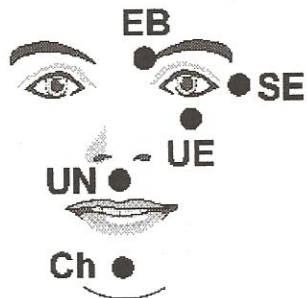


At the beginning of the eyebrow, just above and to one side of the nose. This point is abbreviated **EB** for beginning of the **EyeBrow**.

On the bone bordering the outside corner of the eye. This point is abbreviated **SE** for **Side of the Eye**.

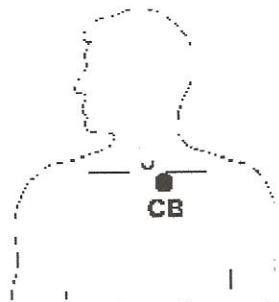
On the bone under an eye about 1 inch below your pupil. This point is **UE** for **Under the Eye**.

On the small area between the bottom of your nose and the top of your upper lip. This point is abbreviated **UN** for **Under the Nose**.



Midway between the point of your chin and the bottom of your lower lip. Even though it is not directly on the point of the chin, we call it the chin point because it is descriptive enough for people to understand easily. This point is abbreviated **Ch** for **Chin**.

The junction where the sternum (breastbone), collarbone and the first rib meet. To locate it, first place your forefinger on the U-shaped notch at the top of the breastbone (about where a man would knot his tie). From the bottom of the U, move your forefinger down toward the navel 1 inch and then go to the left (or right) 1 inch. This point is abbreviated **CB** for **CollarBone** even though it is not on the collarbone (or clavicle) per se. It is at the beginning of the collarbone and we call it the collarbone point because that is a lot easier to say than "the junction where the sternum (breastbone), collarbone



and the first rib meet.

On the last position is the 'Top of the Head'. Use the flat of your hand to gently pat the top/crown of your head. This point is abbreviated **TH** for **Top of the Head**.

EFT/Tapping Medical/Legal Disclaimer

The information on this website and that you receive from sessions with me is not intended to replace a one-on-one relationship with a qualified health care professional, nor is it intended as medical advice. It is intended as a sharing of knowledge and information from my own research and experience, and that of other energy healers, experts and practitioners from around the world. You are encouraged to make your own health care decisions based upon your research and the advice of qualified health care professionals.