

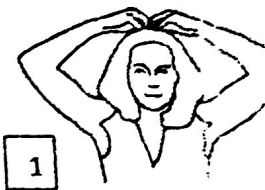
MFT tapping technique

1. Tap the MFT points 9 times each unless otherwise specified.
2. **Focus and truly experience** the problem or current emotion: Fatigue, anxiety, fear, stress, anger, helplessness, etc.
3. Focus on the correct tapping sequence and hand placements.
4. While you tap, verbalize:
Even though I feel _____, I deeply and completely accept myself
5. After a few rounds, you may substitute verbalization with humming.
6. Do tapping 4 times a day for 6 weeks.

1) CROWN, Sagittal Suture: Stimulates all organ systems.

Elbows out. Hold one hand in front of the other on top of head.

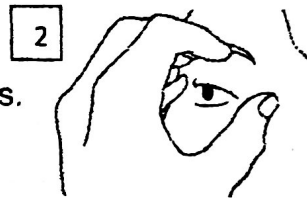
Use all 10 fingertips while tapping. Spread fingers to cover more distance.



2) EYEBROW: Bladder, all organs.

Elbows down. Little fingers at inside of eyebrow.

Thumbs outside of eyebrow ridge. Equally distribute fingers.



3) TEMPLE: Gallbladder. Temple bone area.

Elbows out. Tap on bone. Tap at 40° angle of self.



4) NUCHAL LINE: Occipital area.

Stimulates information flow between brain stem and body, from neck down. **Tap 18 times.**

Elbows out. Use sides of hands instead of fingers.

Tap at bone/soft tissue junction, do upper line most often.



from neck

5) STOMACH LINE: Stomach, small intestine.

Elbows out. Find the bony ridge under the lower eye.

Fingers vertical, past lips. Thumb trails behind.



6) UPPER JAW LINE: Dental acupuncture points.

Elbows down. Use both hands. Pinky fingers meet in middle.

Horizontal line above the teeth.



7) LOWER JAW LINE: Lower jaw dental points.

Elbows down. Use both hands. Tap on teeth below lips.



8) SPLEEN 21: Large intestine.

Elbows out, monkey tap strongly with the index fingers.

Tap one hand width below the axilla in the mid-axillary line.



9) THYMUS: Adrenal Meridian

Elbows out. Tap hollow underneath the clavicle adjacent to the sternum.

Use all fingers. Fingers in straight vertical line, thumbs slightly to sides.

On fingers from a V line joining at the thymus

