

EFT and Related Acupuncture Points

TH - Top of Head - 'Hundred Meeting Points' Meridian

Releases: Inner critic, lack of focus and 'gerbil wheel' thinking
Allows: Insight, intuition, spiritual connection, focus, wisdom, spiritual discernment and clarity

EB - Eyebrow - Bladder Meridian

Releases: Trauma, hurt, sadness, restlessness, impatience, frustration, restlessness and dread

Allows: Inner peace and emotional healing

SE - Side of Eye - Gall Bladder Meridian

Releases: Rage, anger, resentment, fear of change and muddled thinking

Allows: Clarity, compassion and understanding

UE - Under Eye - Stomach Meridian

Releases: Fear, anxiety, worry, emptiness, nervousness and disappointment

Allows: Contentment, calmness, feeling safe... "All is well".

UN - Under Nose - Governing Meridian

Releases: Embarrassment, shame, guilt, grief, fear of ridicule, powerlessness, fear of failure and psychological reversals

Allows: Self-empowerment, self-acceptance and compassion

CH - Chin - Central Meridian

Releases: Confusion, uncertainty, embarrassment, shame and second guessing decisions

Allows: Certainty, clarity, self-confidence and self-acceptance

CB - Collarbone - Kidney Meridian - Adrenals

Releases: Psychological reversal, worry, indecision, feeling stuck and general stress

Allows: Ease in moving forward, confidence and clarity

UA - Under Arm - Spleen Meridian

Releases: Guilt, obsessing, worry, hopelessness, insecurity, and poor self esteem

Allows: Clarity, confidence, relaxation and compassion for self and others

BN - Below Nipple - Liver Meridian

