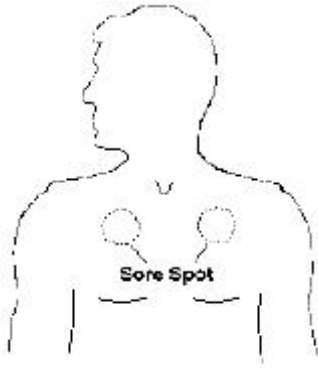




EFT Tapping Sequence



Assign a number to your feelings, based on an intensity scale of zero to ten, (10 being the highest.)

Locate the sore spot, and rub it in a circular motion whilst doing the setup phrase. If you cannot find the sore spot, repeatedly tap on the Karate chop point whilst saying aloud your setup:

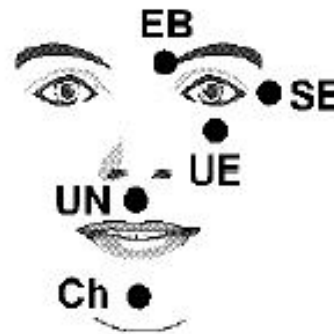
“Even though I (state your issue) I deeply and completely accept myself”
Say this 3 times with emphasis and gusto!!!

Choose a short reminder phrase... i.e. My problem XXX

Begin the tapping sequence, tap several times on each point whilst repeating a smaller reminder phrase once per point.

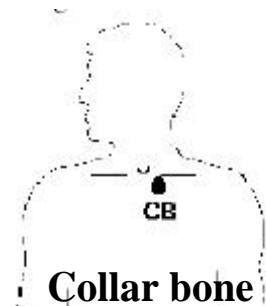
Begin with the inner edge of the eyebrow, followed by:

- Side of eye
- Under the eye
- Under the nose
- Chin point..... Just below bottom lip

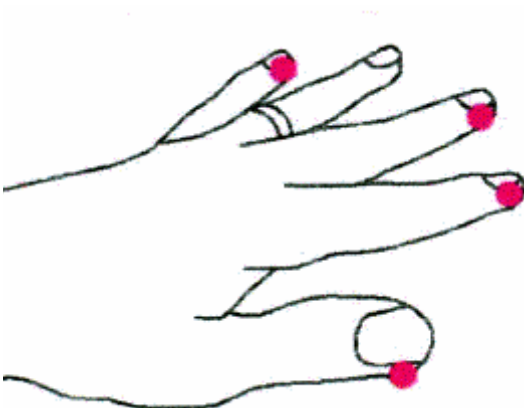


- Collar bone point
- Under the arm

Check level of intensity If still remaining continue onto the hand sequence If intensity is almost zero, try doing the “Mopping up Gamut tapping procedure”.

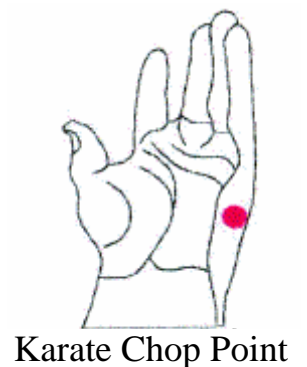


Hand sequence:



Continue tapping as before with the reminder phrase

- Beginning with:
- Nail bed on edge of thumb, followed by
 - Nail bed on index finger
 - Nail bed on middle finger
 - Nail bed on little finger
 - Karate chop point.

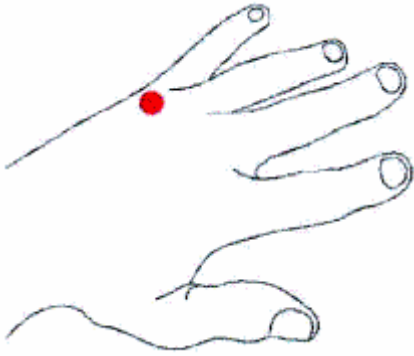


If for some reason, the above full sequence doesn't alter the condition too much go on to apply the 9 Gamut procedure, and then repeat the above full sequence ending with the karate chop point as above.



Nine Gamut Sequence

The Nine Gamut procedure: This engages the whole brain whilst tapping on the Gamut spot, it may seem a strange procedure..... But it works!



Locate the Gamut spot, this is on the back of the hand, between the knuckles of the ring finger and the little finger ... Aprox 1- 1.5 cm from the web of skin connecting the two fingers.

Begin continuously tapping on the Gamut spot whilst:

- 1) keeping the head looking straight ahead, move your eyes hard down to the right
- 2) keeping the head looking straight ahead, move your eyes hard down to the left
- 3) Close your eyes
- 4) Open your eyes
- 5) Without moving your head, roll your eyes right around as if you were looking at the numbers on a giant clock face... Do this in a clockwise rotation
- 6) Without moving your head, roll your eyes right around as if you were looking at the numbers on a giant clock face... Do this in a anti-clockwise rotation
- 7) Hum aloud the first line of "Happy Birthday" (or some other tune of your choice)
- 8) Count from one to five aloud
- 7) Once again, hum aloud the first line of the Happy Birthday tune (or some other tune of your choice).

Having done the 9 Gamut sequence, check your intensity level and if necessary repeat the instructions on the previous page. This can be thought of as a sandwich:

Basic procedure / 9 Gamut / basic procedure

Mopping up Gamut procedure

Finally, if your intensity is almost near to zero, Try tapping the Gamut spot repeatedly, without moving your head from looking straight forward, look down with your eyes and slowly roll them upwards until you are looking up as high as you can. This should take several seconds, do not rush it.