

LOCATION OF COMMONLY USED ACUPOINTS FOR ENERGY PSYCHOTHERAPIES

LOCATION NAME	ACUPOINT	DESCRIPTION OF ACUPOINTS ¹ (One cun = width of the thumb, about an inch)
Eye Brow	BLADDER-2	Medial extremity of the eyebrow, or on the supraorbital notch.
Side of Eye	GALL BLADDER-1	0.5 cun lateral to the lateral eye canthus, in the depression on the lateral side of the orbit.
Under Eye	STOMACH-1	On the infraorbital ridge directly below the center of the pupil, with the eye looking straight ahead.
Under Nose	GOVERNING VESSEL-26	Between nose and upper lip, a little above the midpoint of the philtrum.
Under Lip (Chin²)	CENTRAL VESSEL-24	Depression in the center of the mentolabial groove. Depression between lower lip and chin
Collar Bone	KIDNEY-27	In the depression on the lower border of the clavicle, 2 cun lateral to the CV (Ren) Meridian.
Under Arm	SPLEEN-21	On the mid-axillary line, 6 cun below the axilla at the free end of the 11 th rib.
Under Breast (Below Nipple)	LIVER-14	Directly below the nipple, in the sixth intercostal space.
Inside of Knee	LIVER-8	With flexed knee, the depression at the posterior medial epicondyle of the femur, on anterior insertion of the vastus medialis and the sartorius
Thumb	LUNG-11	Radial (thumb side of hand) side of thumb, about 0.1 cun posterior to the nail.
Index Finger	LARGE INTESTINE-1	Radial (thumb) side of the index finger, about 0.1 cun posterior to the nail.
Middle Finger	PERICARDIUM (CIRC-SEX)-9	Radial (thumb) side or center of the tip of the middle finger.
Little Finger (Baby Finger)	HEART-9	On the radial (thumb) side of the little finger, about 0.1 cun posterior to the corner of the nail.
Side of Hand (Karate Chop Point)	SMALL INTESTINE-3	Ulnar (little finger side) edge of hand at crease from palm when loose fist is made.
Back of Hand (Gamut Point)	TRI-HEATER (TRIPPLE WARMER, THYROID)-3	Dorsum (back) of hand between the 4 th and 5 th metacarpal bones, in the depression proximal to the metacarpophalangeal (hand-finger) joint, about an inch medial (toward the body) from the web of the hand.

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¹ Acupoint descriptions come mainly from Xinnong, C. (Ed.). (1987). Chinese acupuncture and moxibustion. Beijing, China: Foreign Languages Press.

² Terms in parentheses are those used in Emotional Freedom Techniques.