

Meridian Tapping Chart

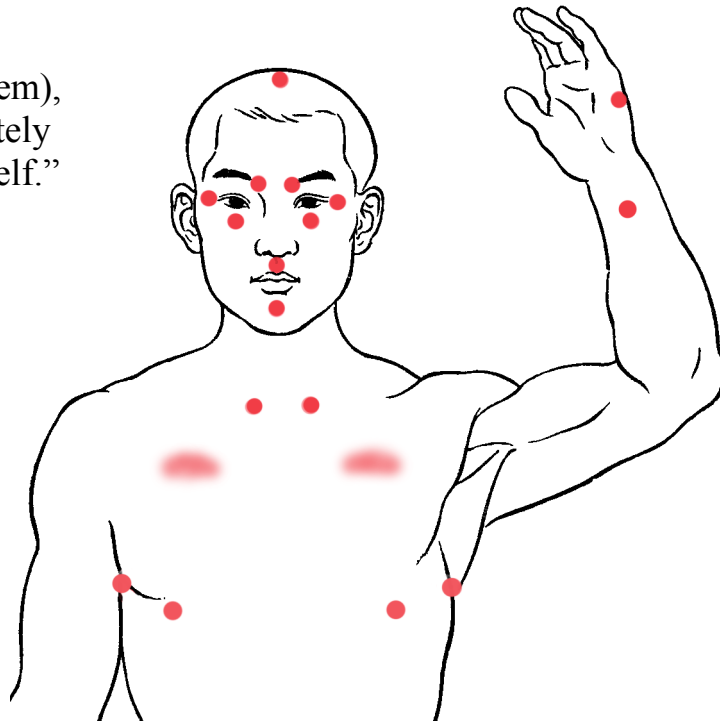
Print this handy tapping chart to keep with you and make MTT part of your daily self-care.

1. While continually tapping on the side of the hand—KC point—

Repeat 3X:

“Even though I have this _____ (problem), I deeply and completely love and accept myself.”

NOTE: Tapping may be done with either the left or right hand and on the points on either side of the body.



2. Tap approx. 7X on each point while repeating: “This _____ (problem).” at each tapping point.

KC—Karate Chop
TH—Top of Head
EB—Eyebrow
SE—Side of Eye
UE—Under Eye
UN—Under Nose
CH—Chin
CB—Collar Bone
UA—Under Arm
RI—Ribs
WR—Wrist

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