

EFT Meridian Tapping

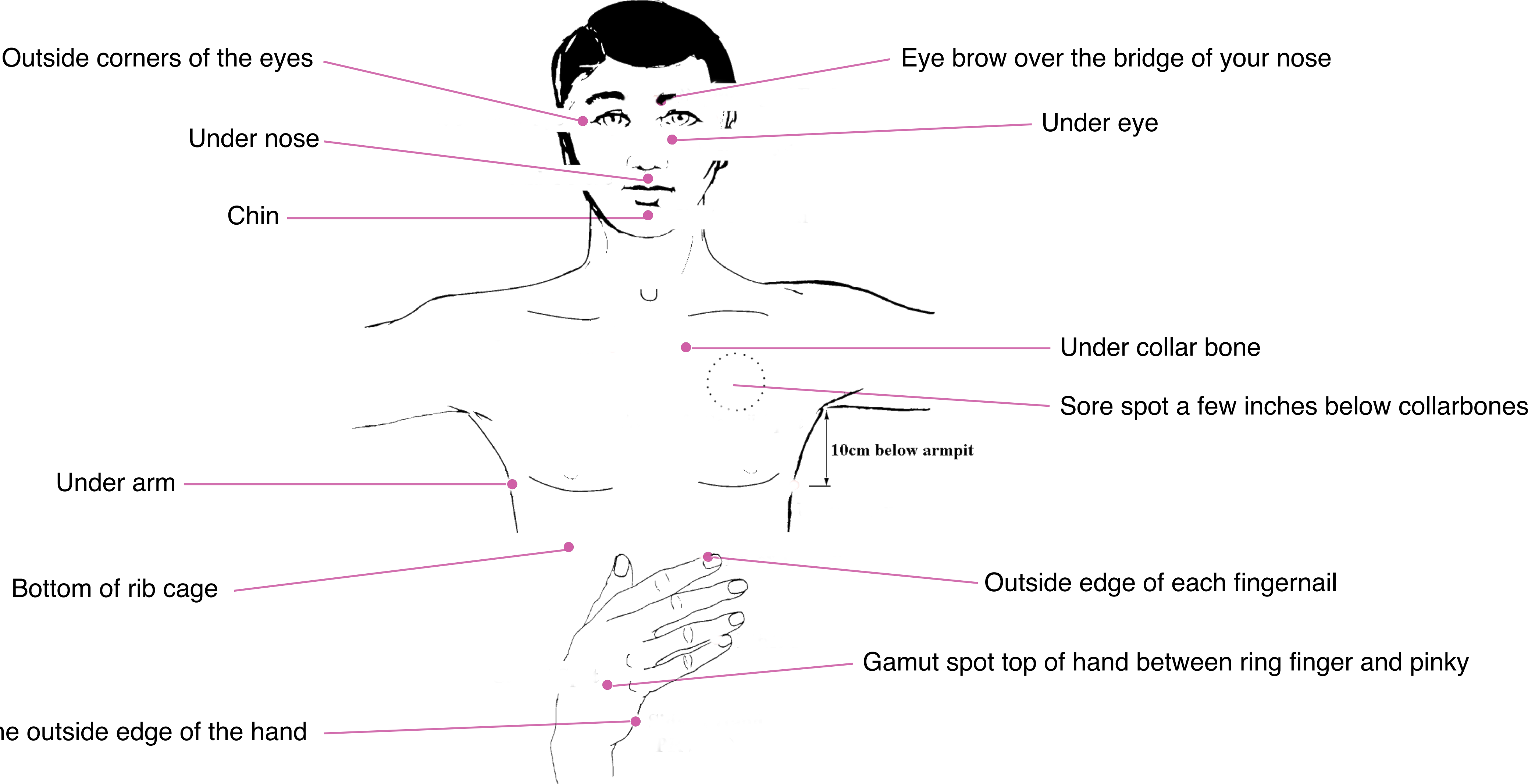
Natural Bio-Distressing for health and wellness

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THE CALLAHAN TECHNIQUES®

Treatment Points
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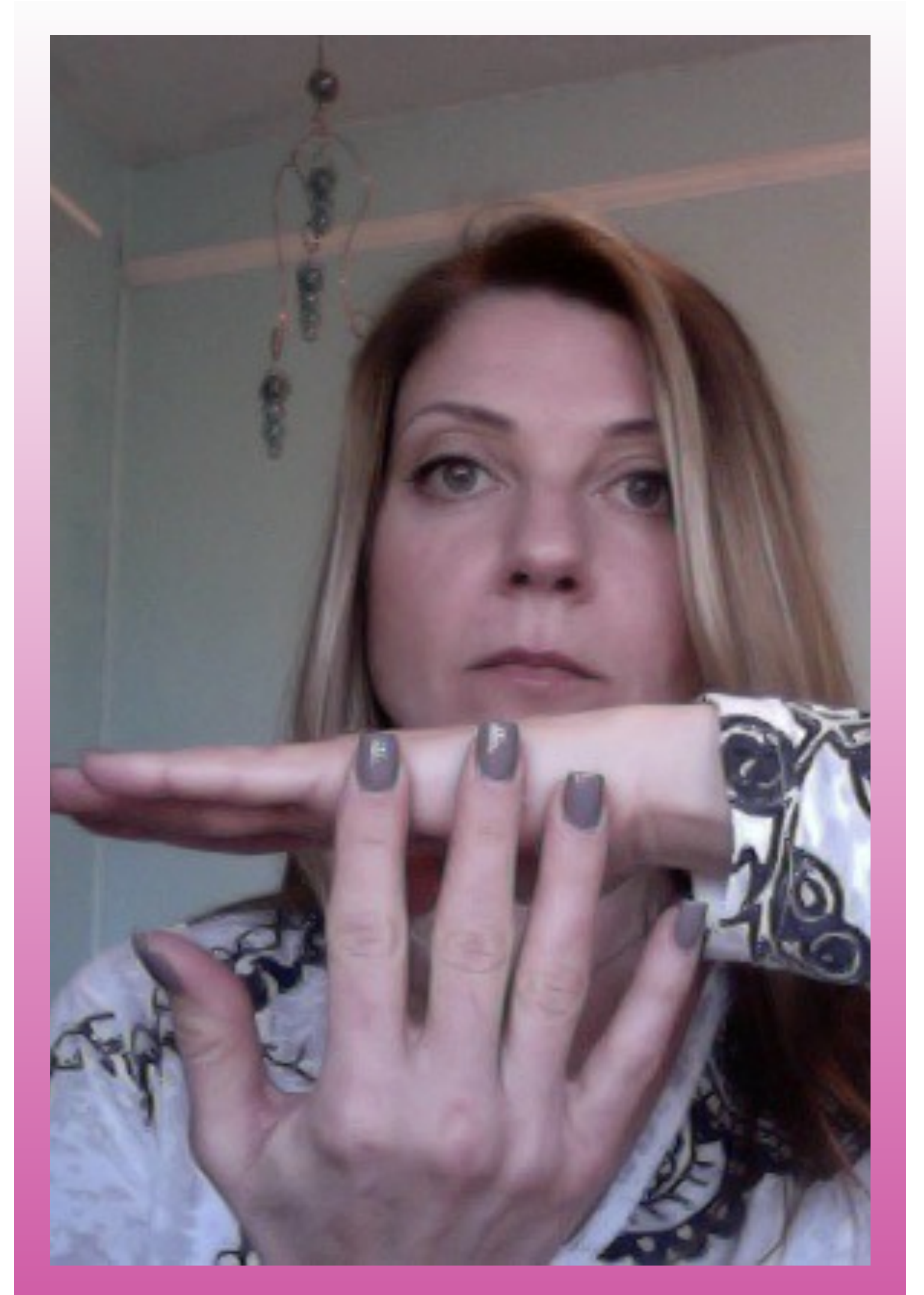


EFT meridian tapping for natural bio-distressing

- Each of the tapping points is an end point of a meridian. Meridians are channels of energy in the body. They are the same channels used in acupuncture and acupressure.
- For areas where you have two sides, like your eyes, tap on both.
- For single areas just use one hand to tap.
- Pay special attention to areas that are sore or tender.

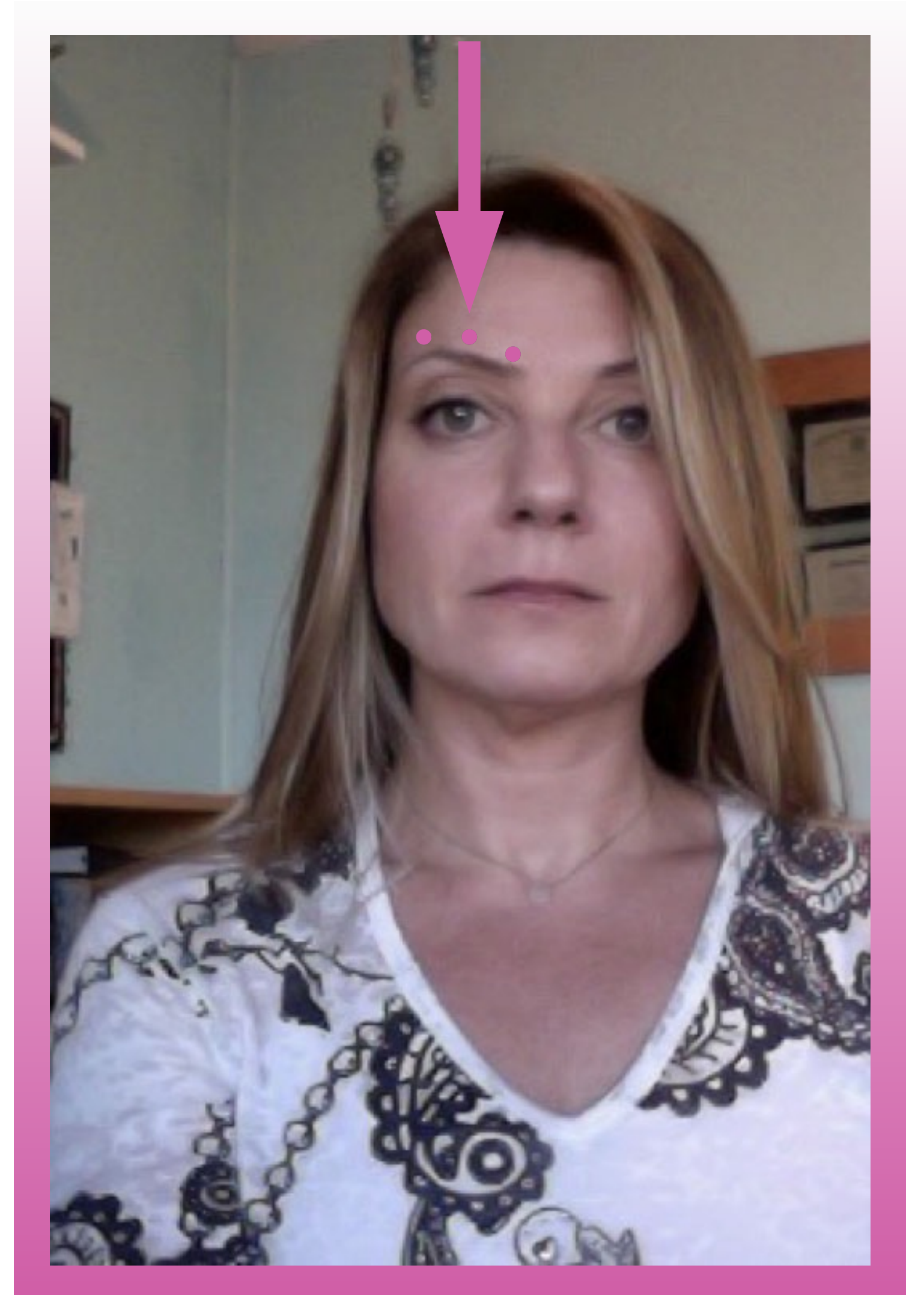
Karate Chop point = Small Intestine

- Releases- feeling stuck (psychological reversals), difficulty letting go, loss, letting go of sorrow, vulnerability, worry, obsession, and compulsiveness.
- Allows- ease in moving forward and letting go, healing from grief, ability to be happy in the present moment.



Eye brow = Bladder Meridian

- Releases- trauma, pain, sadness, impatience, frustration
- Allows - inner peace, emotional intelligence



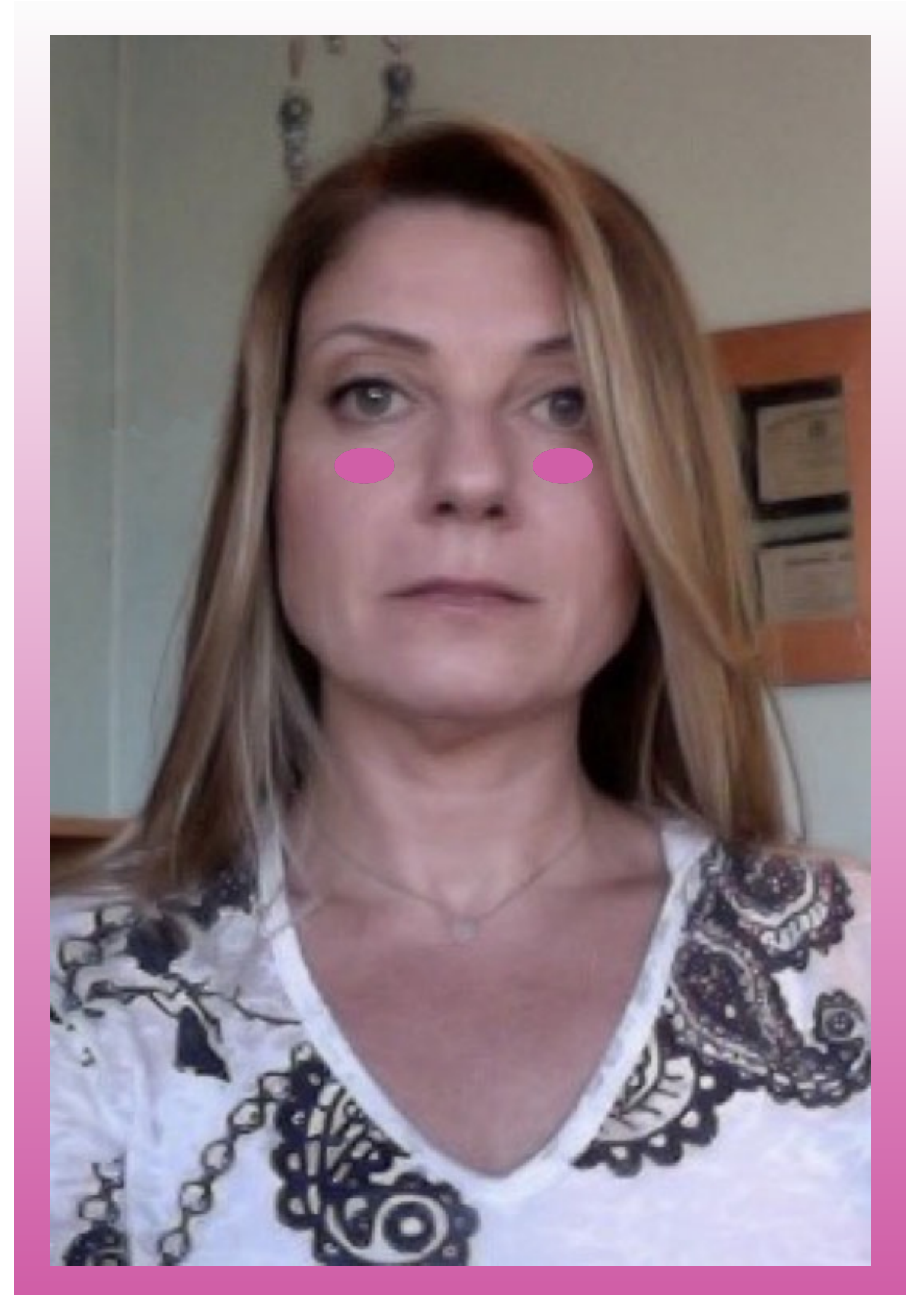
Side of Eye = Gall Bladder Meridian

- Releases- anger, rage, and fear of change
- Allows- clarity, compassion and understanding



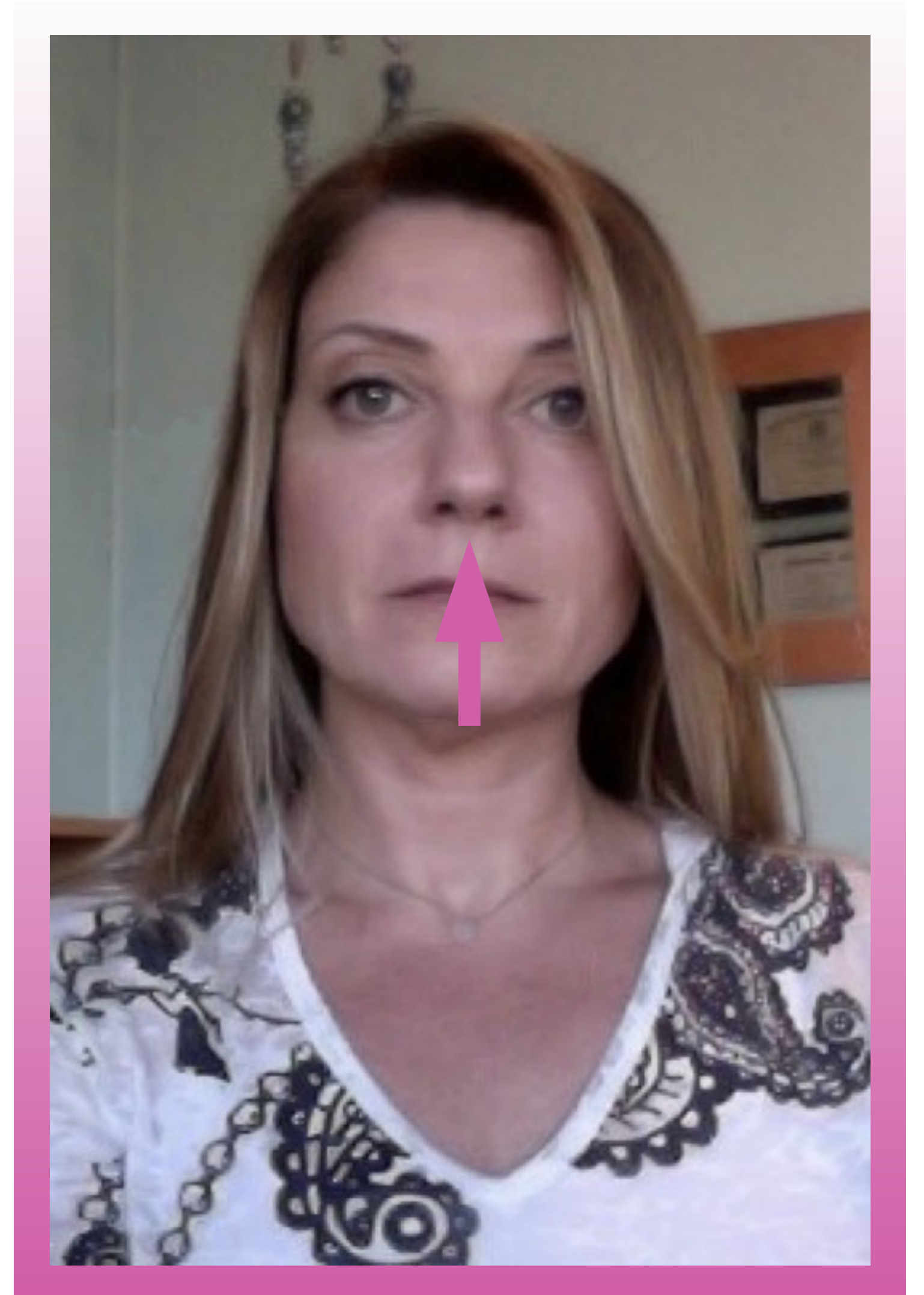
Under Eye = Stomach Meridian

- Under both eyes on the orbital bone
- Releases- fear, anxiety, nervousness, and disappointment
- Allows- contentment, calmness and safety



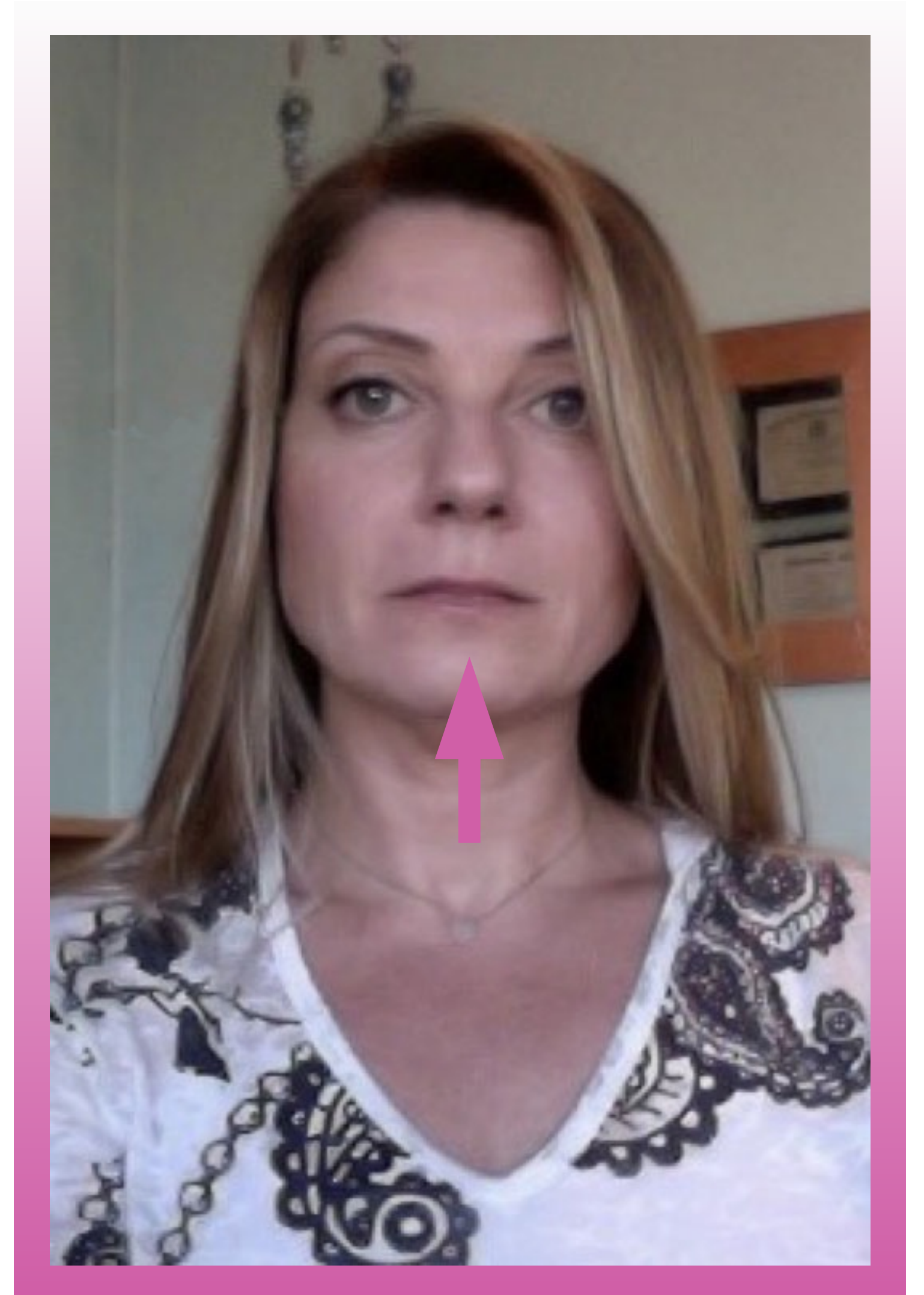
Under Nose = Governing Meridian

- Releases- embarrassment, shame, guilt, fears of failure
- Allows- self empowerment, self acceptance



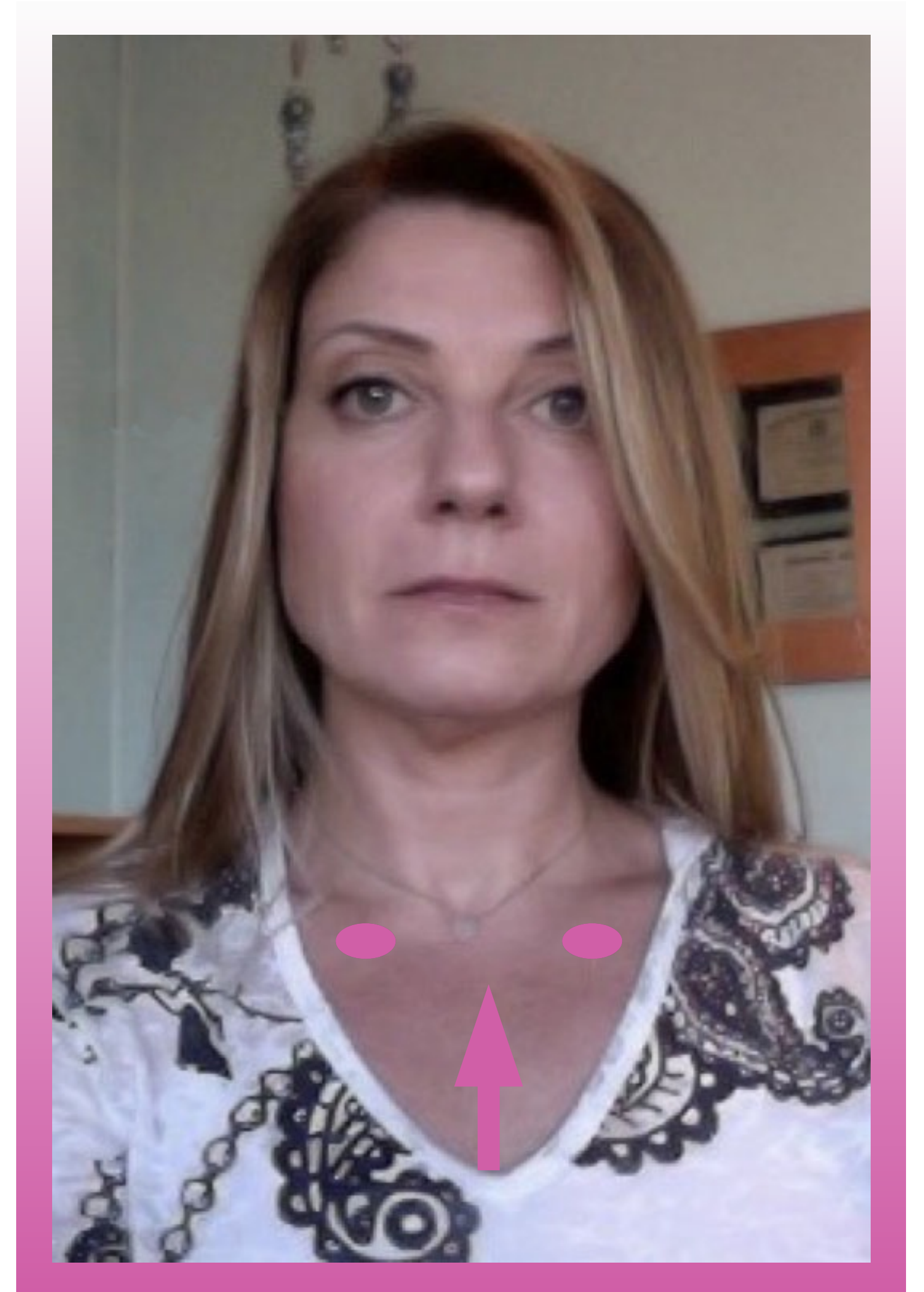
Chin = Central Meridian

- Releases- concussion, embarrassment, and shame
- Allows- self confidence, and certainty



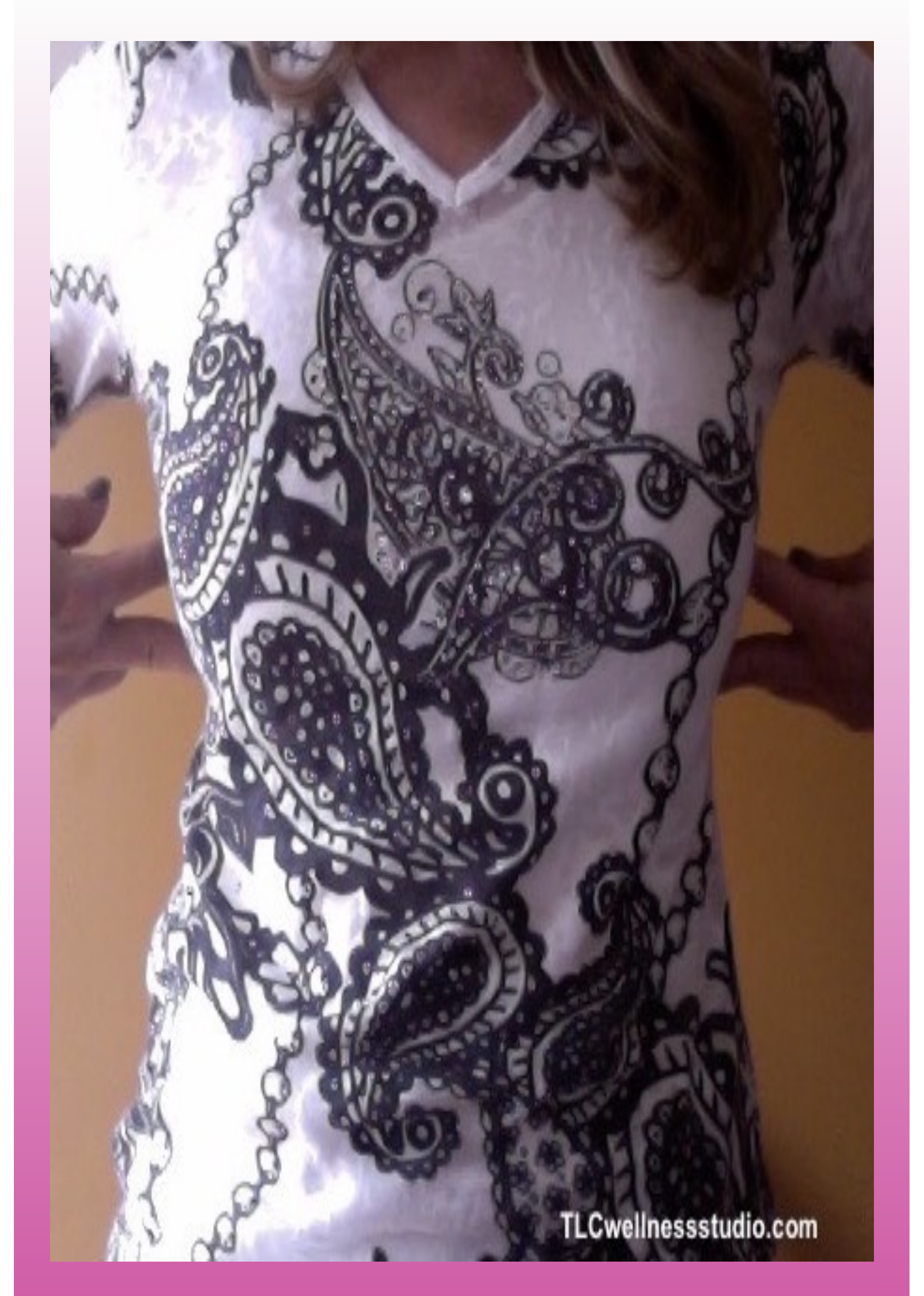
Collarbone = Kidney Meridian

- Releases- indecision, feeling stuck, and stress
- Allows- ease in moving forward, confidence and clarity



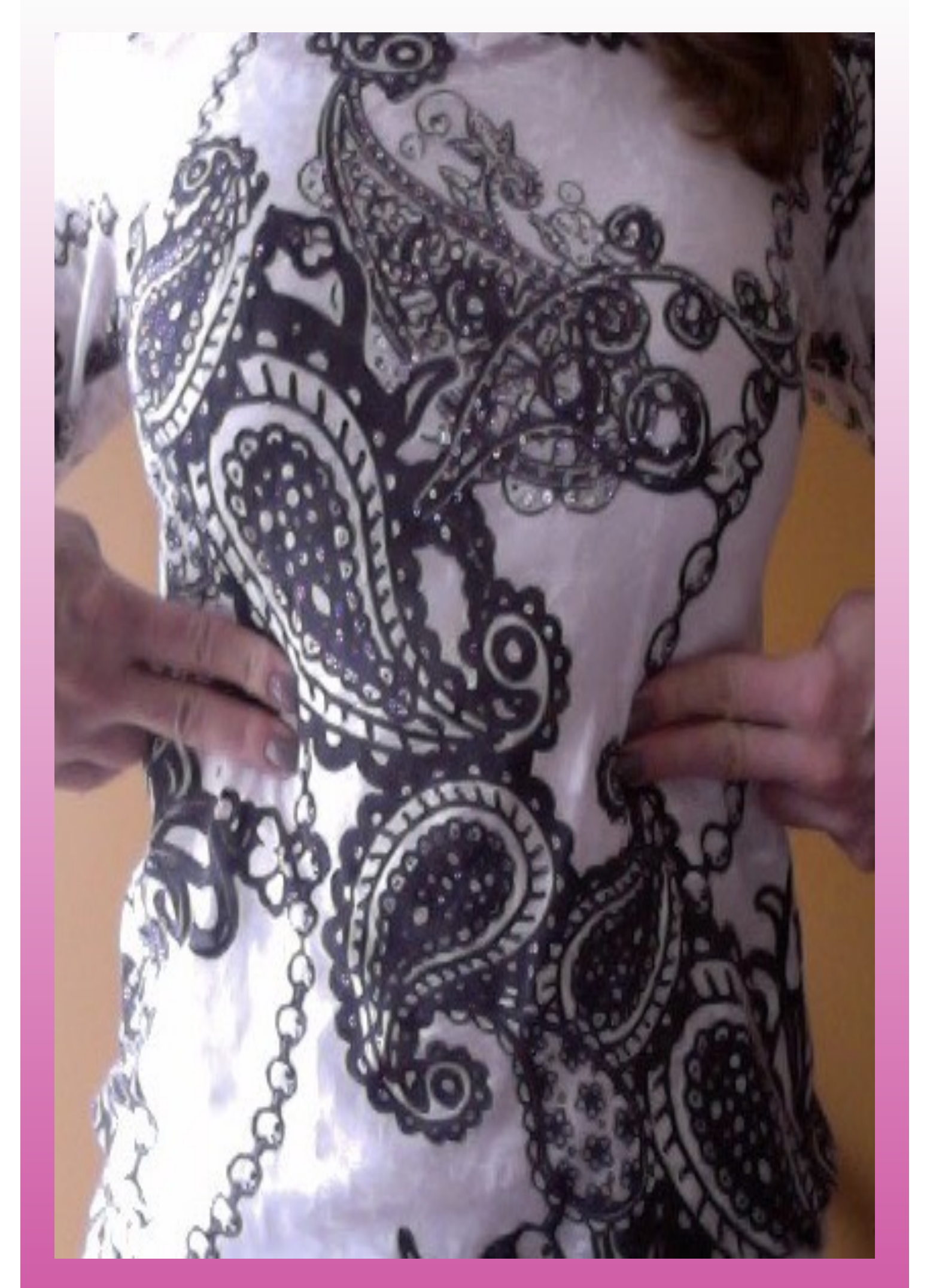
Under Arms = Spleen Meridian

- Releases-Guilt worry, and obsessing. Some sources say it may help with self esteem, insecurity and hopelessness.
- Allows- clarity, confidence, relaxation and compassion for self and others.



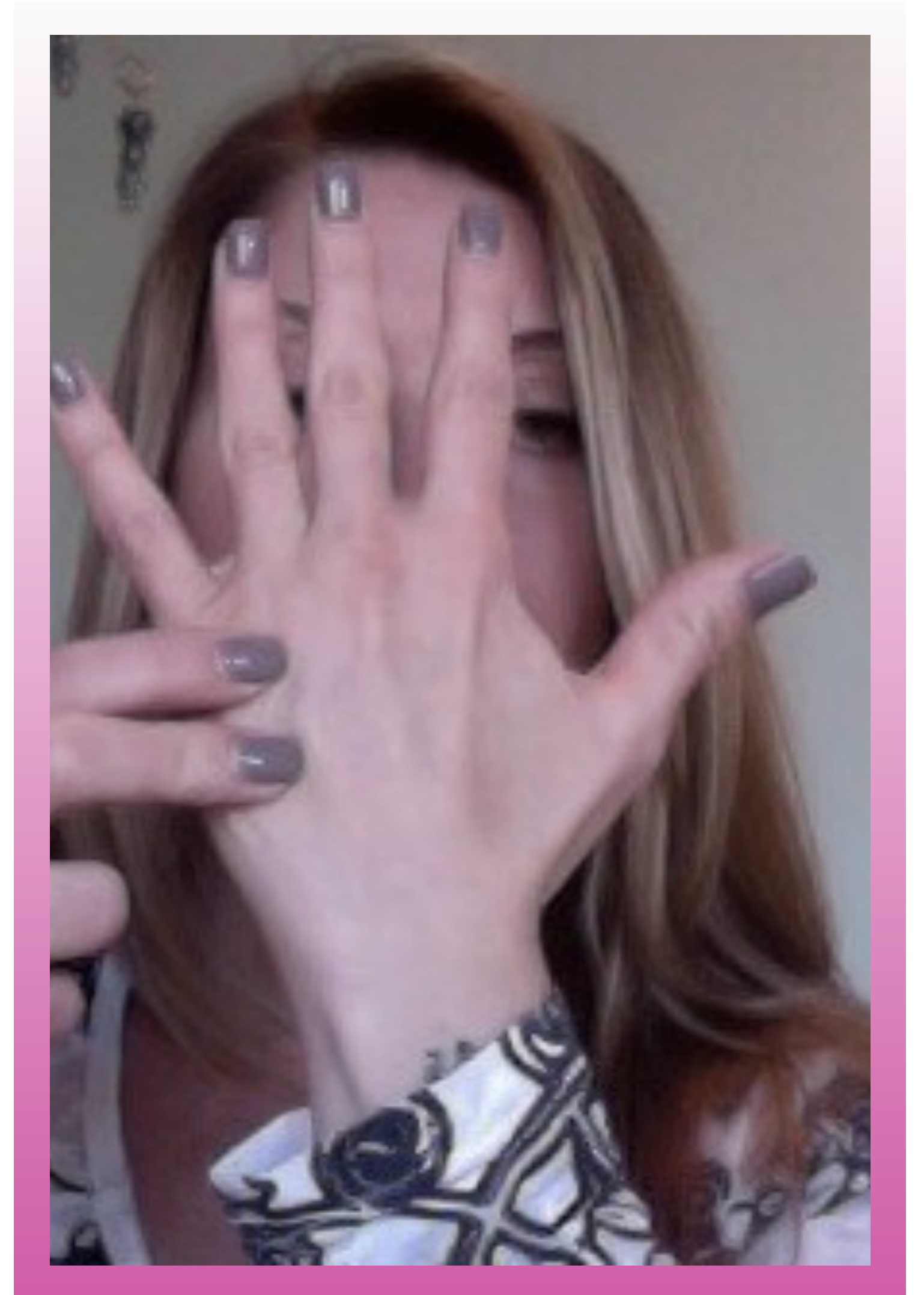
Under Ribs = Liver Meridian

- Releases- anger and other big, primitive emotions. Some sources also believe it helps with unhappiness, complaining, bitterness and “survival mode”.
- Allows- compassion, happiness, safety, acceptance, transformation and peace.

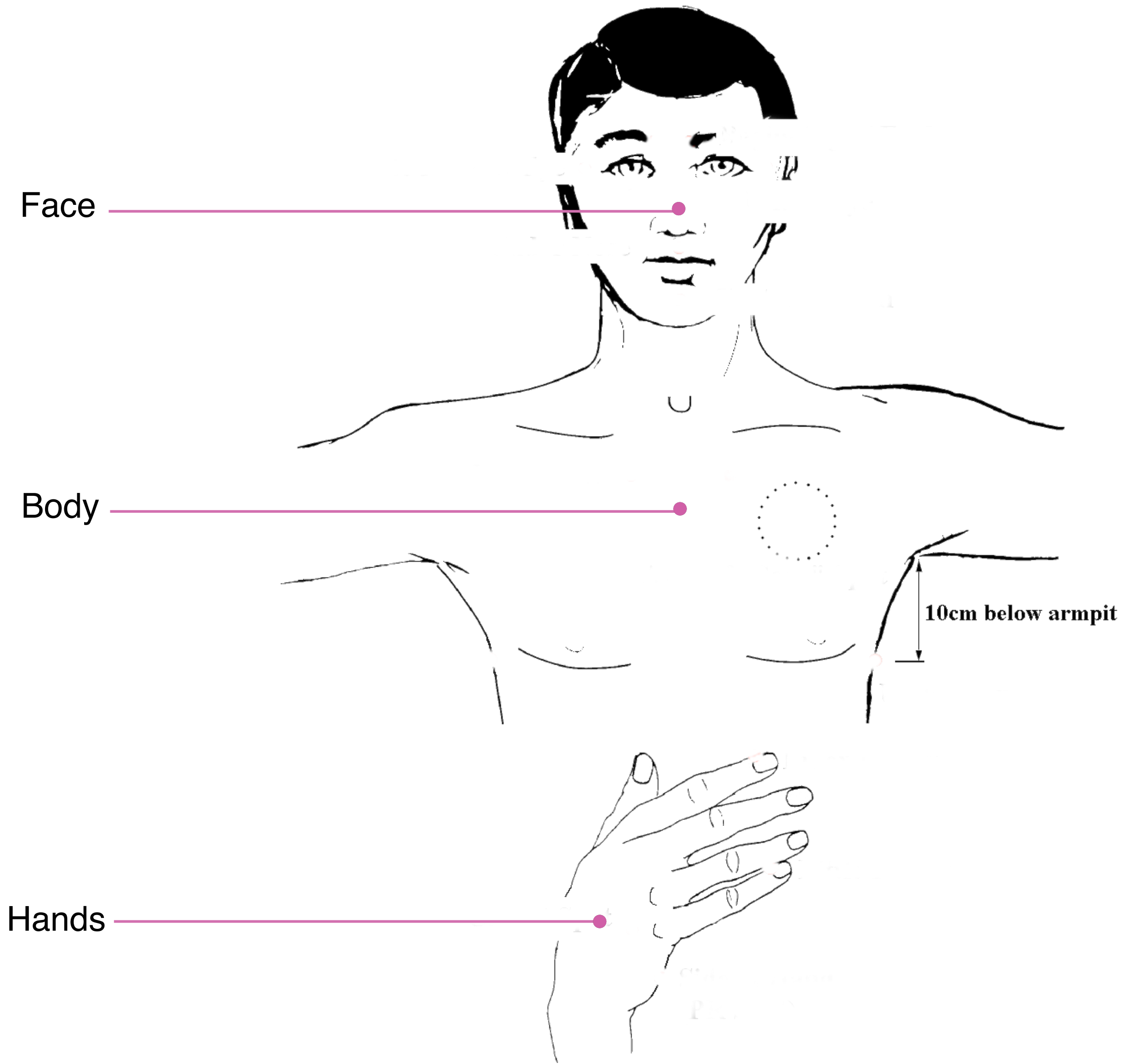


Gamut Point = Triple Warmer

- Releases- obsessive thoughts, worry and over thinking. Some sources also believe it releases depression, despair, grief, hopelessness, despondency and loneliness.
- Allows- hope, calm mind, connection to the positive.

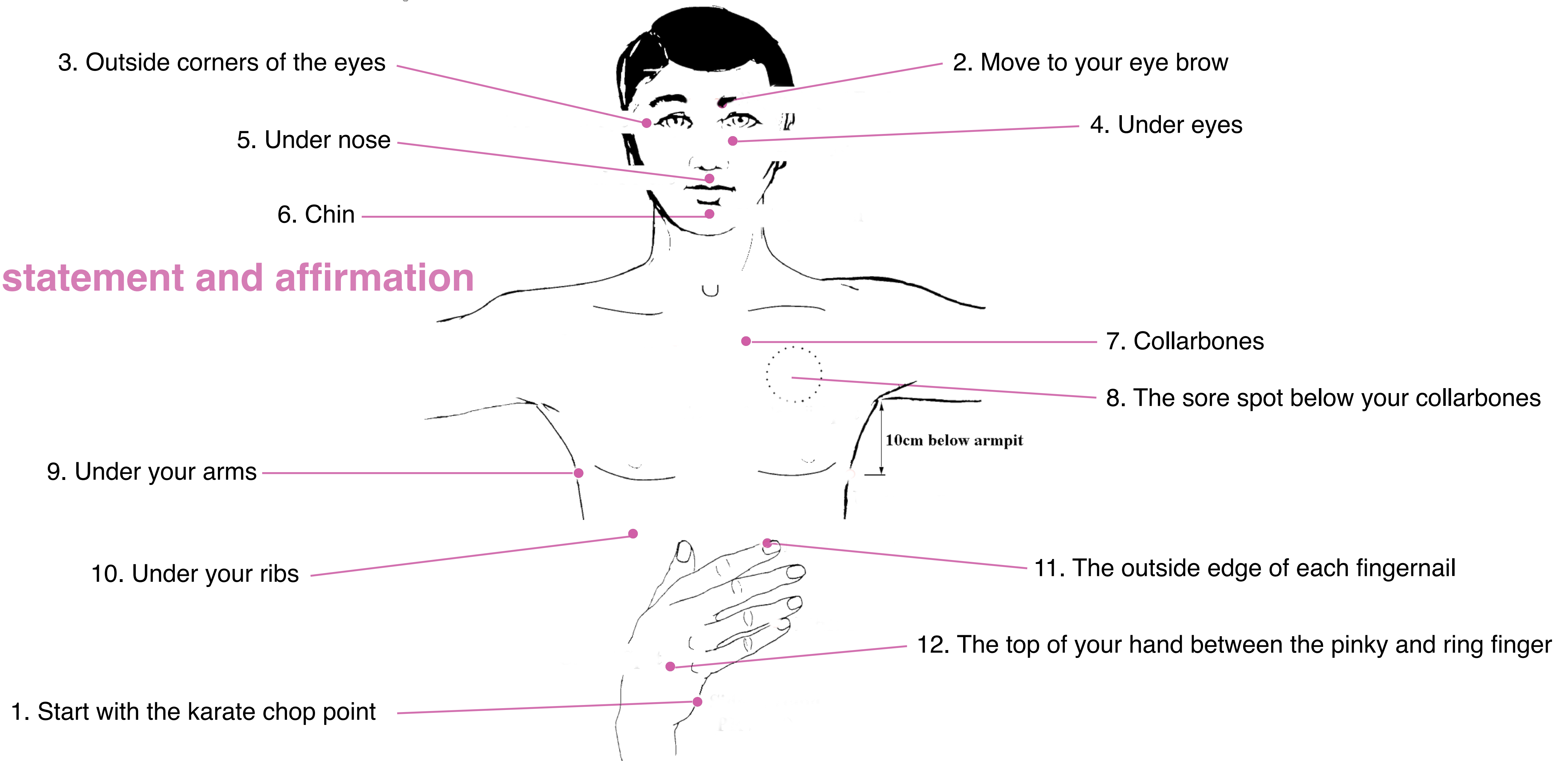


Put it all together...



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That's it!

- Now you know natural bio- distressing for health and wellness. You know how the tapping points correspond with meridians and organs and how the organs correspond with emotions.
- Use tapping as often as you like to induce a feeling of wellbeing, reduce stress, cravings and unwanted behavior. You can use tapping for deeper issues with a practicing therapist, health care provider or energy healer.