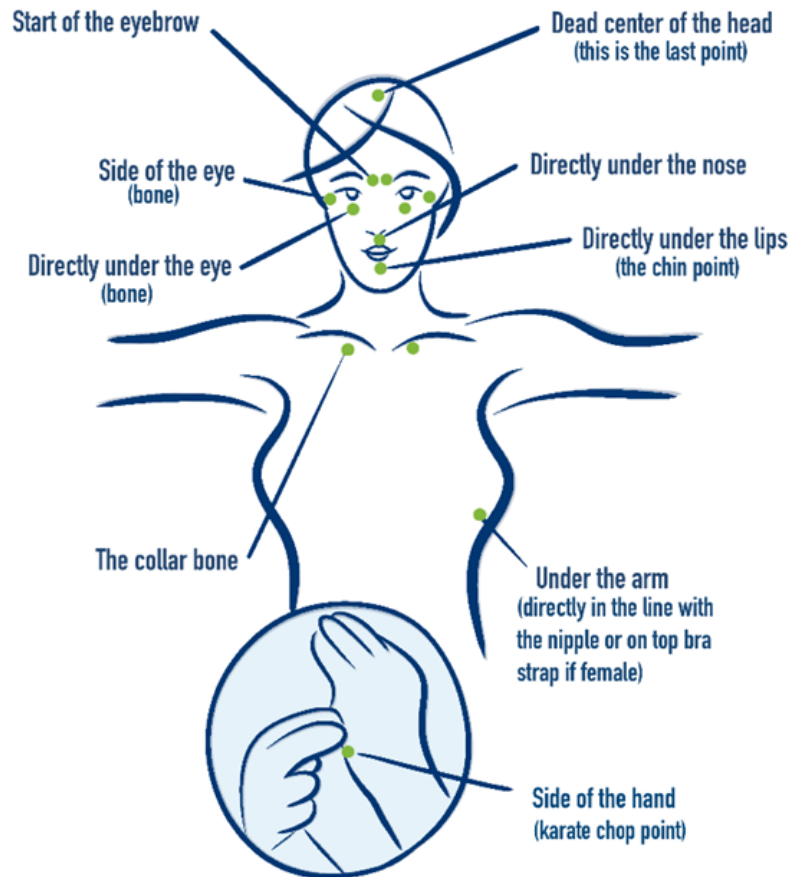


# Emotional Freedom Techniques



## EFT and related acupuncture points

### TH – Top of head – Hundred meeting points’ Meridian

Releases: inner critic, lack of focus and ‘gerbil wheel’ thinking Allows: insight, intuition, spiritual connection, focus, wisdom, spiritual discernment and clarity

### EB- Eyebrow- Bladder Meridian

Releases: Trauma, hurt, sadness, restlessness, impatience, frustration, restlessness and dread.

Allows: inner peace and emotional healing

### SE – Side of Eye – Gall Bladder Meridian

Releases: Rage, anger, resentment, fear of change and muddled thinking.

Allows: Clarity, compassion and understanding

### UE- Under Eye – Stomach Meridian

Releases: Fear, anxiety, worry, emptiness, nervousness and disappointment

Allows: Contentment, calmness, feeling safe...”all is well”

### UN-Under nose – Governing Meridian

Releases: Embarrassment, shame, guilt, grief, fear and ridicule, powerlessness, fear of failure and psychological reversals

Allows: Self-empowerment, self-acceptance and compassion

### CH-Chin – Central Meridian

release: Confusion, uncertainty, embarrassment, shame and second guessing decisions.

Allows: Certainty, clarity, self-confidence and self-acceptance

### CB-Collarbone- Kidney Meridian- Adrenals

Releases: Psychological reversal, worry, indecision, feeling stuck and general stress

Allows; Ease in moving forward, confidence and clarity

### UA – Under Arm – Spleen Meridian

Releases: Guilt, obsessing, worry, hopelessness, insecurity and poor self esteem

Allows: Clarity, confidence, relaxation and compassion for self and others

### BN- Below Nipple – Liver Meridian