

M.e.A.N. Tapping Points

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|-------------------|-----------------|------------------|
| 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.

