

MERIDIANS AND EMOTIONS

<i>Meridian</i>	<i>Emotions Balanced</i>	<i>Emotions Blocked</i>
<i>Central</i>	<i>success • self-respect</i>	<i>overwhelmed • shame • failure</i>
<i>Governing</i>	<i>supported • trusting</i>	<i>unsupported • distrustful • competitive</i>
<i>Small Intestine</i>	<i>joy • appreciated • equality</i>	<i>sorrow • unappreciated • inferior</i>
<i>Triple Warmer</i>	<i>lightness • harmony • hope</i>	<i>heaviness • loss of faith • hopelessness</i>
<i>Heart</i>	<i>love • forgiveness • self-worth</i>	<i>anger • hate • insecure • jealous</i>
<i>Circulation-Sex</i>	<i>relaxation • Intimacy • satisfaction</i>	<i>stubborn • blame • regretful</i>
<i>Spleen</i>	<i>faith in the future • confident</i>	<i>anxious • mentally • rigid • rejected</i>
<i>Stomach</i>	<i>content • tranquil • empathetic</i>	<i>worried • apprehensive • critical</i>
<i>Lung</i>	<i>tolerant • enthusiastic • humble</i>	<i>intolerant • depressed • prejudiced</i>
<i>Large Intestine</i>	<i>worthy • willing to let go</i>	<i>unworthy • unmerciful • retaining the old</i>
<i>Bladder</i>	<i>peace • self-direction • self-control</i>	<i>restlessness • need approval • impatient</i>
<i>Kidney</i>	<i>security • loyalty • creative security</i>	<i>insecurity • disloyalty • procrastination</i>
<i>Gall Bladder</i>	<i>decisive • loved • free to choose</i>	<i>indecisive • abandoned • resentment</i>
<i>Liver</i>	<i>happy • content • free to change</i>	<i>anger • defensive • stuckness</i>

EFT TAPPING POINTS AND MERIDIANS

<i>Tapping Points</i>	<i>Meridians</i>
<i>Karate Chop</i>	<i>Small intestine • Heart</i>
<i>Top of Head</i>	<i>Governing</i>
<i>Eyebrow</i>	<i>Bladder</i>
<i>Side of Eye</i>	<i>Triple Warmth • Gall Bladder • Small Intestine</i>
<i>Under the Eye</i>	<i>Stomach</i>
<i>Under Nose</i>	<i>Governing • Large Intestine</i>
<i>Chin</i>	<i>Central or Conception • Stomach</i>
<i>Collarbone</i>	<i>Kidney</i>
<i>Under Arm</i>	<i>Spleen</i>

