An X marks the spot for an EFT tapping point.

CR—Crown or top of your head
EB—In between your eyebrows
SE—The outer side of your eyes
UE—Under your eyes
UN—Under your nose
CH—On your chin
CB—On your collarbone
KC—On your karate chop points (the outer part of both hands)
HR—On your heart
Gamut—Back of hand. 1/2 inch below lower knuckles of ring finger and little finger.

Use all your fingertips.
Make fists to tap KC (Karate Chop) points together.

Use all your fingertips.

©2017 EFTtappingguru.com