

# TAPPING

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TEMPORAL TAPPING/TAPPING TECHNIQUE/TRAUMA TAPPING/  
EMOTIONAL FREEDOM THERAPY

USES BODY BUTTONS (MARMA POINTS) - NERVE CIRCUITS

tap  
sweep  
press+release

5 under nose - above lip  
(governing circuit)

6 chin - under lip  
(central circuit)  
sweep down throat



2 inner eyebrows  
out along forehead  
(bladder)

3 sides of eyes / temples  
(bladder)

4 under eyes "teabags"  
sweep down face (stomach,  
lymph)

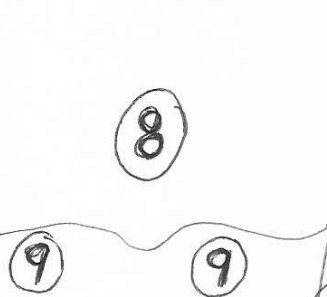
7 collar bones  
(Kidney)

10 under arms  
(lymph)

When you start, acknowledge situation.  
Start tapping process.  
Allow neuro-chemical flow.  
Absorb/acknowledge results.

initiating point  
START KARATE CHOP  
SIDES OF HANDS

1 (small intestine)



8 sternum  
(thymus)

9 along organ rim (lower ribs)  
(liver ~ spleen)

1 karate chop (sides of hands)

2 inner eyebrows → outward

3 sides of eyes (temples)

4 under eyes → outward  
sweep down face

5 under nose

6 chin  
sweep down throat

7 collar bones

8 sternum (thymus)

9 along lower ribs

10 under arms

11 top of head