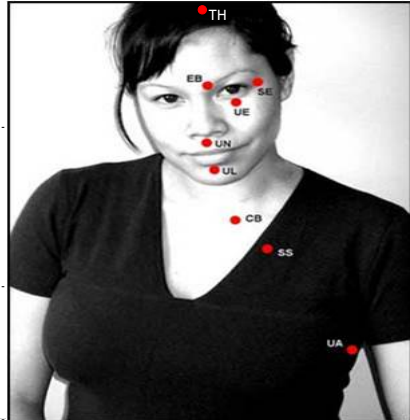
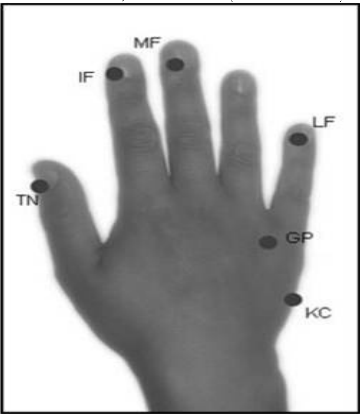


Tapping Points, Meridians, Emotions

Tapping Point	Organ	Imbalanced	Balanced	Companion Organ	
Karate Chop (KC)	Small Intestine	Psychological reversal. Forgetfulness, indecision, unclear thought process. Restlessness and difficulty in expressing emotions	Memory, ability in making decisions, clarity of thought	Heart	
Top of Head (TH)	"One Hundred Meeting Points"	Inner critic, 'gerbil wheel' thinking, lack of focus	Wakes up the entire energy system and encourages the body-mind to pay attention to what we are about to address. Spiritual connection, insight, intuition, focus, wisdom, spiritual discernment, clarity.	Communicates with entire body	
Inner Eyebrow (IE)	Bladder	Fear, lack of confidence, nervous-ness, fear of being submerged or overwhelmed, strained nerves, hypersensitivity (both physical and emotional).	Caution, restraint, determination, will power, ambition	Kidney	
Outer Eyebrow (OE)	Gallbladder	Irritability, rage, bitterness, constant sadness. Anger of the sort that leads to irrational or hasty decisions. Allergies	Good decision making abilities, impetus, inspiration behind decisions	Liver	
Under Eye (UE)	Stomach	Anxiety, worry, skepticism, poor confidence, feelings of suspicion or mistrust	Stable centred emotions, confidence, good taste, an understanding of appropriate behaviour, a sense of trust, considered thought and action	Spleen and Pancrease	
Under Nose (UN) - Direct connections to the brain	Brain - Governing Vessel	Embarrassment, powerlessness, shame, guilt, grief, fear of ridicule, fear of failure and psychological reversals	Self-acceptance, self-empowerment, and compassion for self and others		
Under Lip (UL - Chin) - Direct connections to the brain	Brain - Conception Vessel	Confusion, uncertainty, shame, embarrassment and second guessing decisions.	Clarity, certainty, confidence, and self-acceptance.		
Collar Bones (CB) - Adrenal Function	Kidney	Fear, hesitancy, no zest for life, poor willpower, guilt, nervousness, lack of confidence, depression, trembling, would rather run from situations than deal with them.	Restraint, humility, organisational skills, will power, ability to concentrate, good imagination, ideas, self-preservation, zest for living, ability to control the mind and avoid unwise action, determination, respect and reverence, courage, confidence, sense of security	Kidney	

Under Arm (UA)	Spleen	Worry, poor concentration, forgetful-ness, cloudy thought process, vacillation, addiction, attachment, obsession, gluttony, jealousy, self-pity, strong concern about opinions of others, stubbornness, vanity	Reasoning abilities, memory, a clear thought process, honest introspection, opinion, loyalty, willpower, sense of satisfaction/achievement, ideas & creativity, expressing sympathy	Stomach
Thumb (Th)	Lung	Sorrow, resentment, anguish, claustrophobia, inflexibility (both mind and body), pessimism, nostalgia	Compassion, good survival instinct, instinct and intuition, free will, individuality, positive outlook, endurance	Large Intestine
Index Finger (IF)	Large Intestine	Sorrow, resentment, worry, coughing, anguish, claustrophobia, inflexibility (both body and mind), pessimism, nostalgia. Stubbornness, holding on.	Compassion, good survival instinct, instinct and intuition, free will, individuality, positive outlook, endurance	Lung
Middle Finger (MF)	Pericardium	Sadness, sorrow, grief, self-absorption, coldness, lack of concern, poor relations with others, lack of enthusiasm. Poor sleep habits, hysteria, hysterical or cackling laughter, abnormal emotional responses, hyper-sensitivity.	Love, happiness, contentment, warmth and concern in relationships, enthusiasm.	Triple Warmer involves immune system, flight or fight response, and the body's ability to habituate responses to stress and threat
Gamut (9G)	Triple Warmer	Unsociable nature, standoffish, lack of humour, prefers isolation to group co-operation, poor decision making abilities, forgetfulness, rambling thoughts.	Sociable nature, ability to work well in groups, platonic friendships, personal warmth, sense of humour, liking for others	Pericardium
Little Finger (LF)	Heart	Hysteria, erratic behaviour, alternating joy and melancholy, dullness, yearning for love, jealousy, sorrow	Tranquillity, gentleness, emotional balance, spirit, love, integrity, optimism, emotional and spiritual growth, zest for life, control of thoughts and senses, conscience, wisdom	Small Intestine
Under Breast (UB)	Liver	Anger, depression, impatience, short temper, hatred, jealousy, self-insistence, insecurity, attachment to strong opinions (even when wrong), power-hungry, over ambitious, con-trolling, cursing and shouting	Drive, planning and starting skills, endurance, good reflexes, perseverance, spiritual enquiry and maintenance, quick and clear intellect, agreeable disposition, organizational abilities, ambition, patience, sense of well-being	Gallbladder

