

# MarBeth's Easy Meridian Tapping Technique



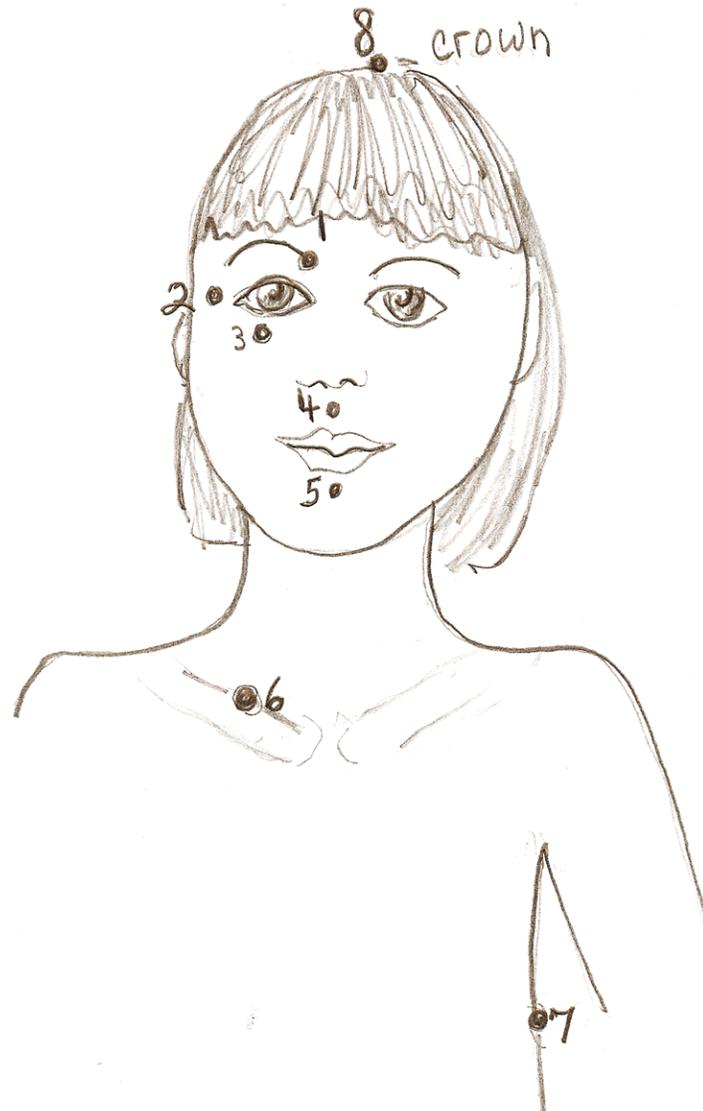
## 1. Karate Chop point

- you  
the
- a) Check in with yourself (you can muscle test if you wish) to see how strongly feel the emotion you're tapping on. Use a scale from 1 - 10, with 10 as strongest.
  - b) Create a **Set Up Phrase** for the emotion or feeling you wish to release:  
  
***“Even though I feel \_\_\_\_\_ I love and accept myself completely and I know that all is well.”***
  - c) Tap with the fingers of the opposite hand on the Karate Chop (KC) point while saying the set up phrase out loud. Repeat three times and switch hands.
  - d) Tap on the opposite hand, repeating the phrase 3 times while you're tapping.
  - e) Stop, sit up straight and take a deep breath.
  - f) Repeat steps a - d two more times.

**Note:** When you check in with yourself after 3 rounds of this process, the emotion on the scale should be a “0” or “1”

If the emotion is higher than "0" or "1", proceed to step #2

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## 2. The Tapping Sequence

- a) *Tap on each point in numerical order, while repeating the Set Up Phrase. Say it out loud.*

Start at the inner eyebrow on either the right or left side, it does not matter. Then, tap the out side of the eye on the bone. Then under the eye, on the bone. Then under the nose, under the mouth, on the collar bone, under the arm, about the place where the top of a woman's bra would hit. Last but not least, tap the crown of the head.

b) Take a minute. Take a deep breath and check to see where you are on a scale of 10. If you are "1" or below, go to the **Forgiveness sequence**. Otherwise, continue with this sequence.

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c) Repeat the sequence, inserting the words "still" or "remaining". For example, "Even though I still have this \_\_\_\_\_....." (you can shorten it to "this remaining \_\_\_\_\_")

d) Take a minute. Take a deep breath and check to see where you are on a scale of 10. If you are "1" or below, go to the **Forgiveness sequence**. Otherwise, continue with this sequence.

e) You can tap this sequence as many times as you feel it necessary.



### 3. Forgiveness Point Sequence

Repeat three times while tapping with the index finger of your dominant hand on the base of the nail of the index finger of the other hand, ***"I forgive myself and extend my forgiveness to everyone"***.

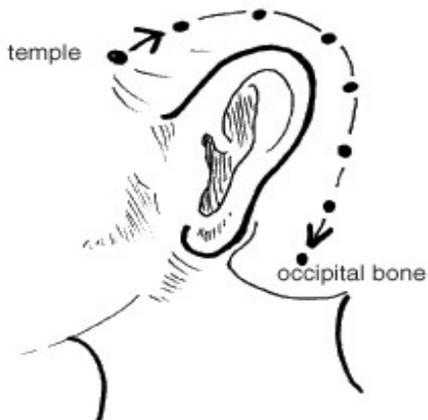
Switch hands and repeat

4. Finish with Karate Chop 3 times on each hand. ***"I love and accept myself completely and I know that all is well"***



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### For Relaxation, nourishment and to soothe cravings



- a) Breathe slowly, and place three fingertips at your temples, on both sides of your head.
- b) Smooth both sets of fingers along the temporal points from the temple to the occipital bone as you inhale and exhale slowly and deeply.

c) This sedates the triple warmer meridian.