

Meridian Tapping Points Chart

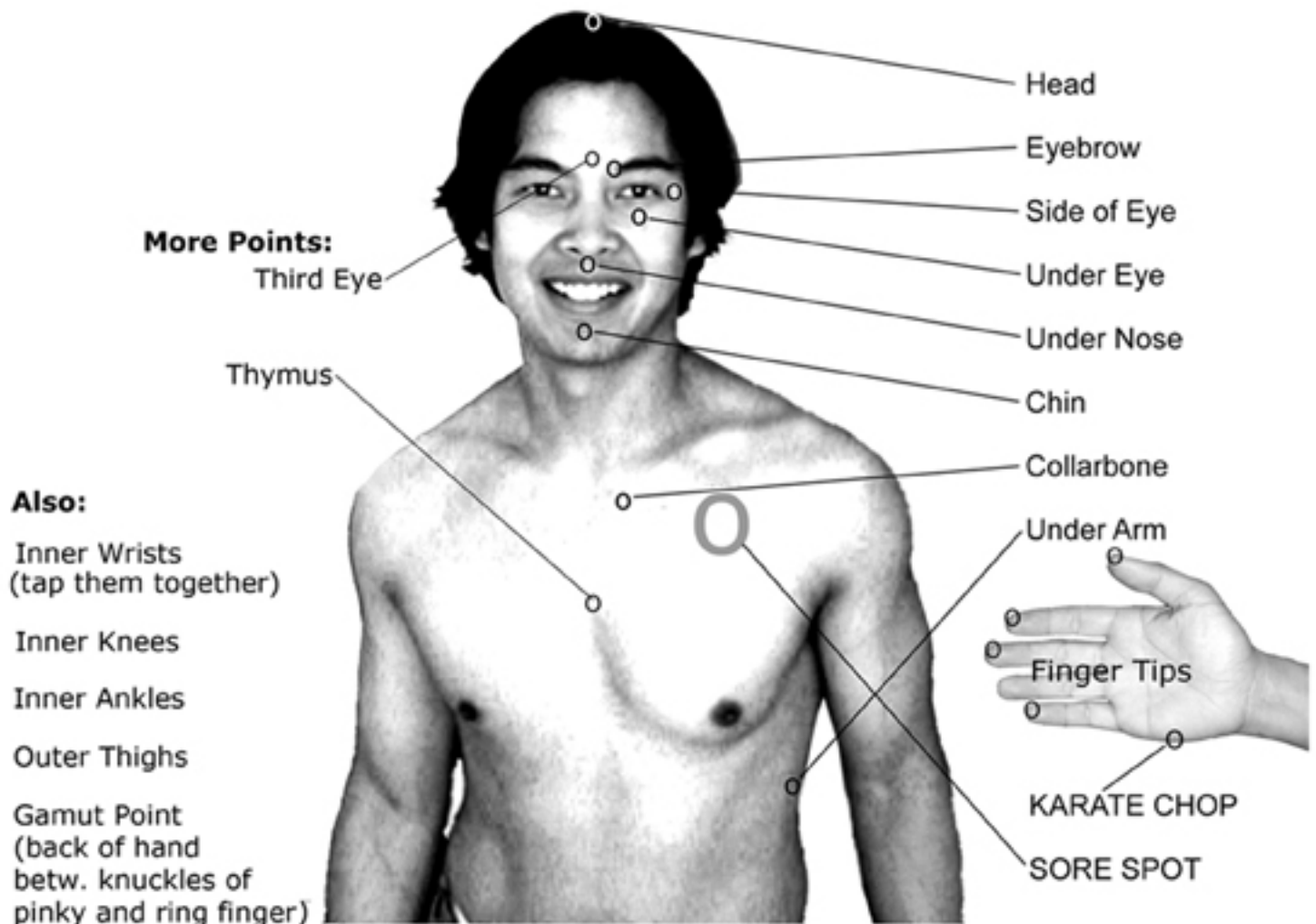


Photo courtesy of Jeanette and Jake Lesada

Meridian Tapping is a flexible process! All of the Tapping Points shown will yield results. You are encouraged to use your intuition as to which points to tap when addressing an issue. Feel free to tap all points shown, or skip some points, or linger on certain points if your intuition directs you to do so.