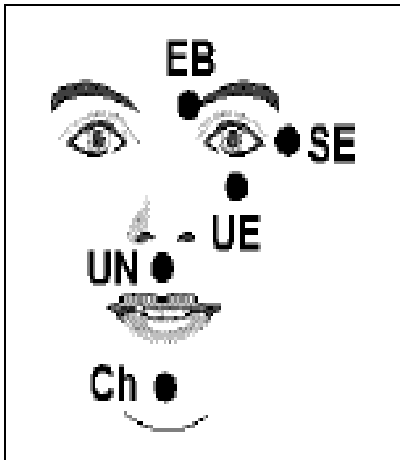


The points: Each energy meridian has two end points. For the purposes of The Basic Recipe, you need only tap on one end to balance out any disruptions that may exist in it. These end points are near the surface of the body and are thus more readily accessed than other points along the meridians that may be more deeply buried. What follows are instructions on how to locate the end points of those meridians that are important to “The Basic Recipe”. Taken together....and done in the order presented....they form The Sequence.



**At the beginning of the eyebrow, just above and to one side of the nose.

This point is abbreviated **EB** for beginning of the **E**ye **B**row.

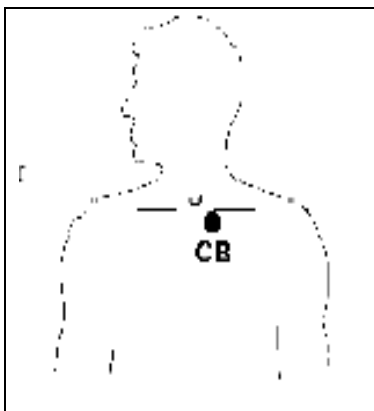
On the bone bordering the outside corner of the eye. This point is abbreviated **SE for **S**ide of the **E**ye.

On the bone under an eye about 1 inch below your pupil. This point is abbreviated **UE for

Under the **E**ye.

On the small area between the bottom of your nose and the top of your upper lip. This point is abbreviated **UN for **U**nder the **N**ose.

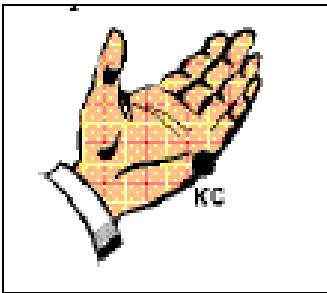
Midway between the point of your chin and the bottom of your lower lip. Even though it is not directly on the point of the chin, we call it the chin point because it is descriptive enough for people to understand easily. This point is abbreviated **Ch for **Ch**in.



The junction where the sternum (breastbone), collarbone and the first rib meet. To locate it, first place your forefinger on the U-shaped notch at the top of the breastbone (about where a man would knot his tie). From the bottom of the U, move your forefinger down toward the navel 1 inch and then go to the left (or right) 1 inch. This point is abbreviated **CB for **C**ollar **B**one



On the side of the body at a point even with the nipple (for men) or in the middle of the bra strap (for women). It is about 4 inches below the armpit. This point is abbreviated **UA for **Under the Arm**.



The last point is the karate chop point....which has been previously described under the section on The Setup. It is located in the middle of the fleshy part on the outside of the hand between the top of the wrist bone and the base of the baby finger. It is abbreviated **KC for **Karate Chop**.