

QHHT® PERTH HYPNOSIS
WITH ELENA

MERIDIAN TAPPING

A step-by-step guide for personal practice

What you'll find in this guide

- The set-up statement
- The 12 tapping points
- The Gamut sequence
- Repeating the tapping round
- A simple gratitude tapping routine

A gentle reminder: use a pace that feels comfortable for you. If focusing on an issue feels overwhelming, pause and return to something grounding.

Meridian Tapping

Basic instructions for Meridian Tapping. This guide follows the procedure and sequence provided in the source material.

1. Choose your set-up statement

Decide on a set-up statement using this format:

“Even though I ..., I deeply and completely accept myself.”

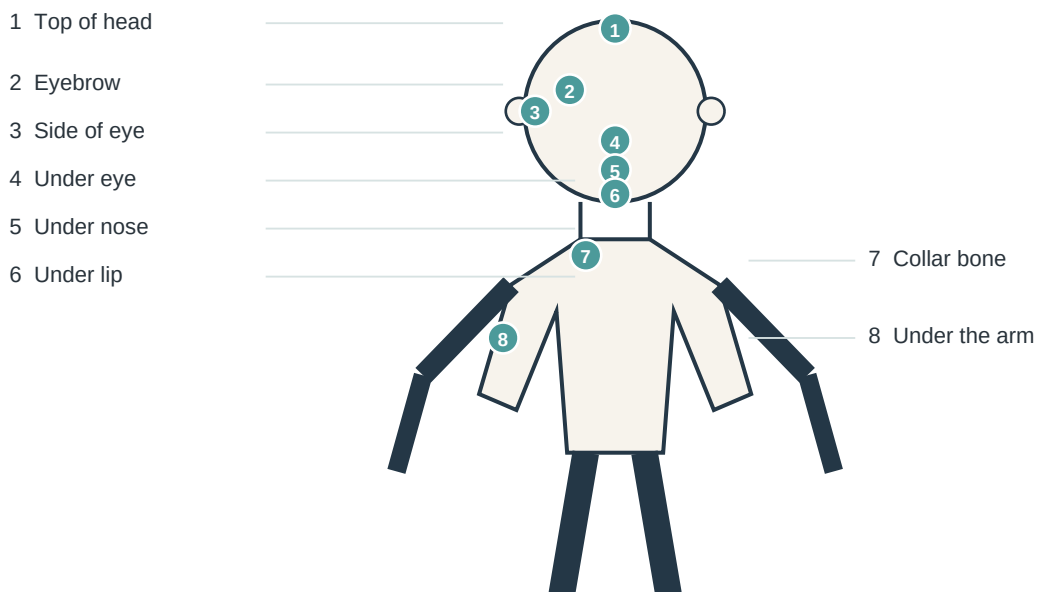
Word the statement according to the issue you would like to focus on. Examples:

- Even though I am still upset about what my mother-in-law said today.
- Even though I eat meals that are bigger than I need.
- Even though I am addicted to watching porn.
- Even though I feel uncomfortable in lifts.

Tap on the karate chop point as you say the set-up statement three times.

2. Tap through points 1–12

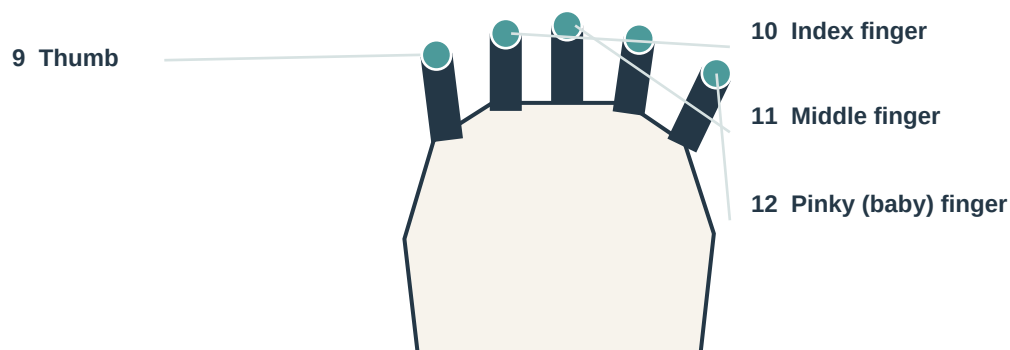
Repeat the shorter “reminder phrase” as you tap through the points. Examples from the statements above include “mother-in-law”, “bigger meals”, “watching porn” or “uncomfortable in lifts”.



Points 9–12 are on the fingers (see hand guide on next page).

The 12 tapping points

Follow the sequence below, repeating your reminder phrase as you tap each point.



1. Top of the head	"Hundred meeting points"
2. Eyebrow	Bladder meridian
3. Side of the eye	Gall bladder meridian
4. Under the eye	Stomach
5. Under the nose	Governing meridian
6. Under the lip	Central meridian
7. Collar bone	Kidney meridian / adrenal gland function
8. Under the arm	Spleen meridian
9. Thumb	Lung
10. Index finger	Large intestine
11. Middle finger	Pericardium
12. Pinky (baby) finger	Heart

3. Tap on the Gamut point

Continue focusing on the issue and complete the following sequence of eye and other activities:

1. Close your eyes.
2. Open your eyes.
3. Keeping your head steady, look hard down to the right.
4. Keeping your head steady, look hard down to the left.
5. Roll your eyes in a circle clockwise.
6. Roll your eyes in a circle counter-clockwise.
7. Hum the first line of "Happy Birthday".
8. Count from 1 to 5.
9. Hum the first line of "Happy Birthday" again.

4. Repeat the tapping round

Repeat the tapping on points 1–12.

When you are comfortable with the tapping points 1–12, you do not need to concentrate so hard on what you are saying. Say whatever comes to mind.

Point descriptions from the source guide

Karate chop point – Small intestine meridian

The source guide associates this point with feeling stuck or frozen, difficulty letting go, resistance to change, sorrow, vulnerability, worry, obsession and compulsive behaviour. It describes the intended positive focus as moving forward, letting go of the old, working through grief and connecting with the present moment.

Top of the head

The source guide associates this point with inner criticism, lack of focus and repetitive thinking; its positive focus includes insight, intuition, focus, wisdom and clarity.

Point descriptions

The following descriptions preserve the associations presented in the source material. They are traditional descriptions from the guide, not established medical claims.

2. Eyebrow – Bladder meridian

Releases: trauma, hurt, sadness, restlessness, impatience, frustration and dread.

Allows: inner peace and emotional healing.

3. Side of the eye – Gall bladder meridian

Releases: rage, anger, resentment, fear of change and muddled thinking.

Allows: clarity, compassion and understanding.

4. Under the eye – Stomach

Releases: fear, anxiety, worry, emptiness, nervousness and disappointment.

Allows: contentment, calmness and feeling safe — “All is well”.

5. Under the nose – Governing meridian

Releases: embarrassment, powerlessness, shame, guilt, grief, fear of ridicule, fear of failure and psychological reversals.

Allows: self-acceptance, self-empowerment and compassion for self and others.

6. Under the lip – Central meridian

Releases: confusion, uncertainty, shame, embarrassment and second-guessing decisions.

Allows: clarity, certainty, confidence and self-acceptance.

7. Collar bone – Kidney meridian / adrenal gland function

Releases: psychological reversal, feeling stuck, indecision, worry and general stress.

Allows: ease in moving forward, confidence and clarity.

8. Under the arm – Spleen meridian

Releases: guilt, worry, obsessing, hopelessness, insecurity and poor self-esteem.

Allows: clarity, confidence, relaxation and compassion for self and others.

Finger points and Gamut point

9. Thumb – Lung: releases grief, regret and depression.

10. Index finger – Large intestine: releases holding on to past hurts, stubbornness and indifference.

11. Middle finger – Pericardium: releases sadness, jealousy and gloominess.

12. Pinky finger – Heart: releases hysteria and shock; the source guide also lists forgiveness and excessive joy.

Gamut point – Triple warmer meridian: the source guide associates it with depression, despair, grief and hopelessness.

Meridian tapping – Gratitude

Tap through the body points while saying anything that comes to mind with gratitude.

1. Eyebrow
2. Side of the eye
3. Under the eye
4. Under the nose
5. Under the lip
6. Collar bone
7. Under the arm
8. Finish on the top of the head and say: "I deeply and completely love and accept myself."

Examples of gratitude statements

Use whichever statements feel meaningful to you, or say your own words:

- I am grateful I woke up today.
- I am grateful for my family and friends.
- I am grateful for my health.
- I am grateful for those who support me.
- I am grateful for my home.
- I am grateful for my courage.
- I am grateful for sleep, joy and each breath I take.

A gentle note

This handout is for general educational purposes and does not replace medical or mental health assessment or treatment. If the exercise brings up intense distress, stop, ground yourself and seek support from an appropriately qualified professional.

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