

**FURTHER EXPLANATION & DETAILS
OF OUR MERIDIAN SYSTEM &
EFT TAPPING POINTS**

The letters on my tapping charts stand for the names of the EFT points, as Gary Craig has named them for easy reference. I have listed the meridians they represent -- positive qualities of each meridian in *Red* -- whether they have "Yin Or Yang Qualities" and the Meridian that it is paired with.

Yin Energy -- is feminine or quiet energy; cooling, nurturing and watery. Nighttime is considered Yin time. Solid organs are Yin.

Yang Energy -- is masculine and active energy; what keeps us moving, fiery and warming. Our Spirit is considered Yang, as is day-time. Hollow organs are Yang and each is paired with a solid organ that has the Yin qualities.

EFT Tapping Point	Meridian	MF Energy	Paired With
1. EB -- Eye Brow	Bladder 2 <i>Peace/Harmony</i>	Yang	Kidney <i>Sexual Assuredness</i>
2. SE -- Side of Eye	Gall Bladder 1 <i>Adoration</i>	Yang	Liver <i>Happiness</i>
3. UE -- Under Eye	Stomach 1 <i>Contentment/Tranquility</i>	Yang	Spleen <i>Confidence</i>
4. UN -- Under Nose	Governing Vessel 27		
5. Ch -- Chin	Central Vessel 24		
6. CB -- Collar Bone	Kidney 27 <i>Sexual Assuredness</i>	Yin	Bladder <i>Peace/Harmony</i>
7. UA -- Under Arm	Spleen/Pancreas 17 <i>Confidence</i>	Yin	Stomach <i>Contentment/Tranquility</i>
8. BN -- Below Nipple	Liver <i>Happiness</i>	Yin	Gall Bladder <i>Adoration</i>
9. Th -- Thumb	Lung <i>Humility</i>	Yin	Large Intestines <i>Self-Worth</i>
10. IF -- Index Finger	Large Intestines <i>Self-Worth</i>	Yang	Lung <i>Humility</i>
11. MF -- Middle Finger	Pericardium/Circulation/Sex <i>Relaxation & Generosity</i>	Yin	Triple Burner <i>Safe & Secure</i>
12. RF -- Ring Finger	Triple Burner <i>Safe & Secure</i>	Yang	Pericardium/Circulation/Sex <i>Relaxation & Generosity</i>
13. BF -- Baby Finger	Heart <i>Forgiveness</i>	Yin	Small Intestines <i>Joy</i>
14. KC -- Karate Chop	Small Intestines <i>Joy</i>	Yang	Heart <i>Forgiveness</i>
15. GP -- Gamut Point	Triple Burner <i>Safe & Secure</i>	Yang	Pericardium/Circulation/Sex <i>Relaxation & Generosity</i>