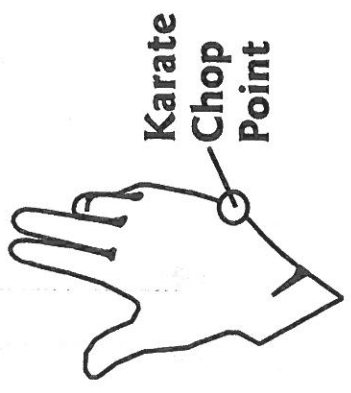
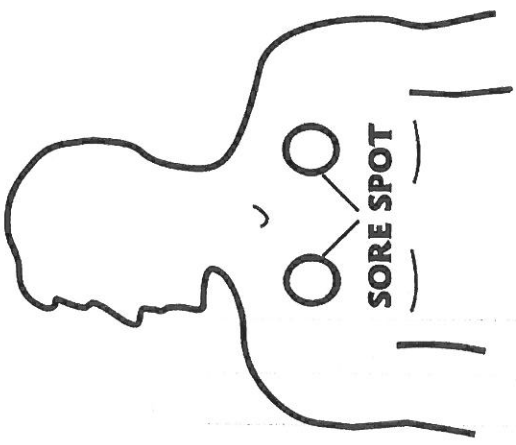


EFT™ TAPPING PROCEDURE (The Basic Recipe)

#1...The Setup

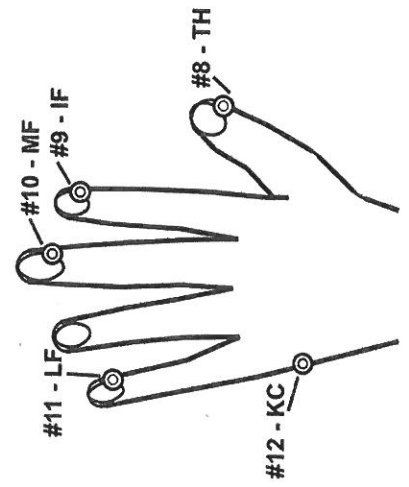
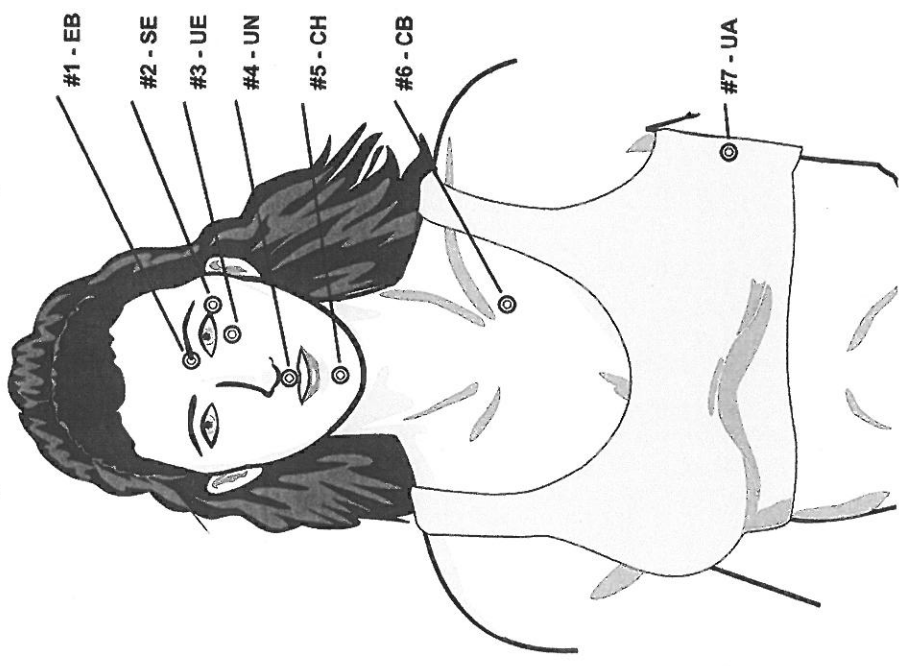
- 1) Repeat 3X
Even though I have this _____ (problem),
I deeply & completely accept myself.
- 2) While continuously rubbing the "Sore Spot" or tapping the "Karate Chop" point.

The Sore Spot/ Karate Chop Point

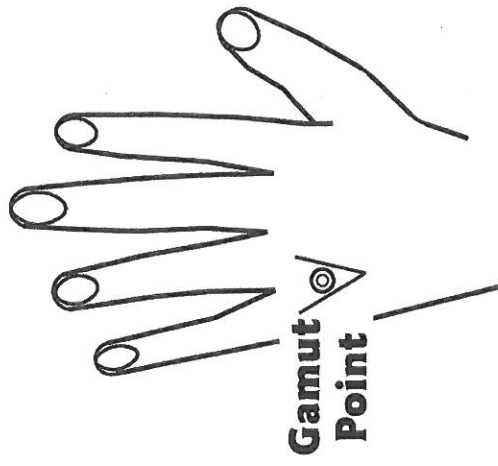


#2...The Sequence

Tap about 5X on each point



#3...The 9 Gamut

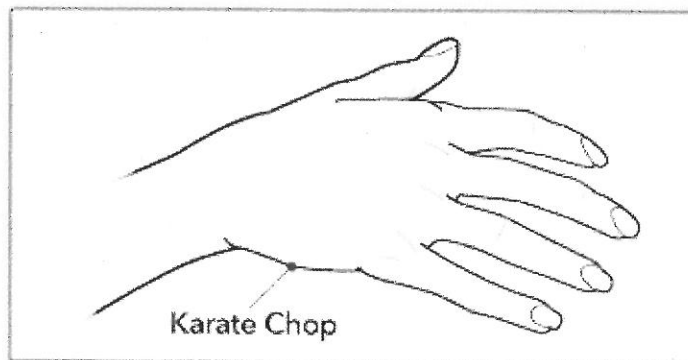
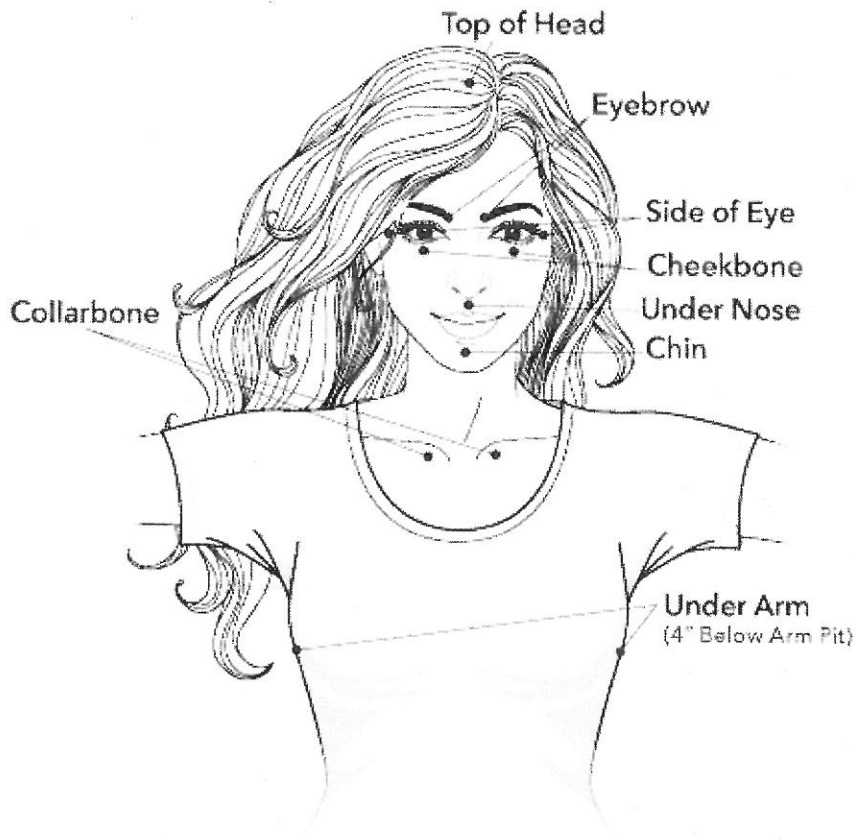


- Perform 9 actions while tapping the GAMUT POINT continuously:
- 1) Eyes closed
 - 2) Eyes open
 - 3) Eyes hard down right (head steady)
 - 4) Eyes hard down left (head steady)
 - 5) Roll eyes in a circle
 - 6) Roll eyes in opposite direction
 - 7) Hum 5 seconds of song (Happy Birthday)
 - 8) Count 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



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