

EFT Tapping Points

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Top of the head – TH (center of the head)

Eyebrow – EB (at the center, beginning of the brow)

Side of eye – SE (outer end of the eyebrow)

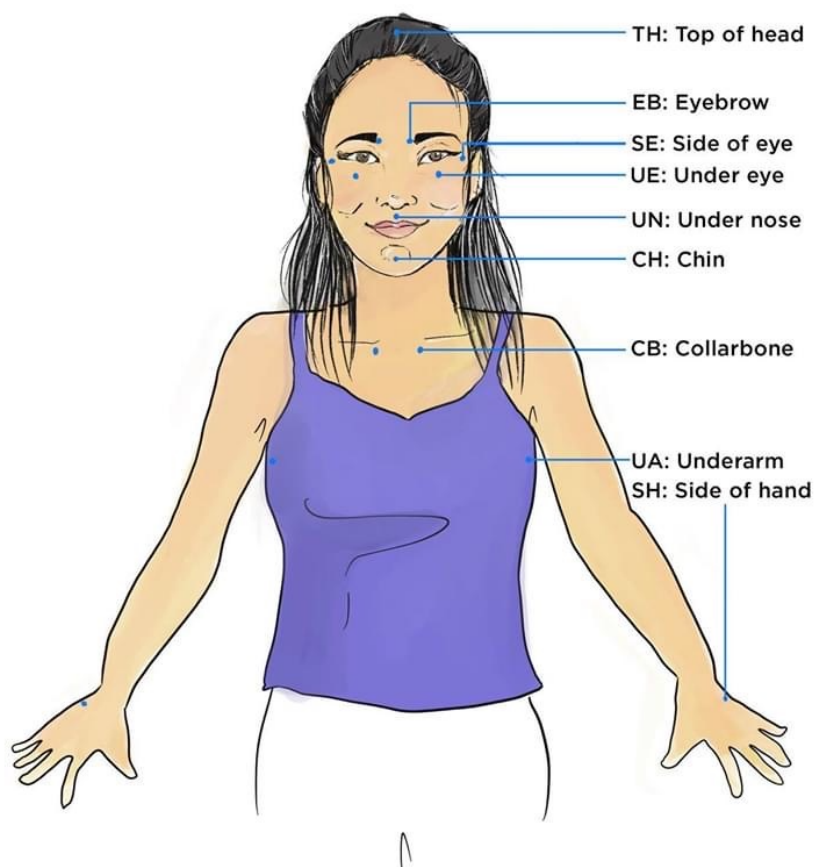
Under the eye – UE (center of bone)

Under the nose – UN (in the center)

Chin – CH (in the center)

Collar bone – CB (start at the indentation at the base of the neck, move down about 1 inch and then to the indentation on either side – this is the spot)

Under the arm – UA (about a hands length below the armpit)



Art by Rukmini Poddar