



The Significance of the 9 EFT Tapping Positions

EFT (Emotional Freedom Techniques) uses a sequence of **9 tapping points**, each linked to specific energy meridians in Traditional Chinese Medicine (TCM). These points help to **release emotional distress, balance energy, and rewire thought patterns**.

1. Karate Chop (KC) – Releasing Resistance & Psychological Reversal

Location: The outer edge of the hand (pinky side), midway between the wrist and the base of the little finger.

Significance:

- Clears subconscious resistance to change and self-sabotage.
 - Activates the **small intestine meridian**, linked to **mental clarity and personal boundaries**.
 - Helps with **self-acceptance, setting intentions, and reducing inner conflict**.
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2. Eyebrow (EB) – Emotional Processing & Identity

Location: Inner edge of the eyebrow, near the bridge of the nose.

Significance:

- Associated with the **bladder meridian**, which governs **stress, frustration, and emotional release**.
 - Helps release **trauma, sadness, and uncertainty**.
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- Encourages **clarity, self-identity, and inner confidence.**
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3. Side of Eye (SE) – Releasing Anger & Stress

Location: Outer edge of the eye, near the temple.

Significance:

- Linked to the **gallbladder meridian**, which influences **decision-making and frustration.**
 - Helps release **anger, resentment, and feeling stuck.**
 - Promotes **mental clarity and emotional flexibility.**
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4. Under Eye (UE) – Easing Fear & Anxiety

Location: On the bone under the eye, near the cheekbone.

Significance:

- Associated with the **stomach meridian**, which regulates **fear and worry.**
 - Helps release **anxiety, nervousness, and stress.**
 - Encourages a **sense of safety and emotional balance.**
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5. Under Nose (UN) – Releasing Shame & Strengthening Self-Worth

Location: Between the upper lip and the base of the nose.

Significance:

- Connected to the **governing vessel**, which affects **self-esteem and personal empowerment.**
 - Helps release **shame, guilt, and unworthiness.**
 - Encourages **self-confidence and authentic expression.**
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6. Chin (CH) – Letting Go of Doubt & Speaking Truth

Location: The crease between the lower lip and the chin.

Significance:

- Linked to the **central meridian**, which governs **communication and emotional expression.**
- Helps release **self-doubt, fear of judgment, and feeling unheard.**
- Encourages **self-expression and belief in one's voice.**



7. Collarbone (CB) – Calming Anxiety & Restoring Balance

Location: Just below the collarbone, about an inch down and out from the center of the chest.

Significance:

- Activates the **kidney meridian**, which regulates **stress and survival mode**.
 - Helps release **panic, overwhelm, and fear-based thinking**.
 - Promotes **inner peace, resilience, and a sense of security**.
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8. Under Arm (UA) – Strengthening Self-Worth & Emotional Integration

Location: About four inches below the armpit, on the ribcage.

Significance:

- Connected to the **spleen meridian**, which influences **self-esteem and emotional digestion**.
 - Helps release **negative self-talk, self-criticism, and insecurity**.
 - Encourages **self-acceptance, personal power, and emotional flow**.
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9. Top of Head (TH) – Spiritual Connection & Energy Alignment

Location: The crown of the head, in the center.

Significance:

- Activates the **governing meridian**, which runs along the body's energy channels.
 - Helps release **confusion, disconnection, and resistance to change**.
 - Promotes **mental clarity, spiritual alignment, and emotional harmony**.
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Final Thoughts:

Each of these **9 tapping points** plays a unique role in **clearing emotional blocks, reducing stress, and reprogramming negative thought patterns**. When used together in an EFT sequence, they create a **powerful healing experience** that **calms the nervous system, releases fear, and restores emotional balance**.