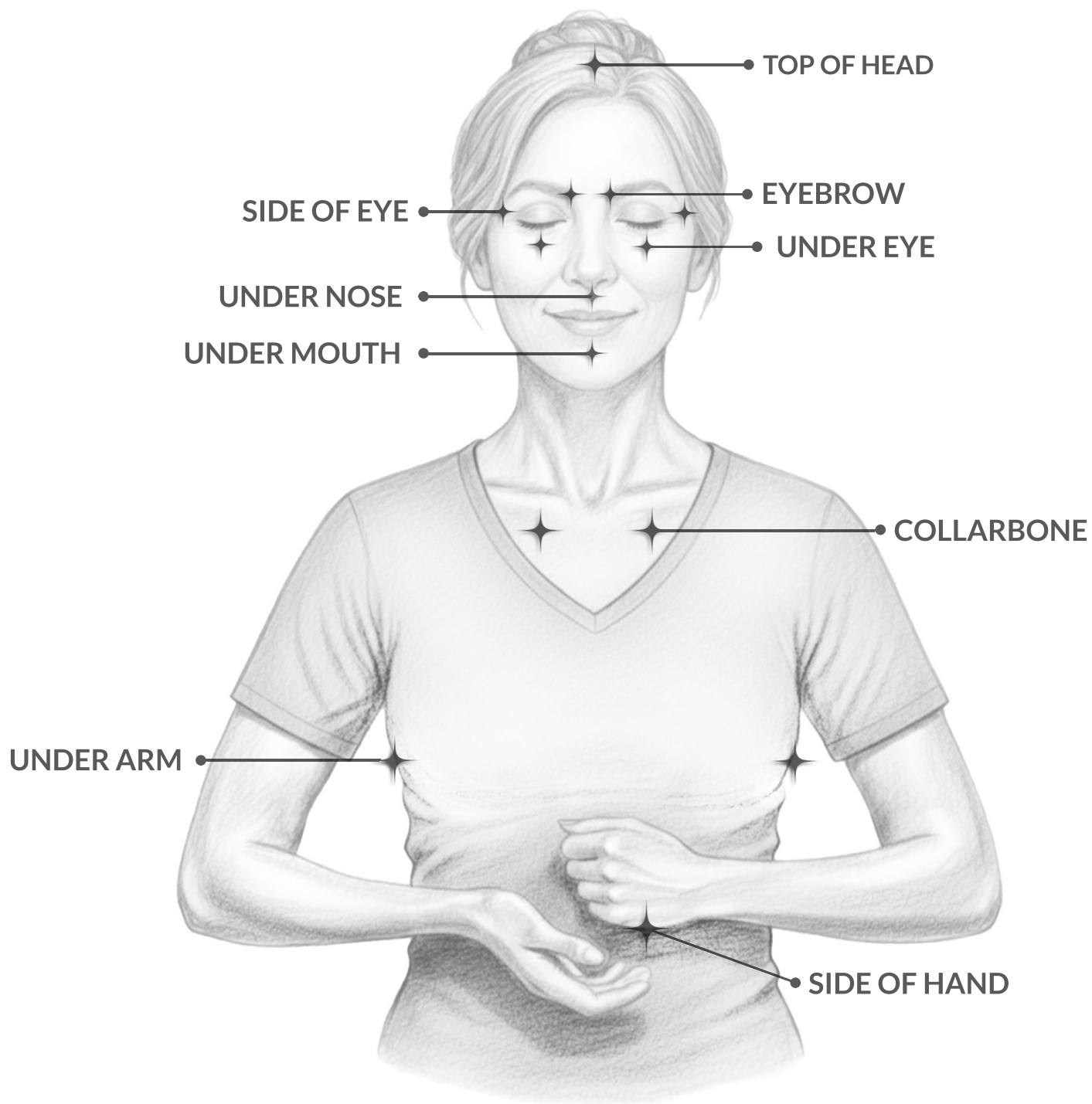


The Tapping Points



The 9 Tapping Points

1. **Side of the Hand**—Between the base of the pinky finger and the wrist, along the fleshy, narrow side of the hand
2. **Eyebrow**—Where your eyebrow begins, near the bridge of your nose
3. **Side of the Eye**—On the bone at the outer side of your eye
4. **Under the Eye**—On the bone directly under your eye
5. **Under the Nose**—Between your nose and upper lip
6. **Under the Mouth**—In the crease between your lower lip and chin
7. **Collarbone**—Feel for the two little bones of the collarbone and go down and out about an inch on each side
8. **Under the Arm**—About four inches (or a hand's width) below your armpit
9. **Top of the Head**—Right on the crown of the head