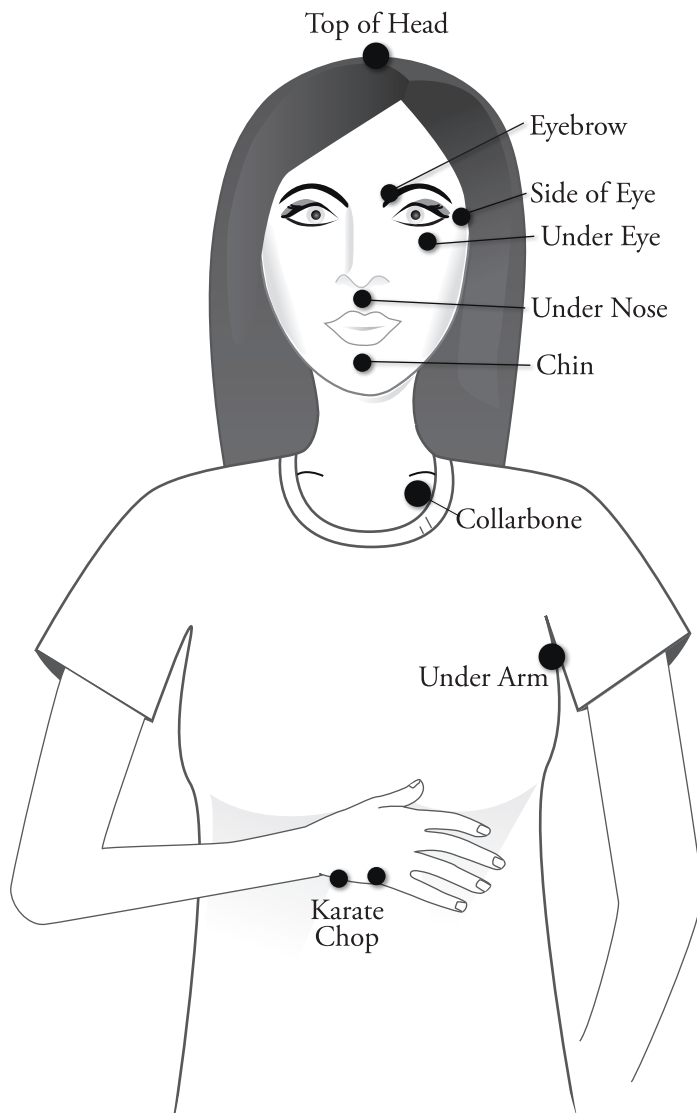


Tapping Points

Basic Instructions:

Using 2 fingers of either hand, tap 7-8 times on each point. There are mirror image of points on both sides of the face and body, all can be used interchangeable or you can tap with two hands on both sets of points at once.

This is a forgiving process, DON'T WORRY...you can't do it wrong!



Optional Fingertip Points
Great for discreet tapping!

