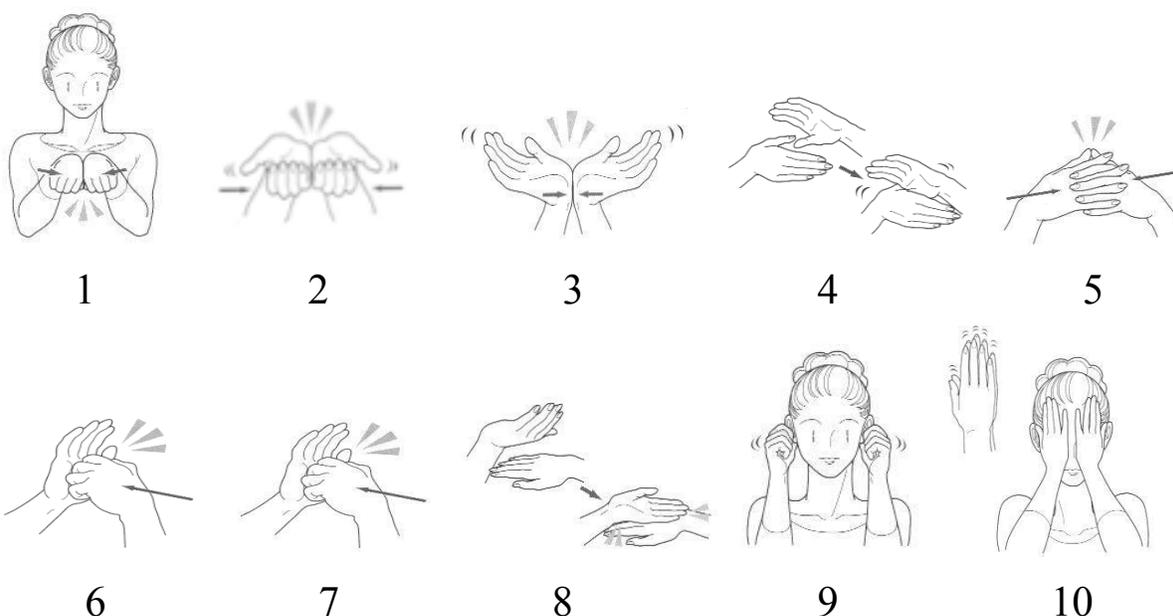


## Hand-Tapping (Set of 10 Movements)-Do each 36 times



### 1st Tapping

Hands stretched out, elbows slightly bent, palms down, thumbs indented, and tap your hands in parallel with each other. **Explanation:** this tapping targets the Large Intestine Meridian; the main acupoint is Hegu. **Purpose:** to help with problems in the face, such as blurred vision, rhinitis, oral pain, headaches, and to prevent colds.

### 2nd Tapping

Hands stretched forward, elbows slightly bent, palms up, and tap each other.

**Explanation:** this tapping targets the Small Intestine Meridian; the main acupoint is Houxi. **Purpose:** to help with head and neck pain, relax neck muscles, and to prevent bone spurs and bone degeneration.

### 3rd Tapping

Both palms facing up in opposite directions, and the wrists tap each other. **Explanation:** this tapping targets the Heart and Pericardium Meridians; the main point is the Daling.

**Purpose:** to help with chest tightness, relieve tension, and to prevent heart diseases.

### 4th Tapping

With both palms facing down, the index finger and the thumb expand into ninety degrees, and the left and right hands cross each other and tap.

### 5th Tapping

Both palms open, the fingers are stretched out, and they interlock with each other.

**Explanation:** the fourth and fifth tapplings target the Eight Evil points. **Purpose:** to help

with peripheral circulation, such as hand and foot numbness. It also has the effect of clearing away heat and detoxifying the body, alleviating headaches and sore throats.

### **6th Tapping**

The left hand forms a fist while the right palm is straight. The left fist hits the right palm.

### **7th Tapping**

The right hand forms a fist while the left palm is straight. The right fist hits the left palm.

**Explanation:** the sixth and seventh tapplings target the Heart and Pericardium Meridians; the main acupoint is the Laogong. **Purpose:** to eliminate fatigue and refresh the mind and body.

### **8th Tapping**

The palm of the right hand is up, the palm of the left hand is down, and the backs of each hand tap each other. **Explanation:** this tapping targets the Triple Warmer Meridian; the main acupoint is the Yangchi. **Purpose:** to help adjust the function of the internal organs, and to help prevent diabetes.

### **9th Tapping**

Use the thumb and index finger to massage the surface of each ear, and then pull on the left and right earlobe. **Explanation:** There are many acupuncture points in the ear. **Purpose:** to improve the circulation of the body. Massaging the earlobe pays particular attention to eyes, face and brain.

### **10th Tapping**

Rub your palms together until warm, lightly cover your eyes with both palms. Rotate your eyeballs clockwise and counterclockwise, six times each. Repeat this process six times. **Explanation:** uses Qi or energy from your palms to adjust the eye's circulation. **Purpose:** to prevent myopia, presbyopia and blurred vision.

*All body parts tapped during the Ten-Hand Tapping Set are important acupuncture points. At this moment, your palm is hot, your blood circulation is smoother, and your whole body is very comfortable. Now use the palms to gently bathe your face, without touching your skin. Then touch any part of the body that has issues to continue healing the body.*

*This exercise is especially helpful for people before conferences, meetings, classes, and even when watching TV commercials. It takes only **two and a half minutes** to revitalize your spirit and make good use of the time.*

*Any healthy exercise must be sustained to be effective. I hope that this simple exercise can be helpful for everybody.*