

The Tapping Points & What They Do:

Alister Bredee

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1) E.B.(Eyebrow) = Bladder 2.

Time: 3-5pm. Element: Water. Yang: Centrifugal

Quality = Inner Direction.

Function: The Purification, Storage & Excretion of fluids.

Physical: Bladder/Urethra. Association: Water Metabolism.

Maintenance of Bones, teeth, hair, ears. Spine & Autonomic Nervous system (meridian houses all the nerves along the spine).

Sympathetic/Parasympathetic dominance. Connects to the pituitary (Master Gland)

Imbalances: Urinary Problems/ Too frequent/ infrequent micturition.

Vertigo & some forms of arthritis. Stress & Nervous Tension. Pituitary dysfunction & hormonal imbalances. Problems with the sexual organs, cerebral accidents, constipation, swollen glands, inflammation of the testes (orchitis) & meningitis, haemorrhoids & spine problems.

Mental/Emotional: Fluidity & Courage.



2) S.E. (Side/eye) = Gall Bladder 1.

Gall Bladder Time: 11 pm-1am. Element: Wood. Centrifugal Yang

Quality: Harmony.

Function: Storage, Distribution, Judgement, Bodily Movement, Secretion of bile.

Physical Association: The Gall Bladder. Joints and Muscles. Tendons. Digestion of Fats. Eyes.

Imbalances: Anaemia. Cystitis. Gallstones (Hulda Clark believes they are formed in the liver). Bodily stiffness. Inflexibility. Indigestion. Leucorrhoea & thrush, some forms of arthritis (gnarling of the joints). Migraines.

Neuralgia. Tiredness. Eyesight problems, astigmatism, blindness, short/long sight & cataracts. Vertigo. Nails. Bodily co-ordination & certain types of cancer (tumours in the thyroid or armpit areas).

Mental/Emotional Association: Decision Making. Tenacity. Good Humour.

Positive use of anger. Creativity!

Imbalances: Anxiety. Shouting. Control/self or others. Rage & extreme anger. Lethargy.

Tendency to Overwork. Inability to plan effectively. Lacks determination. Over-perfectionism. Bitterness. Impatience. Irritability. Judgements and Criticism. self-righteous Anger. Difficulty in establishing roots (gypsy syndrome). Enuresis.



3) U.E. (Under/eye) =Stomach 1.

Time 7-9am. Element = Earth. Yang. Centrifugal

Quality: Contentment.

Function: Nurturing

Physical Association: Chewing. Mouth &,lips. Appetite. Inflammation of the breasts. Ovaries. Menstruation. Sleep. Connects to pituitary (see bladder.) Endocrine system.

Imbalances. Chills. Excessive sighing and yawning. Photosensitivity.

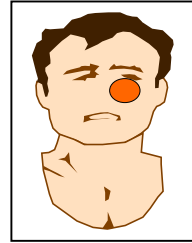
Nosebleeds. Cracked lips. Blue coloured lips. Stomach ulcers. Mouth ulcers. Heart palpitations. Difficulty swallowing. Feeling of coldness in stomach area. Gurgling noises from stomach. Hiatus hernia. Indigestion/

Hyperacidity/Hypoacidity. Knee pain. Nausea. Vomiting. Weight Problems. Anorexia/Bulimia. Fibroids. Prolapses. Irregular Body Cycles. Sinus Congestion. Stomach pain. Reproductive problems. Rheumatism/arthritis of foot and knee.

Mental/Emotional Association. The mind. Thinking Processes. Intellect. Harmony with the family/peer group .Home & the Earth. Sympathy. Maternal feelings. Switchboard for all emotions.

Imbalances. Fear. Anxiety. Cravings. Worry. Mental Confusion. Too much in the head.

Obsessive and Dogmatic attitudes. Emotional Instability. Self Pity (Poor Me) Fussing. Flightiness.



4) U.N. (Under/nose) = Governing Vessel 27. Yang.

Quality: Strength

Influences all the Yang Meridians in the body. These are: Large Intestine, (LI) Stomach (S), Small Intestine (SI), Bladder (B) Triple Warmer (TW) & Gall Bladder (GB). Physical

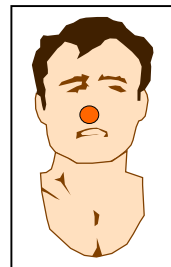
Associations. Spine. Brain & Lymph system. Corpus Callosum (bridge between left and right hemispheres of the brain.). Mind and Central Nervous System link.

Imbalances: Disorders in the back, nervous system. Epilepsy. Sexual Disorders (yang in nature i.e. impotence). Lack of vitality. Retention of urine. Forgetfulness. Hysteria. Epilepsy. Painful knees, hips, back and neck. Deafness, dumbness. Diarrhoea. Insomnia. Mental and physical irritability with excessive fatigue. Breathlessness. Deep Psychological Reversal (P.R).

I consider this to be the most important PR Point. Dr. Peter Mandel the discoverer of "Colourpuncture" found through KIRLIAN photography that it is impossible to control or regulate any disease before first removing the blockage at the Corpus Callosum. If the blockage is situated to the left it is an indication of emotional trauma and if it is located to the right it shows a physical trauma. He maintains that these blockages are almost always in place before the end of puberty.

This is the point to tap for Embarrassment & Shyness.

Balancing Governing Vessel (GV) often increases energy, gives clarity of mind and promotes spiritual upliftment. It is a useful point to tap and treat embarrassment. GV 20 Top of Head (TH) in Chinese is called "the hundred meetings point" because of its significance as a major



connecting and energy centre of the meridian network. (Good place to finish a treatment because it is energising and thus ends the intervention on a high note).

5) L.L. (Lower lip) = Central Vessel 24. Yin

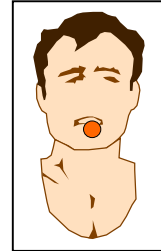
Quality: Nurturing:

Influences all the Yin meridians in the body: Spleen (Sp), Heart (H), Kidney (K), Circulation. Sex (CS), Liver (L) and Lung (Lu). Association: Abdomen, chest, lung, throat, face, fertility & the reproductive system. Childbirth, menopause. Central Nervous System. Connection to Chakra system.

Imbalances: Coldness, weak will power, lumps and tumours. Any imbalance in the Yin reproductive cycle. Frequent micturition. Urinary diseases & vaginal discharge. Hypertension (high blood pressure). Bruising. Gastritis. Jaundice. Palpitations. Intestinal abscess. Toothache. Swollen tongue.

This is the point to tap for Shame.

Sensitivity to own and other people's thoughts. Very responsive to hypnosis and self-hypnosis. Martyn Dawes the author of Mind Over Weight believes this is an important trauma point and tapping it releases past trauma. You can benefit from this by "zipping up" the Central vessel and repeating an affirmation such as : "I fully and completely approve and accept myself, just as I am!" Repeat the suggestion three times and then click your fingers to lock it into place in the unconscious mind. Zipping up the CV also helps prevent colds. Be sure to do it with the onset of the first symptoms. The affirmation needs to be changed to: " My immune system works well and I resist colds."



6) C.B. (Collar Bone) = Kidney 27

5-7pm. Element: water. Yin. Centripetal.

Quality: Gentle Spirit.

Function: Progression, will power, sexual & reproductive activity. Controls the flow of chi in the body. The home of the vital essence.

Physical Associations: The endocrine system (hormones). Reproductive and sexual activity. Overall potential & length of lifespan. This is a vital energy centre. Water metabolism. Ears, bones, teeth. The kidney meridian governs the lower back. It's the home of genetic inheritance (RNA/DNA). Oedema & bloating in legs and feet. Certain blood pressure problems. Hearing problems. Hair loss & baldness. Filters toxins from the body. The energy filter. Fuzzy or floating vision.

Imbalances: See any of the above plus copious urination sometimes accompanied by presence of blood. Low sex drive & impotence. Disturbed sleep patterns. Weakness in the legs.

Mental/Emotional Associations: Inherited ancestral energy, genetic inheritance, courage, short-term memory, and movement of emotions, forward progress through life, will power, decision making and ambition. Kidneys, eyes, ears. Insecurity. Sexual indecision.

Imbalances: Insecurity, Sexual impotence or frigidity, indecision. Irritability accompanied by chest pressure. Important PR point. This is the second most important point for fears and phobias. Restlessness. Forgetfulness. Learning difficulties (dyslexia). Self-destructive behaviour, lack of personal drive, homolateralism. Inherited psychological imbalances.



Energy flowing backwards. Tap on K.27 located one inch outwards from the knobby bits on the collarbone, this will rectify the problem. Also combats drowsiness and enhances clear thinking. Tapping K enhances will power.

Important note. Kidney 1 (The Wellspring of Life Points) are located on the underside of the foot between the second and third toes (on the ball of the foot). These are emergency revival points. Press sharply with the index fingers and hold to revive somebody from a faint or other unconsciousness.

7) U.A. (Under Arm) = Spleen/ Pancreas 21

Time: 9-11am. Element: Earth. Yin. Centripetal.

Quality: Choice.

Function: Mothering and nurturing.

Physical Associations: Spleen, Pancreas & adrenals. Secretions. Digestive enzymes. Digestion. Blood sugar handling. Transformation of energy.

Reproductive Cycle. Flesh & Body Fat. Control of immune system (spleen and the lymph). Metabolism, corrects chemical imbalance, works with thymus, lymph, lymph nodes, tonsils, bone marrow, controls homeostasis, manufacture of white blood cells (antibodies).

Imbalances: Digestive problems. Diabetes. Hypoglycemia. Ravenous hunger or lack of appetite. Sleepiness after eating. Flatulence. Heavy feeling in the limbs. Problematic periods & PMS. Anaemia (Vit B12). Bleeding Disorders. Swallowing difficulties. Allergies. Adrenal Imbalance. Immune disorders. Weight Problems. Exhaustion. Diseases of the genitals, abdominal swelling, excessive menstrual bleeding, influenza, orchitis, breathlessness, infrequent and sometimes painful urination, haemorrhoids, ascities & cardiac pain. Fear of not getting enough sleep.

Mental/Emotional Associations: Nurturing, motherhood. Transformational Imbalances.

Sympathy (either too much or too little). Singing sometimes helps regain this balance.

Anxiety, nervousness, cravings. Poor concentration. Indecisiveness. Self-esteem Issues.

Eating Disorders. Mood Swings & poor me.



8) U.B. (Under Breast)=Liver 14

Time: 1-3am. Element: Wood. Yin.

Centripetal

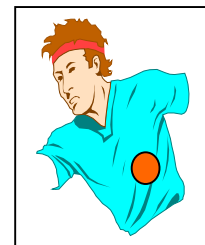
Quality: Loving Kindness.

Function: Inner Vision, control, The Liver governs the eyes.

Physical Associations: Distribution. Detoxification. Body Movement.

Inner Harmony, and Planning

Imbalances: Jaundice (see also spleen). Cirrhosis. Menstrual Flow. Eye Problems, blindness, astigmatism, near/far sight, cataracts, migraines, biliousness, gout, tiredness, painful muscles, joint pain, ligament problems, certain types of arthritis (gnarled joints). Pain in the liver area. Over acidity. Mental/Emotional: Control of self & others. Planning, pleasant emotions like humour and joy. Anger, industriousness. Imbalances: Unhappiness, shouting, losing and



being out of control. Controlling others, Inflexible thinking. Emotional suppression or anger. Depression. Irrationality. Repression. Frustration. Bad Temper. Lacking Determination. Hanging on in there.
This is a good point to treat depression.

9) T.h. (Thumb) = Lung 11.

Time: 3-5am. Element: Metal. Yin: Centrifugal

Quality: Self-Worth.

Function: Vitality. Intake of Air. Energy. Taking in and adapting to new influences.

Physical Association: Lungs, Nose, Skin, and Body Hair

Imbalances: Lung Disease/Disorders, Asthma, bronchitis. Emphysema.

Coughing. Chest Tightness. Nasal & Sinus Congestion. Skin Problems.

Eczema. Mucous Congestion. Dry Skin. Psoriasis. Eczema. Extreme pallor.

Acne.

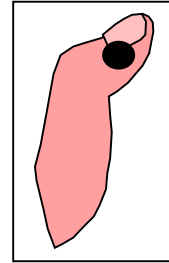
Mental/Emotional Associations: Personal Boundaries & structures. Self-

Worth. Individuality. Uniqueness of self. Ability to express grief and sorrow. Ability to cry.

Imbalances: Disdain, arrogance, intolerance. Excessive grieving & sadness.

Melancholy Negativity. Introvertedness. Low Self-Esteem. Weepy. Feelings of loss.

Loneliness. Vertigo. Insomnia, extreme sex drive, irrational emotional involvement.



10) I.F. (Index Finger)=Large Intestine 1.

Time 5-7am. Element: Metal. Yang. Centripetal

Quality: Letting Go/Forgiveness

Function: Elimination/Excretion.

Physical Association: Colon, rectum & appendix. Bowels, skin, sinuses.

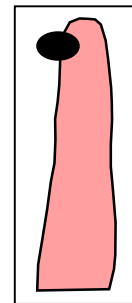
Imbalances: Constipation, diarrhoea, IBS, diverticulitis & diverticulosis. Skin

Disorders. Mucous and catarrh & other secretions, tonsillitis, catarrh, lack of a sense of smell. Feelings of cold and exhaustion in the entire body.

Mental/Emotional Associations: Ability to let go. Boundaries between self and others.

Imbalances: Guilt & Forgiveness. Clinging onto things and people (mentally and physically) Living in the past. Rigidity. Negative Thinking & outlook (sadness, grief, anxiety.) PR.

Tapping on the index finger is essential to let go guilt and helps to gain forgiveness.



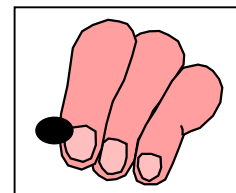
11) M.F. (Mid Finger)= Circulation Sex 9.

Time: 7-9pm. Element: Fire. Yin. Centrifugal.

Quality: Love (Conditional Love)

Function: Protects and governs the heart.

Physical Association: Heart organ, arteries, veins, blood pressure regulator. Reproductive system



Imbalances: Angina. Palpitations. Circulation. High blood pressure & red colouring. Arterial and venal problems. Hardening of the arteries. Varicose veins. Haemorrhoids. Strokes. Encephalitis.

Mental/Emotional: Associations: Relationships. Emotional Control. Sleep & dreams.

Imbalances: Jealousy, regret, shaky emotions, discomfort in social situations (shyness). Over Protective of self and others. Sexual Problems.

12) R.F.(Ring Finger)=Triple Warmer 1.

Time: 9-11pm. Element: Fire. Yang. Centripetal

Quality: Flight or Fight

Function: Governed by Hypothalamus. Thyroid & Pericardium. Balances and

harmonises the body. Metabolism, the body's thermostat. Controls openings to body's waterways. Runs flight and fight mechanism.

Physical Associations: Regulates body temperature. Regulates homeostasis & runs thyroid & pericardium. Controls adrenal function.

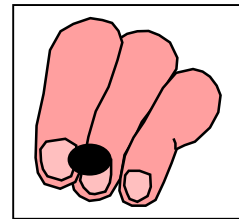
Ignites fevers to control infection. Segregates and distributes fluids and substances in the body. Deafness

Imbalances: Organic & temperature imbalances within body systems. Stress related allergies. Autoimmune diseases (rheumatoid arthritis, lupus, Crohn's Disease, Addison's Disease & MS). Lower back pain. Cold hands and feet.

Mental/Emotional Associations: Social Interaction. Emotional Protection. Flight or Fight, an important pain regulator. (TFT point for pain control)

Imbalances: Depression, Flight or fight, loneliness, pain. Lack of warmth (physically emotionally). Fear. Anger. Violent outbursts. Mood swings. Running Away. Hysteria.

Overprotective/Underprotective of others and self.



13 B.F. (Baby Finger)=Heart 9.

Time 11am-1pm. Element: Fire. Yin. Centrifugal

Quality: Unconditional Love.

Function: Awareness. Centre of emotions. Circulation. (Much illness is caused by congestion). Synchronisation.

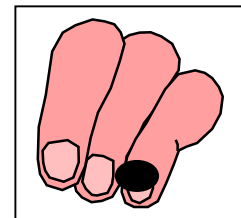
Physical Association: Heart. CNS. Tongue. Speech. Perspiration (unclogging).

Imbalances: Heart Disease. Circulatory Problems. Palpitations. Disorders (stammering etc). Blood Vessels. High colouring & blood pressure. Chest pains, dull radiating pain in the area of the nipple. Hot flushes

Mental/Emotional: Home of Spirit & Mind (Shen), the place of the Divine Spirit & Spirituality. Home of human consciousness. Awareness. Compassion. Emotional Stability. Joy & laughter. Self-Expression & communication. Long term memory.

Imbalances: Anger. Heartlessness. Personality and mental instability. Restlessness.

Insomnia. Hysteria. Speech and Communication Problems. Autism.



14) K.C.(Karate Chop)=Small Intestine

Time: 1-3pm. Element: Fire. Yang. Centripetal

Quality: Trust

Function: Assimilation, absorption. Discrimination

Physical Association:

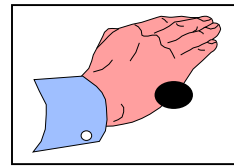
Duodenum & Small Intestine. Passage of nutrients from digestive tract to bloodstream.

Imbalances: Flatulence, abdominal pain, anaemia (B12). Poor absorption of nutrients. Pain in neck & back of shoulder, bursitis in outer side of arm.

Mental/Emotional Association: . Determination. Coping Skills. particularly for anxiety & shock. The ability to trust.

Imbalances: Sadness & P.R. Anxiety & cloudy judgement. Bad reaction to shock. Indecisiveness. Trust issues either too much or too little. .Tinnitus.

Add ons etc.



14) G.S. (Gamut Spot)=Triple Warmer 3. Thyroid & Pericardium.

Depression, Flight or Fight, loneliness, pain. See Triple Warmer Meridian.

15) T.H. (Top Head) = Governing Vessel 20. Covers many meridians.

Lymph flow. An energising point. Useful place at which to end a treatment.

16) I.W. (Inside Wrist)= Triple Warmer 4

17) I.K. (Inside Knee)= Spleen 9. Inside & just below knee

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