**EFT™ TAPPING PROCEDURE (The Basic Recipe)**

### #1...The Setup

1) Repeat 3X

   *Even though I have this __________________________ (problem)*

   I deeply & completely accept myself.

2) While continuously rubbing the “Sore Spot” or tapping the “Karate Chop” point.

### #2...The Sequence

Tap about 5X on each point

### #3...The 9 Gamut

**The Sore Spot/Karate Chop Point**

**Gamut Point**

Perform 9 actions while tapping the GAMUT POINT continuously:

1) Eyes closed
2) Eyes open
3) Eyes hard down right (head steady)
4) Eyes hard down left (head steady)
5) Roll eyes in a circle
6) Roll eyes in opposite direction
7) Hum 5 seconds of song (Happy Birthday)
8) Count from 1 to 5
9) Hum 5 seconds of a song again.

### #4...Repeat (#2) The Sequence

NOTE: In subsequent rounds of tapping, change the setup language to “Even though I STILL have SOME OF this problem…” and use “REMAINING problem” as a reminder phrase.
EFT Tapping Points

Top of Head
Eyebrow
Side of Eye
Cheekbone
Under Nose
Chin

Collarbone

Under Arm
(4" Below Arm Pit)

Karate Chop

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