

## Emotional Freedom & Healing Points

Emotional Freedom and Healing (EF&H) is a tool that helps you to release limiting fears and beliefs quickly and gently. It uses a combination of acupressure, deep breathing and words of intention.

Spend 5 minutes or so becoming familiar with the points before the session. You will not need to have any of this material for the session, nor do you need to memorize the points.

1. Karate Chop area, edge of either hand (outside edge of hand, below little finger)
2. Heart point (tender spot, left side of chest - Locate a tender, or sensitive spot on left side of chest. For most people it's beneath the collarbone and above the breast area on the left side. Find the spot on yourself by pressing, using one or two fingers, around this area until you find a spot that is more tender, or sensitive than the area around it. You will be rubbing that spot in a small circle.
3. Eyebrow - (either eyebrow, tap on end near bridge of nose)
4. Under the eye (about one inch below either eye, on bone)
5. Under the nose (above upper lip)
6. Chin (below lower lip, crease where chin starts)
7. Beginning of collarbone (inside end of either CB, on end below the throat)
8. Four inches under armpit (side on rib cage)
9. Under Breast, either side, on ribs - (Men, about one inch below nipple)
10. Side of little finger (side near ring finger, at base of nail). Note: you can easily tap this area using the thumb of the same hand.
11. Inside of wrist (pulse point area) - Where many people fasten their watch band.
12. Crown of head (You rest an open hand, palm down on crown)
13. Small Bump on base of skull - There is a little bump on base of the skull (on bone) just before the neck starts. It may be easier to find if you feel the area while your head is bent slightly forward (downward) toward chest.

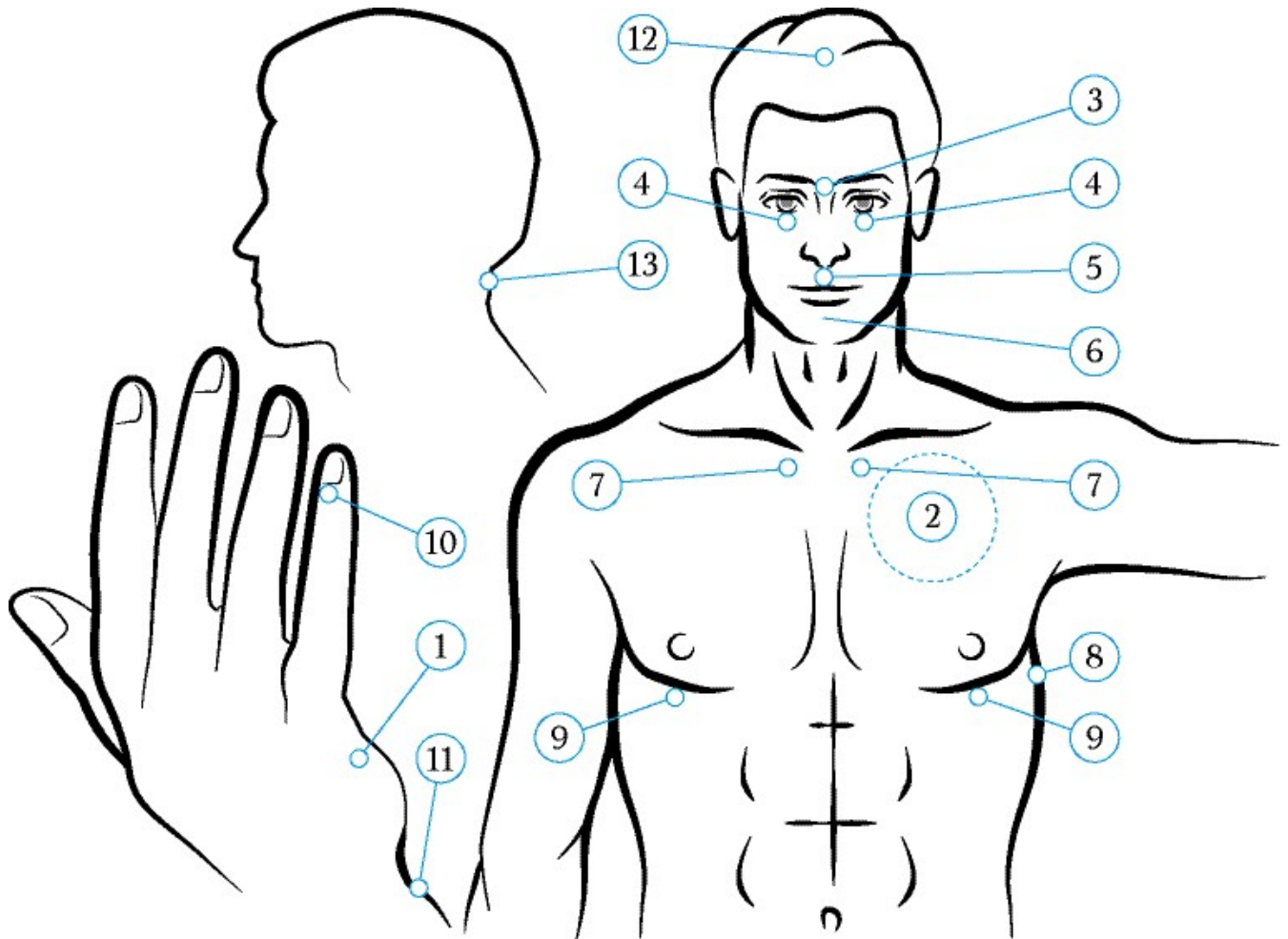
## EF&H Points and Emotions

Emotional Freedom and Healing (EF&H) is a process that releases negative emotions, fears, and limiting beliefs out of the physical body. The process includes tapping on certain meridian points in the body, while using words of intention and deep breathing to create the release. It is a highly effective and yet gentle process.

The following chart links your emotions to specific meridian points and the areas of your body that you tap during an EF&H session.

<b>Body Part</b>	<b>Meridian Point</b>	<b>-- Emotion</b>	<b>+ Emotion</b>
Karate Chop	SI-3 Small Intestine	Sadness, sorrow	Joy
Sore/Tender Spot	NLR Gland	Neurolymphatic Reflex gland. Used for treating psychological reversal (PR)	
Eyebrow	BL-2 Bladder	Restlessness, impatience, frustration	Peace, harmony
Under Eye	ST-1 Stomach	Disgust, bitterness, disappointment, greed, hunger, deprivation	Contentment, tranquility
Under Nose	GV-27 Governing Vessel	Embarrassment	Healthy pride
Cleft of Chin	CV-24 Central Vessel	Shame	Healthy pride
Collarbone	K-27 Kidney	Sexual indecision	Calm, sexual assurance
Under Arm	SP-21 Spleen/Pancreas	Anxiety	Security, faith, confidence
Under Breast	LV-14 Liver	Unhappiness	Happiness, cheer
Little Finger, base of nail	HT-9 Heart	Anger	Love, forgiveness
Crown of Head	Path of Governing Meridian and Bladder Meridian. Also, Crown Chakra	Restlessness, impatience, frustration	Peace, harmony

## Emotional Freedom & Healing Tapping Points



1. Karate Chop area, edge of Either Hand (outside edge of hand, below little finger)
2. Heart point (tender spot, left side of chest): Locate a tender or sensitive spot on left side of chest. For most people it's beneath the collarbone and above the breast area on the left side. Find the spot on yourself by pressing, using one or two fingers, around this area until you find a spot that is more tender, or sensitive than the area around it. You'll be rubbing that spot in a small circle.
3. Eyebrow (either eyebrow, tap on end, near bridge of nose)
4. Under the eye (directly below either eye, on bone)

5. Under the nose (above upper lip with index finger)
6. Chin (below lower lip, crease where chin starts) using the thumb  
(Note: Points 5 and 6 are done together using thumb and index finger.)
7. Beginning of collarbone (inside end of either collarbone, on the sternum)
8. Four inches under armpit (side on rib cage)
9. Under breast, either side. Women: on center of the rib. Men: about one inch below nipple.
10. Base of nail on little finger, on side towards ring finger, at base of nail; Note: easily tapped with your thumb.
11. Underside of wrist (pulse point area): Where many people fasten their watch band on the center of your “under-wrist.”
12. Crown of head (rest an open hand palm down on the top of your head)
13. Small Bump on base of skull - There is a little bump on base of the skull (on bone) just before the neck starts. It may be easier to find if you feel the area while your head is bent slightly forward (downward) toward chest.

You don't have to remember the points. Peg will guide you through everything on the recording. This process is healing and transformative. It takes about forty-five minutes. Download the free release from [www.moneyisanenergygame.com/resources](http://www.moneyisanenergygame.com/resources). Set it aside to play at a time when you will not be disturbed. Do this prior to reading further in the book so you release blockages before you're introduced to more new concepts.

This process can be used around any topic you choose: abundance, relationships, self-worth and deserving, different fears – any emotional issue that's limiting you. The one that accompanies this book is geared specifically toward releasing blockages to prosperity. However, there are other releases available at [www.polarisbusinessguides.com](http://www.polarisbusinessguides.com).