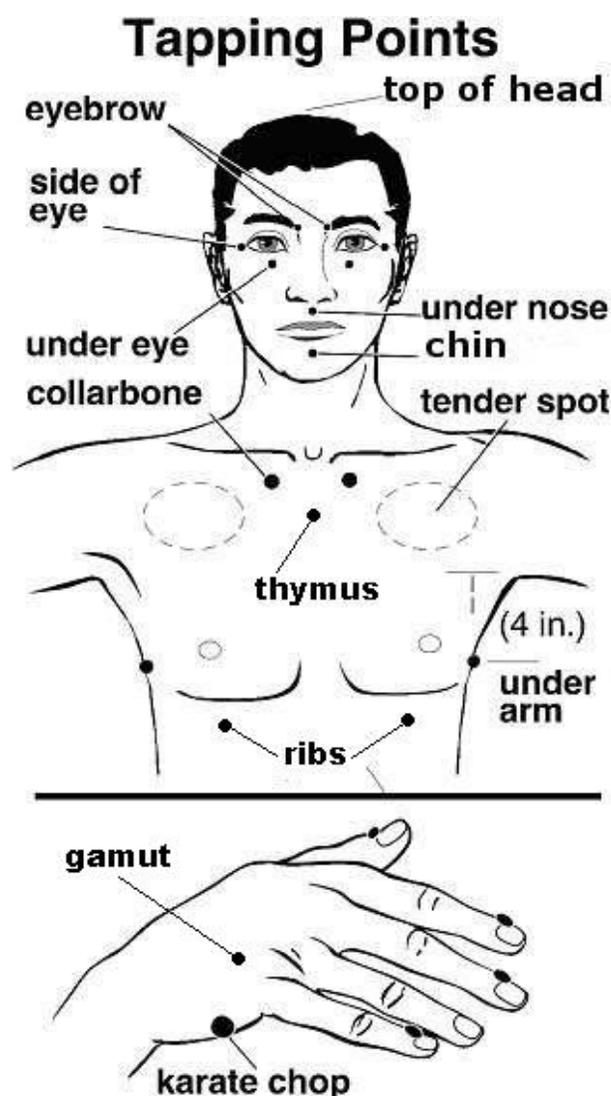


# Meridian Information For EFT Points

This information comes from a variety of sources that I've come across over the years. You may find information in other places that differs from this. I would encourage you to notice what resonates for you and go with that.

Each of the EFT points is an end-point in the energy meridian system, the same system used for acupuncture. Sometimes clients have asked why certain points are sore or tender (or numb, or "weird" feeling in some other way) when we tap on certain issues, but not on others. I use the following information to help clients determine which emotions may be blocked or stuck in the system and ready to release. Usually, if there's tenderness or soreness when you tap a point, it's a good thing – the issue or emotion is on its way out!



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### **SORE SPOTS/COLLARBONE POINTS** (Kidney Meridian)

Releases: *Psychological reversal*, wanting to move forward, but feeling stuck. Some sources also say indecision, worry, and general stress.

Balances and allows in: Ease in moving forward, confidence, and clarity.

### **BEGINNING OF EYEBROWS** (Bladder Meridian)

Releases: *Trauma and hurt/sadness*. Some sources also say frustration, impatience, restlessness and dread.

Balances and allows in: Peace and emotional healing.

### **OUTSIDE OF THE EYES** (Gall Bladder Meridian)

Releases: *Resentment and anger*. Some sources also say muddled thinking and fear of change.

Balances and allows in: Clarity and compassion.

### **UNDER THE EYES** (Stomach Meridian)

Releases: *Fear and anxiety*. Some sources also say nausea, cravings, emptiness, and disappointment.

Balances and allows in: Contentment, calmness, and feeling safe.

### **UNDER THE NOSE** (Governing Meridian)

Releases: *Shame and powerlessness*. Some sources also say embarrassment, grief, and fear of ridicule and fear of failure.

Balances and allows in: Self-acceptance, healthy self-empowerment, and compassion for self and others.

### **CHIN INDENT** (Central Meridian)

Releases: *Confusion and uncertainty*. Some sources also say shame and embarrassment.

Balances and allows in: Clarity, certainty, confidence, and self-acceptance.

**COLLARBONE POINTS** (Kidney Meridian – see Sore Spots above)

**UNDER THE ARMS** (Spleen Meridian)

Releases: ***Guilt, worry, and obsessing***. Some sources also say hopelessness, insecurity, and poor self-esteem.

Balances and allows in: Clarity, confidence, relaxation, and compassion for self and others.

**RIB POINTS** (Liver Meridian)

Releases: ***Anger and other big primitive emotions***. Some sources also say unhappiness, complaining, bitterness, and “survival mode.”

Balances and allows in: Compassion, happiness, safety, acceptance, transformation, and peace.

**KARATE CHOP POINTS** (Small Intestine Meridian)

Releases: ***Psychological reversal (feeling stuck)***. Some sources also say loss (difficulty letting go), sorrow, vulnerability, worry, obsession, and compulsiveness.

Balances and allows in: Ease in moving forward and letting go, healing from grief, ability to be happy in the present moment.

**THUMB** (Lung Meridian)

Releases: ***Negative thinking***, judgment, and self-righteousness. Also grief and loss.

Balances and allows in: Acceptance of self and others, healing from loss, ability to see and feel the positives in life and in yourself.

**INDEX FINGER** (Large Intestine Meridian)

Releases: ***Difficulty forgiving self and letting go of past hurts***. Some sources also say guilt, grief, and dogmatic thinking.

Balances and allows in: Self-forgiveness, releasing the past, being more joyful and peaceful in the present.

**MIDDLE FINGER** (Circulation-Sex Meridian)

Releases: *Anger and sexuality issues*. Some sources also say jealousy, stubbornness, and regret.

Balances and allows in: Bonding, relaxation, generosity, acceptance of self and others, and trust.

**PINKY FINGER** (Heart Meridian)

Releases: *“Pissy anger.”* Some sources also say over-excitement and over-achievement.

Balances and allows in: Unconditional love, forgiveness, compassion, and self-care.

**GAMUT POINT** (Triple Warmer Meridian)

Releases: *Looping thinking, obsessing, and worry*. Some sources also say depression, despair, grief, hopelessness, despondency, and loneliness.

Balances and allows in: Hope, calm mind, clarity, connecting with the positive possibilities.

After an EFT round, I often end by tapping on the points listed on the next page:

**TOP OF HEAD** (Opens Crown Chakra)

This is not one particular point, although the head has many meridian points. You can tap anywhere on the top of the head (especially spots that feel tender) and you are opening up the Crown Chakra, reconnecting spiritually, and “anchoring in” the new balance and alignment from the EFT round you just completed.

**THYMUS POINT** (Seat of the Immune System)

Tapping this point activates and balances the immune system, so it’s great to tap on this point daily to keep your physical health in tune. Tapping the thymus point at the end of an EFT round also helps anchor in the new balance and alignment throughout your body.

# EFT Round To Balance The Meridians

Here's a simple EFT round you can do if you'd just like to balance your meridian system and your emotions in general. Say the words that are written in italics as you tap on the points. You can always add or change the wording to fit your circumstances. *Remember to take a drink of water and a deep breath before you begin tapping.*

**Massage the Sore Spot below the collarbone** (either side, using the opposite hand):

*I deeply accept myself, even though sometimes my energy system and my emotions are out of balance.*  
(Repeat this once on each side.)

Tap on each of the following points:

**Eyebrow points:** *Releasing sadness, hurt, and old traumas. Allowing in peace and emotional healing.*

**Sides of eyes:** *Releasing anger and resentment. Allowing in clarity and compassion.*

**Under eyes:** *Releasing fear and anxiety. Allowing in contentment and safety.*

**Under nose:** *Releasing shame and powerlessness. Allowing in self-acceptance and empowerment.*

**Chin indent:** *Releasing confusion and uncertainty. Allowing in clarity and certainty.*

**Collarbone points** (cross your hands over – tap the left side with your right hand, right side with your left hand): *Releasing stress, stuckness, and reversal. Allowing in clarity, confidence, and ease in moving forward.*

**Under arms:** *Releasing guilt, worry, and obsessing. Allowing in clarity, relaxation, and compassion for myself and others.*

**Rib points:** *Releasing anger and other big primitive emotions. Allowing in compassion, transformation, happiness, and peace.*

**Right karate chop point** (tap with left hand): *Releasing feelings of being stressed and stuck.*

**Left karate chop point** (tap with right hand): *Allowing in peace and easily moving forward.*

**Right thumb** (tap with left hand): *Releasing negative thinking, judgment, and grief.*

**Left thumb** (tap with right hand): *Allowing in compassion, self-acceptance, and healing.*

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**Right index finger** (tap with left hand): *Releasing difficulties in forgiving myself and letting go.*

**Left index finger** (tap with right hand): *Allowing in self-forgiveness and joy in the present.*

**Right middle finger** (tap with left hand): *Releasing anger, jealousy, and sexual issues.*

**Left middle finger** (tap with right hand): *Allowing in bonding, relaxation, and trust.*

**Right pinky finger** (tap with left hand): *Releasing “pissy anger.”*

**Left pinky finger** (tap with right hand): *Allowing in compassion and unconditional love.*

**Right gamut point** (tap with left hand): *Releasing looping thinking, obsessing, and worry.*

**Left gamut point** (tap with right hand): *Allowing in clarity, calmness, and positive possibilities.*

**Top of head:** *My emotions, my body, and all of my energy systems are in perfect balance.*

**Thymus point:** *My emotions, my body, and all of my energy systems are in perfect balance.*

**Top of head:** *I’m anchoring this new balance, alignment, and energy flow.*

**Thymus point:** *I’m anchoring this new balance, alignment, and energy flow.*

After you finish this round of EFT, take another drink of water and a few slow, deep breaths, and give yourself a few minutes to relax and let the changes integrate throughout your entire system. You can repeat this EFT round anytime you want to feel more balanced and aligned.