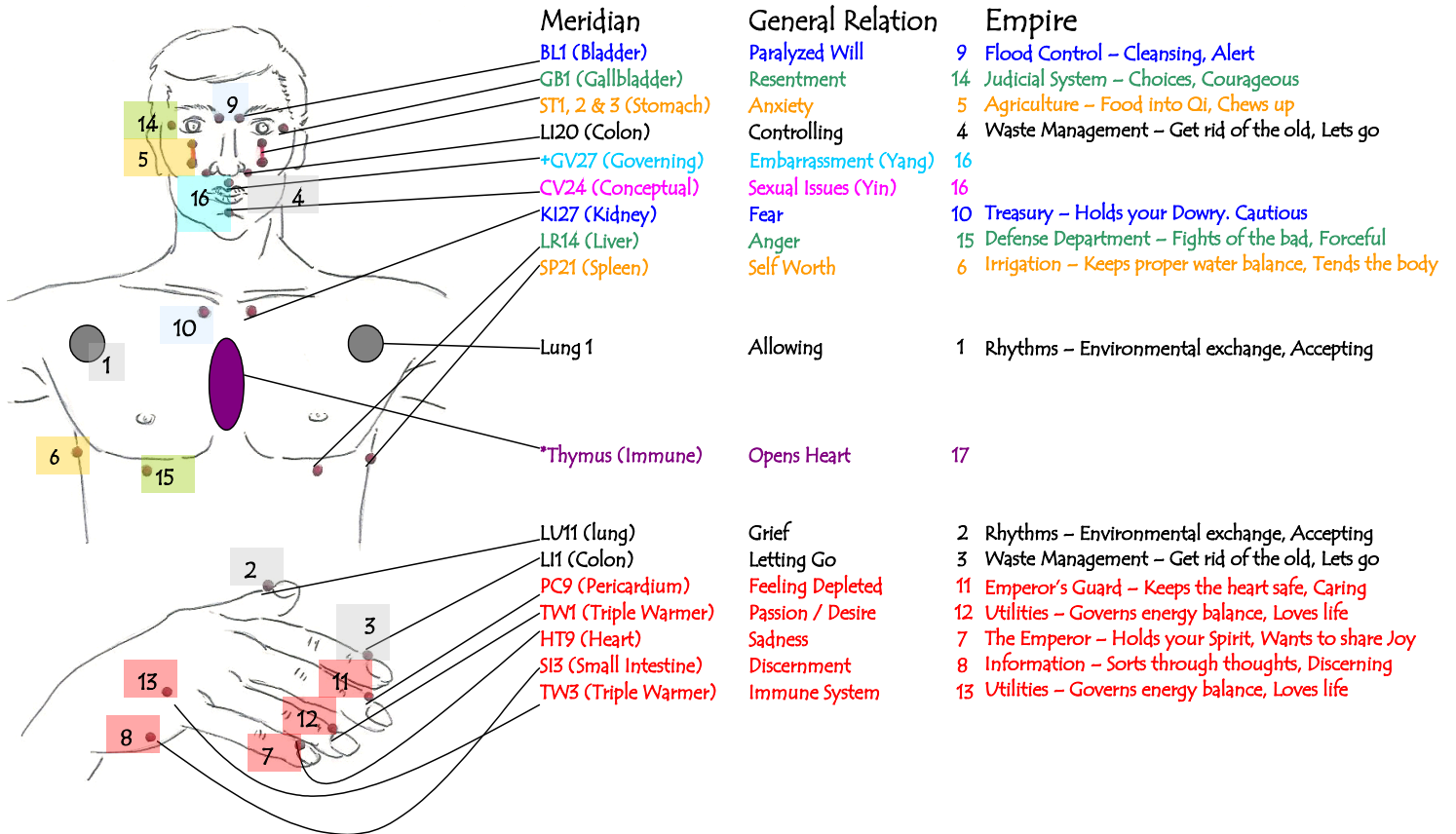


# M.e.A.N. Tapping Points

- |                   |                 |                  |
|-------------------|-----------------|------------------|
| 1. Sore spot      | Lung            | Allowing         |
| 2. Thumb          | Lung            | Grief            |
| 3. Index Finger   | Colon           | Letting Go       |
| 4. Side Nose      | Colon           | Controlling      |
| 5. Under Eye      | Stomach         | Anxiety          |
| 6. Under Arm      | Spleen          | Self-Worth       |
| 7. 5th Finger     | Heart           | Sadness          |
| 8. Side of Hand   | Small Intestine | Discernment      |
| 9. Eyebrow        | Bladder         | Paralyzed Will   |
| 10. Collar Bone   | Kidney          | Fear             |
| 11. Middle Finger | Pericardium     | Feeling Depleted |
| 12. 4th Finger    | Triple Warmer   | Passion/Desire   |
| 13. Top of Hand   | Triple Warmer   | Immune System    |
| 14. Side of Eye   | Gallbladder     | Resentment       |
| 15. Bottom of Rib | Liver           | Anger            |
| 16. GV27 Top Lip  | MicroCosmo      | Embarrassment    |
| CV24 Bottom Lip   | MicroCosmo      | Sexual Issues    |
| 17. Chest         | Thymus          | Opens Heart      |

This [VIDEO](#) will lead you through the points.



Jon Tomas Whatley

<https://bodyworkerguides.com/>

<https://www.healingheartcommunitycenter.com/>