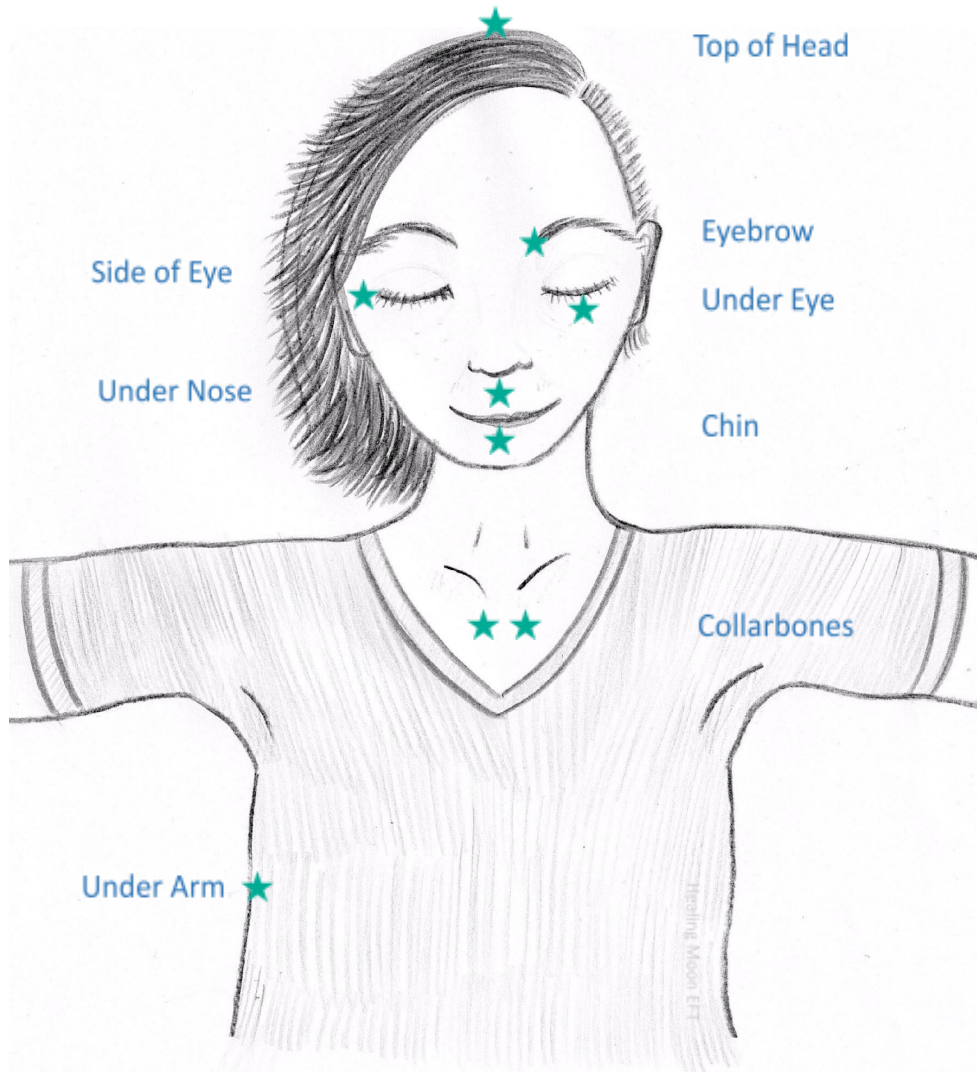


# Healing Moon Emotional Freedom Technique

Tapping points on the face and body



- Side of hand** Tap continuously on this point during the starting statement.
- Eyebrow** On the brow bone, usually where the hair of the eyebrow begins.
- Side of Eye** Outside of the eye on the bony ridge.
- Under Eye** Follow the bony ridge under your eye.
- Under Nose** In the centre space between your nose and your lip.
- Chin** In the centre crease above your chin.
- Collarbones** An inch under the centre of the collarbone.
- Under Arm** Four inches below your armpit on the side of the body.
- Top of Head** At the top of your head, on the crown: you tap all around this point.

