



CHUNG INSTITUTE
OF INTEGRATIVE MEDICINE

Mental Field Therapy

Technique: This is a very important step in obtaining a healing response.

Each fingertip has two acupuncture points that need to be stimulated. Each acupuncture point stimulates an acupuncture meridian. Thus by doing this correctly you are stimulating **10** meridians. The best way to do this is to ***line up all five fingers in one line***. If done correctly you will be stimulating 100% of the hypothalamus and thalamus of the brain. The tapping is most often done horizontally or vertically on the body.

Rhythm: This is probably the most important step. Most often done in a Waltz type rhythm 1-2-3; 1-2-3; 1-2-3. This is a very calming rhythm that the body enjoys. It is very important NOT to pause in between sets, to do it slowly. If you time yourself with a clock, the 9 taps should be done in about 5-7 seconds and no faster.

Number of taps: 3 taps of 3 (**9 taps**) is sufficient per point.

Strength of the taps: Should be done with a moderate to strong tap. If your eyes are closed, you want to hear a nice sound like you are playing on the drums with all taps. Tap with loose wrists.

******Note: Most people tap too fast and too soft to be of any benefit******

1. **Sagittal suture:** The midline of the top of the skull. Best practiced in front of the mirror, the most common mistake is to be off centered.
2. **The Bony Orbit:** this is one of the only times when your fingers are not in a straight line. It should curve around the eye, each finger tapping the ridge of bone. The bladder meridian is very important, as it has all the stimulation points to all of the inner organs.

3. **Temple:** Feel the bony ridge, the zygomatic bone, the zygoma, the horizontal line from the angle of the eye to the ear. The tapping is on top of the bone, going down at a 45 degree angle (not straight in).
4. **The Superior Nuchal Line:** This is the hardest one to master, but possibly the most important of all points. This is the line slightly below the tops of your ears. There is a horizontal dent in the bone. The best way is to use all five fingers again, in a horizontal line. If it is too difficult, you may use the side of the hand. If done correctly, it has been scientifically proven to enhance the blood flow to certain very important areas of the brain.
5. **The Stomach Meridian:** This should be done vertically on the face, right below the pupil of the eye.
6. **Governor Vessel 26:** This is in the middle, under the nose (the frenulum). This point is very important in acupuncture as it is the point that we stimulate when someone is losing consciousness, or has already lost consciousness. One of the pinkies should be tapping this point directly. This should be done firmly since this is the point “where consciousness returns”. Again, the tapping should be done with all five fingers, horizontally, because it is also very important to stimulate the teeth. There is an organ representation area for every organ system along the teeth.
7. **The Lower Jaw:** Choose a little finger that hits the middle and tap with all fingers horizontally. Just as in the upper jaw, there is an organ representation along the teeth.
8. **Spleen 21:** Another very important point to maintain energy in the body. If you take your hand under the axilla (arm pit) it's the point that is just below that. You have to tap as high as you can. This is to be done with your thumb lying flush to the index finger. By doing this, you are stimulating your spleen, lung and large intestine meridians. These are important to calm the person from anger, and to energize the body as well.
9. **Kidney 27:** This is found where the collar bone connects to the breast bone (sternum), where there is an indentation. Tap vertically with all 5 fingers.

Remember:

1. Technique is very important!
2. Rhythm is very important!
3. 9 taps on each point
4. Order:
 - a. Sagittal suture
 - b. Bony orbit

- c. Temple
- d. Superior Nuchal line
- e. Stomach Meridian
- f. Under nose
- g. Below lips
- h. Spleen 21
- i. Kidney 27

The tapping points and their abbreviations are explained below, followed by a chart of the points. They are presented below in the exact order in which they should be tapped.



1. Top of the Head (TH)

With fingers back-to-back down the center of the skull



2. Eyebrow (EB)

Just above and to one side of the nose, at the beginning of the eyebrow.



3. Side of the Eye (SE)

On the bone bordering the outside corner of the eye.



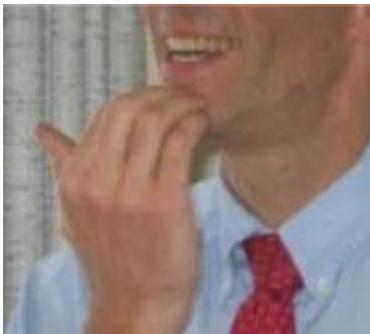
4. Under the Eye (UE)

On the bone under the eye about 1 inch below your pupil.



5. Under the Nose (UN)

On the small area between the bottom of your nose and the top of your upper lip.



6. Chin (Ch)

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.



7. Collar Bone

The junction where the sternum (breastbone), collarbone and the first rib meet. This is a very important point and in acupuncture is referred to as K (kidney) 27. 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 referred to as Collar Bone even though it is not on the collarbone (or clavicle) per se.



8. Under the Arm (UA)

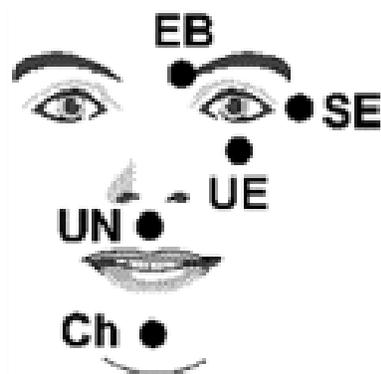
On the side of the body, at a point even with the nipple (for men) or in the middle of the bra strap (for women). It is about 4 inches below the armpit.



9. Wrists (WR)

The last point is the inside of both wrists.

The abbreviations for these points are summarized below in the same order as given above. It is, again, the order in which they should be tapped:



TH = Top of the Head
EB = Eye Brow
SE = Side of the Eye
UE = Under the Eye
UN = Under the Nose
Ch = Chin
CB = Collar Bone
UA = Under the Arm
WR = Wrists

Now that you understand how to actually perform the mechanical tapping and where you need to tap, you will next need to know what to say while you are tapping.

The traditional EFT phrase uses the following setup:

**"Even though I have this problem with _____,
I deeply and completely accept myself."**

You can also substitute this as the second part of the phrase:

"I deeply and completely love and accept myself."

The blank above is filled in with a brief description of the addiction, food craving, negative emotion or other problem you want to address.