

| <b>EFT / ECM Point</b>                          | <b>Associated Meridian</b>                        | <b>Related Emotions</b>   |
|---|---|---|
| <b>SS: Sore Spots</b>                           | Neurolymphatic Points                             | Corrects Psychological Reversal   |
| <b>EB: Beginning of Eyebrow</b>                 | Bladder Meridian                                  | Releases: fear, anxiety, dread, trauma, hurt, sadness<br>Allows: peace, calm, forgiveness, acceptance, neutrality                           |
| <b>SE: Side of Eye</b>                          | Gall Bladder Meridian                             | Releases: frustration, mild anger, confusion<br>Allows: peace, calm, forgiveness, clarity, moving forward                                   |
| <b>UE: Under Eye</b>                            | Stomach Meridian                                  | Releases: worry, nervousness, fear, anxiety, disappointment, emptiness<br>Allows: peace, trust, calm, contentment                           |
| <b>UN: Under Nose</b><br>(also TH: Top of Head) | Governing Channel                                 | Releases: controlling aspects, inner critic, confusion, lack of focus<br>Allows: acceptance, appreciation, compassion, clarity              |
| <b>Ch: Chin</b>                                 | Central Channel                                   | Releases: shame, embarrassment, vulnerability<br>Allows: acceptance, confidence, nurturing  |
| <b>CB: Collar Bone</b>                          | Kidney Meridian                                   | Releases: stress, fear, indecision, feeling stuck<br>Allows: peace, confidence, clarity, trust, moving forward with ease                    |
| <b>UA: Under Arm</b>                            | Spleen Meridian                                   | Releases: sadness, guilt, obsessing, hopelessness, poor self-esteem<br>Allows: compassion, forgiveness, relaxation, hope, self-appreciation |
| <b>UB: Under Breast</b>                         | Liver Meridian                                    | Releases: anger, rage, intolerance<br>Allows: peace, contentment, acceptance, appreciation  |
| <b>Th: Side of Thumb</b>                        | Lung Meridian                                     | Releases: grief, loss, deep sadness<br>Allows: peace, acceptance, appreciation, humor   |
| <b>IF: Index Finger</b>                         | Large Intestine Meridian                          | Releases: grief, loss, holding on<br>Allows: peace, acceptance, letting go, moving on   |
| <b>MF: Middle Finger</b>                        | Pericardium Meridian<br>(also: Circulation & Sex) | Releases: lack of joy, lack of love, over-protecting the heart, panic<br>Allows: joy, love, an open heart, peace, enthusiasm, eagerness     |
| <b>BF: Baby Finger</b>                          | Heart Meridian                                    | Releases: lack of love, lack of joy, heartache<br>Allows: love, joy, appreciation, empowerment, passion, enthusiasm                         |
| <b>KC: Karate Chop</b>                          | Small Intestine Meridian                          | Releases: Psychological Reversal, lack of motivation, indecision, lack of joy<br>Allows: motivation, ease in moving forward, joy, happiness |
| <b>Gamut Point</b><br>(also RF: Ring Finger)    | Triple Warmer                                     | Controls Fight or Flight Response<br>Allows: calm, safe, ability to handle the situation calmly   |