



The diagram above shows where to tap.

If tapping is new to you, you use your pointer and middle fingers to tap on the meridian points indicated on the diagram.

You tap 5 – 7 times on each point while saying the words in the protocol for that point.

You can say each statement for that point once on that point and then move to the next point and tap the statement for it.

The tapping action needs to be firm enough that it creates a rhythmic vibration but not so hard that it feels like you are hitting the body.