TAPPING POINTS: MERIDIANS & EMOTIONS

Based on the information in the book “Life Energy,” by Dr. John Diamond

BL-2) Impatience, Restlessness, Frustration/ Patience, Peace, Harmony, Serenity, Calm

ST-1) Disappointment, Disgust, Greed, Emptiness, Deprivation, Bitterness, Nausea, Hunger/ Contentment, Tranquility

GV-26) Psychological Reversal & Embarrassment/ Healthy Pride

CO-24) Psychological Reversal & Shame/ Worthiness

KI-27) Sexual Indecision, Fear of Intimacy/ Sexual Assuredness & Security

(Thymus) Fear/ Love & Life Energy

(Sore Spot) Psychological Reversal & Rejection/ Acceptance

(SI-3) Psychological Reversal, Sorrow, Sadness / Joy

TW-2) Depression, Heaviness, Despair, Grief, Hopelessness, Despondency, Loneliness, Solitude / Hope, Lightness, Buoyancy, Elation

HT-11) Anger / Love & Forgiveness

(GB-1) Violent Rage, Fury, Wrath/ Adoration, Reach out with Love & Forgiveness

(LI-1) Guilt, Self-Hatred, Low Self-Esteem / Self-Worth

(PC-9) Regret, Remorse, Jealousy, Sexual Tension, Stubborness / Renounce Past, Generosity, Relaxation

(LU-11) Judging others inferior to self, Intolerance, Prejudice / Humility, Tolerance, Modesty

(BL-1) sensation of coldness/ warmth

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Standard Meridian Abbreviations

BL  Bladder    LR  Liver
CO  Conception Vessel/ Central    LU  Lung
    (Circulation/Sex)    PC  Pericardium
GB  Gall Bladder    PC  Kidney
GV  Governing Vessel    SI  Small Intestine
HT  Heart    SP  Spleen/Pancreas
KI  Kidney    ST  Stomach
LI  Large Intestine    TW  Triple Warmer/Thyroid