

The basic tapping sequence

Here are the tapping (meridian) points that you will be using. Use them in the sequence written out below, so you will start and finish on point 9 (Top of head) to complete the tapping loop.

1. Karate chop

The Karate Chop point is located at the centre of the fleshy part of the outside of your hand, between the top of the wrist and the base of the baby finger or... the part of your hand you would use to deliver a karate chop. Tap this point while saying your set up statement out loud 3 times.

9. Top of head

The crown, centre and top of the head. Tap with all four fingers. You do this first and last in the sequence. Say your reminder statement out loud as you tap this and each following point 5-7 times.

2. Eyebrow

The inner edges of the eyebrows, closest to the bridge of the nose. Use two fingers.

3. Side of eye

The hard area between the eye and the temple. Use two fingers.

4. Under eye

The hard area under the eye, that merges with the cheekbone. Use two fingers, in line beneath the pupil.

5. Under nose

The point centred between the bottom of the nose and the upper lip. Use two fingers.

6. Chin

This point is right beneath the previous one, and is centred between the bottom of the lower lip and the chin. Use two fingers.

7. Collarbone

Tap just below the hard ridge of your collarbone with four fingers.

8. Under arm

On your side, about four inches beneath the armpit. Use four fingers.

9. Top of head

And now you are back where you started, to complete the sequence.

