

EFT Point Descriptions and Switchphrases

By Kat Miller

Following is a list Basic EFT tapping points, associated energy meridians, emotions swallowed to each meridian and Switchphrases to help release those emotions.

Learn more about Switchwords: <http://www.aboutsw.ehdef.com>

Join Switchword discussions: <http://www.groups.yahoo.com/group/switchwordsgroup/>

Quick Reference to EFT: <http://www.ref.ehdef.com>

Point 1 (eyebrow) (EB): Bladder Meridian

Emotions swallowed: Paralyzed Will, Stuck, Inhibition, Trauma

Switchphrase: ACT-MOVE-OPEN-GO-PHASE-FORGIVE-RESTORE-REVERSE-BE.

Point 2 (side of eye) (SE): Gallbladder Meridian

Emotions swallowed: Resentment, Rage

Switchphrase: POSTPONE-CLEAR-ADJUST-LIGHT-FOR-CONCEDE-GIVE-LOVE.

Point 3 (under eye) (UE): Stomach Meridian

Emotions swallowed: Over Sympathetic, Security, Spite, Craving

Switchphrase: RESTORE-LIMIT-WOMB-FORGIVE-SAVE-MAGNANIMITY.

Point 4 (under nose) (UN): Governing Meridian

Emotions swallowed: Self-Worth, Self-Confidence, Embarrassment

Switchphrase: CONSIDER-CRYSTAL-HORSE-BE-DUCK.

Point 5 (chin) (Ch): Central Meridian/Conception Vessel

Emotions swallowed: Non-Thinking, Non-Expressed, Shame

Switchphrase: QUIET-CONSIDER-ACT-HOLD-PRAISE-DUCK.

Point 6 (collar bone) (CB): Kidney Meridian

Emotions swallowed: Fear, Repressed Emotions, Judgmental, Insecurity

Switchphrase: DEDICATE-BLUFF-FOR-FIFTY THREE-GUARD-OPEN-WOMB.

Point 7 (under arm) (UA): Spleen Meridian
Emotions swallowed: Self-Esteem, Self-Love, Fear of Future
Switchphrase: PERSONAL-CRYSTAL-HORSE-LIGHT-CRYSTAL-COVER-BE.

Point 8 (below nipple) (BN): Liver Meridian
Emotions swallowed: Anger, Regret, Unhappiness
Switchphrase: DEDICATE-CLEAR-DEDICATE-THANKS-DEDICATE-FORGIVE-ALIGN-WITH-LOVE.

Point 9 (thumb) (Th): Lung Meridian
Emotions swallowed: Grief, Acceptance, Intolerance, Arrogance
Switchphrase: CONSIDER-MAGNANIMITY-ADJUST-FORGIVE-TINY-LOVE-BOW.

Point 10 (index finger) (IF): Large Intestine Meridian
Emotions swallowed: Dogmatic, Withholding, Stubborn
Switchphrase: POSTPONE-FORGIVE-GIVE-BOW-HO-RESTORE-SHOW-SHUT.

Point 11 (middle finger) (MF): Circulation/Sex Meridian
Emotions swallowed: Guilt, Personal Power, Jealousy, Addictive Cravings
Switchphrase: THANKS-FIFTY-THREE-REJOICE-RESTORE-SAVE-ACT-PRAISE.

Point 12 (baby finger) (BF): Heart Meridian
Emotions swallowed: Joy, Compassion, Forgiveness
Switchphrase: OPEN-GIVE-FORGIVE-ATTENTION-ADJUST-JUDGE-LOVE.

Point 13 (karate chop) (KC): Small Intestine Meridian
Emotions swallowed: Lost, Vulnerable, Sadness, Reversals
Switchphrase: CLEAR-WOMB-BE-QUIET-GO-CONFESS-REVERSE-REACH-LOVE.

Point 14 (top of hand) (ToH): Triple Heater (Thyroid) Meridian
Emotions swallowed: Lack Of Discernment, Confusion, Instability, Loneliness
Switchphrase: POINT-CLIMB-JUDGE-HORSESHOE-JUDGE-CIRCULATE-CHLORINE.