

THE POINTS

8a) **PSYCHOLOGICAL REVERSAL POINT (Supportive)**
(Below clavicle, midway between shoulder & notch, about 4" down)

2) **CROWN MERIDIAN**
(Top of Head)

3) **BLADDER MERIDIAN**
(Inside, upper orbit of eye, next to nose)

4) **GALLBLADDER MERIDIAN**
(Side of eye, on orbit bone)

5) **STOMACH MERIDIAN**
(Straight below pupil on orbit bone)

6) **CENTRAL MERIDIAN**
(Indentation between upper lip & nose)

7) **GOVERNING MERIDIAN**
(Indentation just below lower lip)

8) **KIDNEY MERIDIAN**
(Indentation below collar bone & lateral to sternum)

9) **SPLEEN MERIDIAN**
(Below armpit, side of body, just below nipple)

10) **LIVER MERIDIAN**
(On rib cage, below nipple)

17) **SMALL INTESTINE MERIDIAN**
(Pinky side of nail, at nail growth place)

16) **HEART MERIDIAN**
(Thumb side corner of nail, at nail growth place)

14) **TRIPLE WARMER MERIDIAN**
(Pinky-side of nail, at nail growth place)

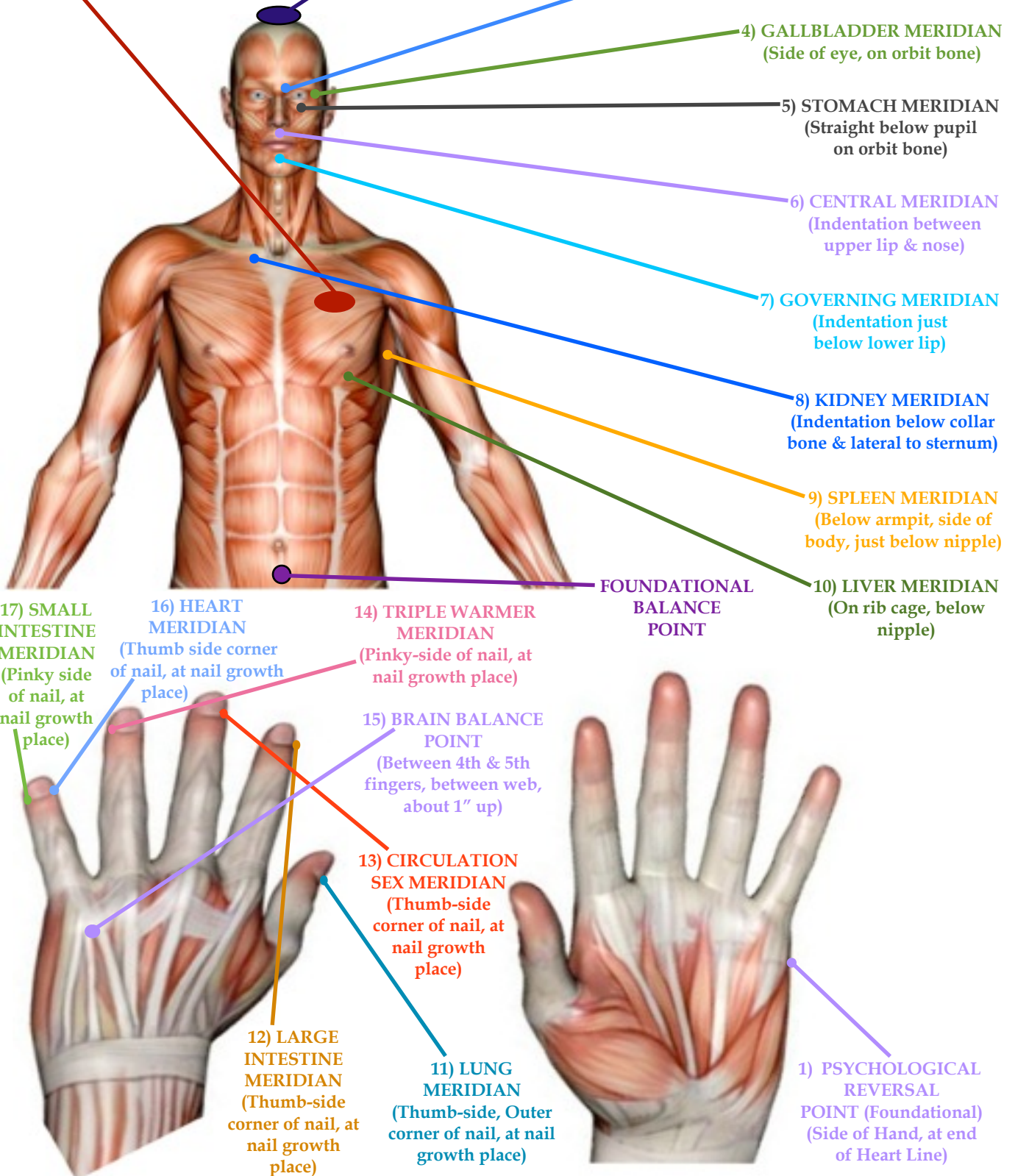
15) **BRAIN BALANCE POINT**
(Between 4th & 5th fingers, between web, about 1" up)

13) **CIRCULATION SEX MERIDIAN**
(Thumb-side corner of nail, at nail growth place)

12) **LARGE INTESTINE MERIDIAN**
(Thumb-side corner of nail, at nail growth place)

11) **LUNG MERIDIAN**
(Thumb-side, Outer corner of nail, at nail growth place)

1) **PSYCHOLOGICAL REVERSAL POINT (Foundational)**
(Side of Hand, at end of Heart Line)



MORE INFORMATION ON THE POINTS

Psychological Reversal Point (Side of Hand)

- **Old Pattern:** Desiring to move forward, yet ending up in a place that is not desired. Feeling stuck & spinning in old patterns. Indecision, worry, & overwhelm.
- **New Choice:** Ease, confidence, & clarity as you move forward into your heart's desire

Bladder Meridian End-Point ~ Water Element ~ (Inner Edge of Eyebrows)

- **Old Pattern:** Old traumas & ancestral memories impacting present day. Stuck in grief & regrets. Releases feelings of frustration, irritation, impatience & restlessness.
- **New Choice:** Peace of Mind, Body, Heart & Spirit. Creates feelings of trust in a safe world. Balances inconsistent physical energies.

Gall Bladder Meridian End-Point ~ Wood Element ~ (Outer Edge of Eye)

- **Old Pattern:** Stuck in both old & present day feelings of resentment, frustration, & anger. Fear of change. Lack of hope for the future. Despair & fatigue related to ability to change. Digestive Imbalances.
- **New Choice:** Peace of heart; Clarity & compassion for self & others; Freedom from past wounds; Excitement, hope & faith in a better future. Physical Vitality. Healthy & Vibrant digestion.

Stomach Meridian End-Point ~ Earth Element ~ (Under Eye)

- **Old Pattern:** Despair & Disgust; Apathy & Deep Heart Sadness; Anxiety, overwhelm & disappointment. Despair that no matter what you do... things will never change. Digestive Challenges.
- **New Choice:** Contentment & Inner Satisfaction; Joy & Enthusiasm for day to day events; Efficient & Balanced digestion; Mental focus & relaxation.

Governing Meridian End-Point ~ Integrative Energies ~ (Above Upper Lip)

- **Old Pattern:** Shame, Un-empowerment & powerlessness; Vulnerability to peer pressure; Insecurity in your inner truth; Who am I? What is my true path? Why am I here?
- **New Choice:** Self acceptance; Inner knowingness & confidence; Healthy self-empowerment & alignment with true self; grounded & compassionate self-confidence.

Central Meridian End-Point ~ Integrative Energies ~ (Below Lower Lip)

- **Old Pattern:** Confusion; Who am I?; Feeling guilty for taking up space on the planet; I am not sure that I have the right to be happy, healthy, or even to want what I want.
- **New Choice:** Clarity; grounded spiritual certainty in self; Self acceptance & deep self love.

Psychological Reversal Point ~ (Mid Upper Chest)

- **Old Pattern:** Desiring to move forward, yet ending up in a place that is not desired. Feeling stuck & spinning in old patterns. Indecision, worry, & overwhelm.
- **New Choice:** Ease, confidence, & clarity as you move forward into your heart's desire

Kidney Meridian End-Point ~ Water Element ~ (Below Collarbone)

- **Old Pattern:** Fear; The world is not a safe place; There is no guarantee that tomorrow will be as promised; Suspicion, Sadness; Lack of vitality.
- **New Choice:** Aligns you with Universal Chi; Inner safety & an appreciation of the beauty & possibility of life; Abundant vitality.

Spleen Meridian End-Point ~ Earth Element ~ (Below Armpit)

- **Old Pattern:** Guilt; Worry; Mental Obsession; Hopelessness; Using your powers of co-creation to create what you are most afraid of.
- **New Choice:** Mental harmony; Being present; Faith & trust in self & in a positive future; enhances power of manifestation.

QUANTUM TAPPING FOR HEALING & TRANSFORMATION

Liver Meridian End-Point ~ Wood Element ~ (Lower Ribcage)

- **Old Pattern:** Anger, Resentment, Frustration & Irritation; Limiting oneself; Not believing that you can be happy; Lack of Joy; Envy; Judgement.
- **New Choice:** Compassion; Happiness; Focused goal setting; Transformation & Inner Peace

Lung Meridian End-Point ~ Metal Element ~ (Thumb)

- **Old Pattern:** Deep Sadness, Loss, & Regret. Judgement, Arrogance, & Un-empowerment.
- **New Choice:** Self Acceptance & Compassion. Respect & Tolerance of others. Feeling empowered to heal self & create the life that you dream of. Inner Peace, calmness of spirit & deep self love.

Large Intestine Meridian End-Point ~ Metal Element ~ (Index Finger)

- **Old Pattern:** Difficulty letting go; Guilt, Rigid thinking; Lack of Flexibility. Feeling of Lack of Control, often resulting trying to control others. Feeling a lack of choice & opportunity. "It is what it is".
- **New Choice:** Open to forgiveness of self & others. Letting go of the past & opening up to joy, happiness, & enthusiasm.

Circulation/Sex Meridian End-Point ~ Fire Element ~ (Middle Finger)

- **Old Pattern:** Shame, Sexual & Reproductive Issues. Jealousy; Frustration; Regret
- **New Choice:** Self acceptance; Self Love; Passion; Enthusiasm; Healthy Sexual Image; Intimacy

Triple Warmer Meridian End-Point ~ Fire Element ~ (Ring Finger)

- **Old Pattern:** Confusion; Suspicion; Lack of Trust; Survival Issues; Financial Issues; The world is not a safe place
- **New Choice:** Safety; Trust; Wisdom; Financial Abundance; Choice & Empowerment

Heart Meridian End-Point ~ Fire Element ~ (Little Finger)

- **Old Pattern:** Guilt; Shock; Overwhelm; False Happy Face; Old emotional wounds
- **New Choice:** Inner Peace; Balance; Enthusiasm; Passion; Fully living current day to day life

Small Intestine Meridian End-Point ~ Fire Element ~ (Little Finger)

- **Old Pattern:** Sadness; Extreme Vulnerability; Lack of internal safety; Feeling emotionally exposed; Inability to receive;
- **New Choice:** Stepping into your power; Alignment of life with the truth of who you are; Experiencing your inner beauty; Knowing who you are; Loving self acceptance

Brain Balance Point ~ Integrative Energies ~ (In Web, between Little & Ring Finger)

- **Old Pattern:** Overwhelm; High stress levels; Ineffectiveness; Lack of focus; Inability to manifest heart's desires; Stuck in the past
- **New Choice:** A passionate, meaningful, & effective life; Sharing the truth of who you are with the world around you; Expressing your true talents; A career that is abundant & aligned with your true nature