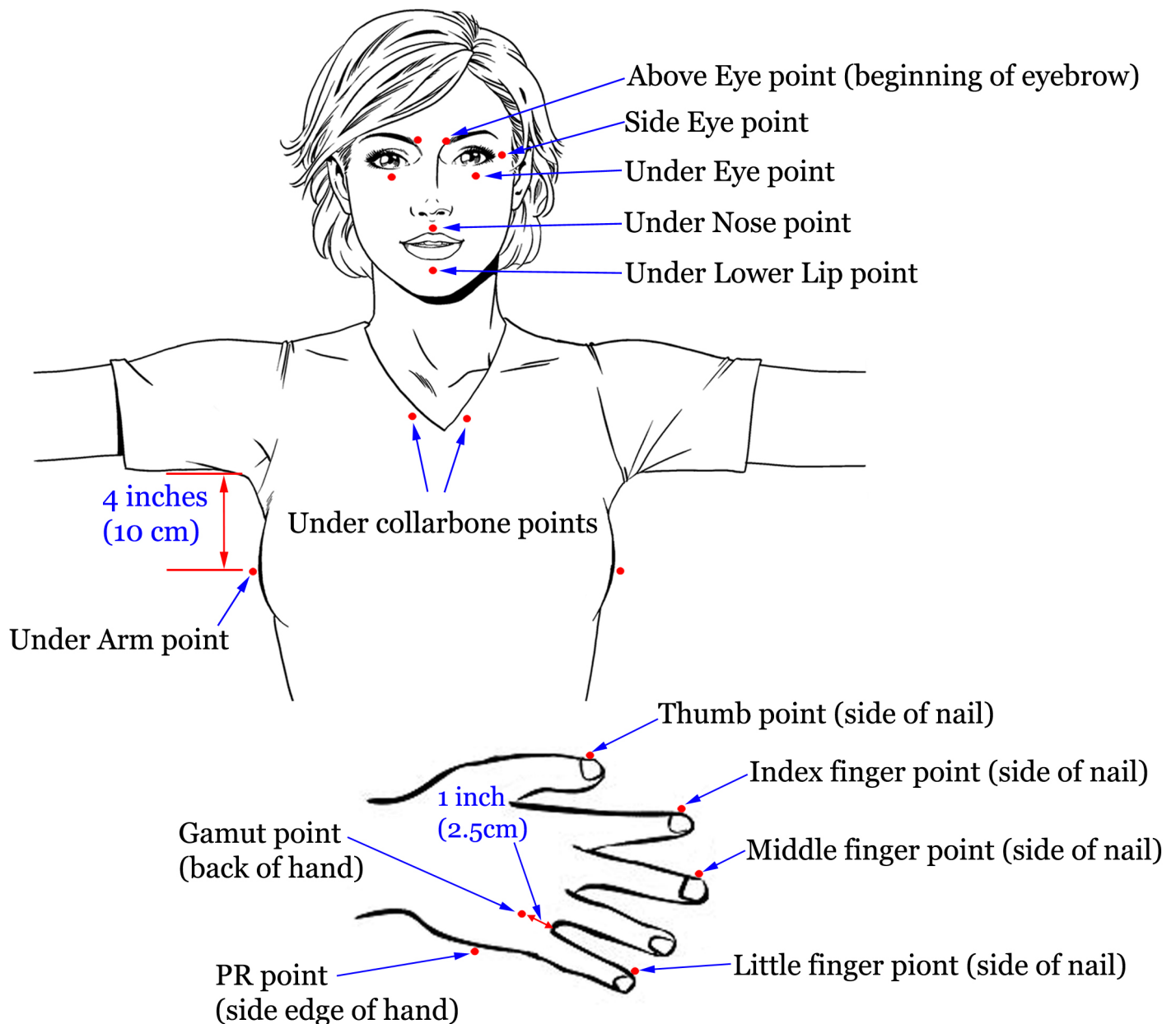


# The Body Chart of the Tapping Points



## Under collarbone point:

Run your finger down the middle of your throat until it comes to the bony notch at the top of your breastbone. Then move your finger down 1 inch (2.5 cm) and then either left or right 1 inch (2.5 cm).

## Under arm point:

This is on the side of your body 4 inches (10cm) below your armpit.

## Gamut point:

This is on the back of your hand. Put a finger between the knuckles of your ring and little finger. Then move your finger 1 inch (2.5cm) back towards your wrist. This is the gamut point.

## PR point:

This is mid way between the base of your little finger and your wrist on the outside edge of your hand. It is often referred to as the karate chop point.

## Thumb, Index, Middle and Little finger points:

These points are on the side of your nails. Imagine holding a cup or a can in your hand. The side of the fingernail points are on the top side. Whilst the side of the thumbnail point will be underneath.

# Instant Relaxation – Acupuncture Tapping

This works best when you are feeling some sort of negative emotion, like anxiety, irritation, stress, frustration, fear, guilt, anger and so on. It works by reducing or eliminating the negative emotion, and hence produces a state of relaxation and calmness.

## How to tap:

Put two or three fingers together and tap 5 to 10 times on the points in the following steps. Tap firmly and quickly. The location of the points on your body are described in the body chart sheet. Since you are using 2 or 3 fingers to tap, you do not need to exactly find the spot to tap on.

## Step 1:

Think about the negative emotion you are in at the moment. Rate the level of this negative emotion from 0 to 10 (0=no negative emotion, 10=the maximum it could be). Now tune into that thought or situation that is causing you the negative emotion. Keep it in your mind as you go through the following steps.

## Step 2:

Tap 5 – 10 times on the following points:

- PR point on the side edge of your hand
- Above your eye (at the beginning of your eyebrow)
- Side of your eye
- Under your eye
- Under your nose
- Under your lower lip
- Under your arm
- Under your collarbone
- Side of your thumbnail
- Side of your index fingernail
- Side of your middle fingernail
- Side of your little fingernail
- PR point

- Now **tap continuously** on the gamut point on the back of your hand while you do the following:
  - a. Keep your head still and using your eyes only, look left.
  - b. Keep your head still and using your eyes only, look right.
  - c. And repeat looking left and right about 10 times, as quickly as you can, whilst keeping your head still.
  - d. Look left, look right, look left, look right, look left, look right, look left, look right, look left, look right, look left, look right, look left, look right, look left, look right.

### **Step 3:**

Now repeat step 2, but tap on the other side of your body and use your other hand to do the tapping. Remember while you do this, to tune into that thought or situation that is causing you the negative emotion.

### **Step 4:**

Now score your negative emotion level, from 0 to 10.

- If it is still there, repeat steps 2 and 3 until it is gone (score=0) or significantly better (score=1), or you have done steps 2 and 3 at least three times.

### **After completing the tapping:**

If there has been no change in your score, you may need to use a different tapping sequence.

If your score has reduced to 0 or 1, then this works for you:

- Use it as often as you need to.
- You may find that using it just once for a specific negative emotional producing thought or situation, is enough.
- However, whenever you are feeling a negative emotion, this is an instant way to get rid of the negative emotion, and instead, feel calm and relaxed.