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What Do I Tap For?

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This is a great technique because all you have to do is tap the points for whatever thought or feeling you are having right now; **you don't have to, nor do you want to, change anything.** Keep it simple and just tap for what is happening in the moment. For example, you tap to activate the energy points for any thoughts and/or feelings and sensations in your body, e.g. tight shoulders, butterflies in stomach, rapid breathing, hands shaking, self-doubt, anger, frustration, etc.

HOW TO TAP

For the physical act of tapping acupuncture points, you use your index finger and middle finger tips on each hand and tap (7 times or so) on the illustrated points. Tap hard enough to hear it, but not so hard it hurts. Again, the purpose of the tapping is to activate your energy system to clear out mental/emotional blocks.

Note: the number of times you tap each point does not have to be exact, it can be more than 7 or less—whatever begins to “feel right” to you.

All of the points, except the two points near your lips, are “bilateral”—the points are on both sides of your body so you can tap one side or both sides. I prefer to tap all points, both sides, because once you know the points it takes less than one minute to tap on all of them and it seems more complete to me. You will be tapping points to activate energy flow in all 14 of your “energy lines.” The acupuncturists call these “meridians.”