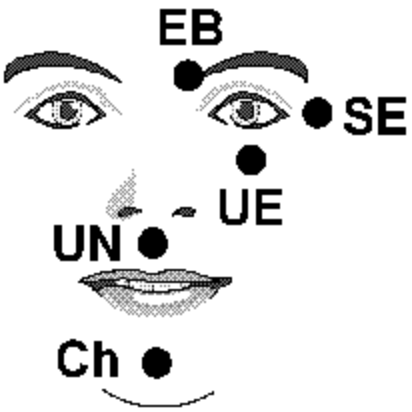
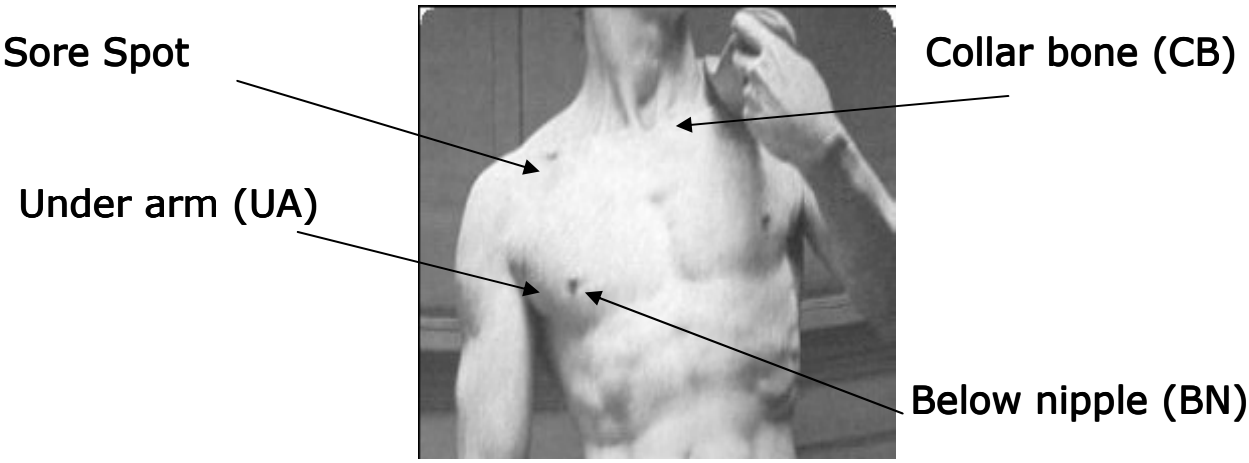
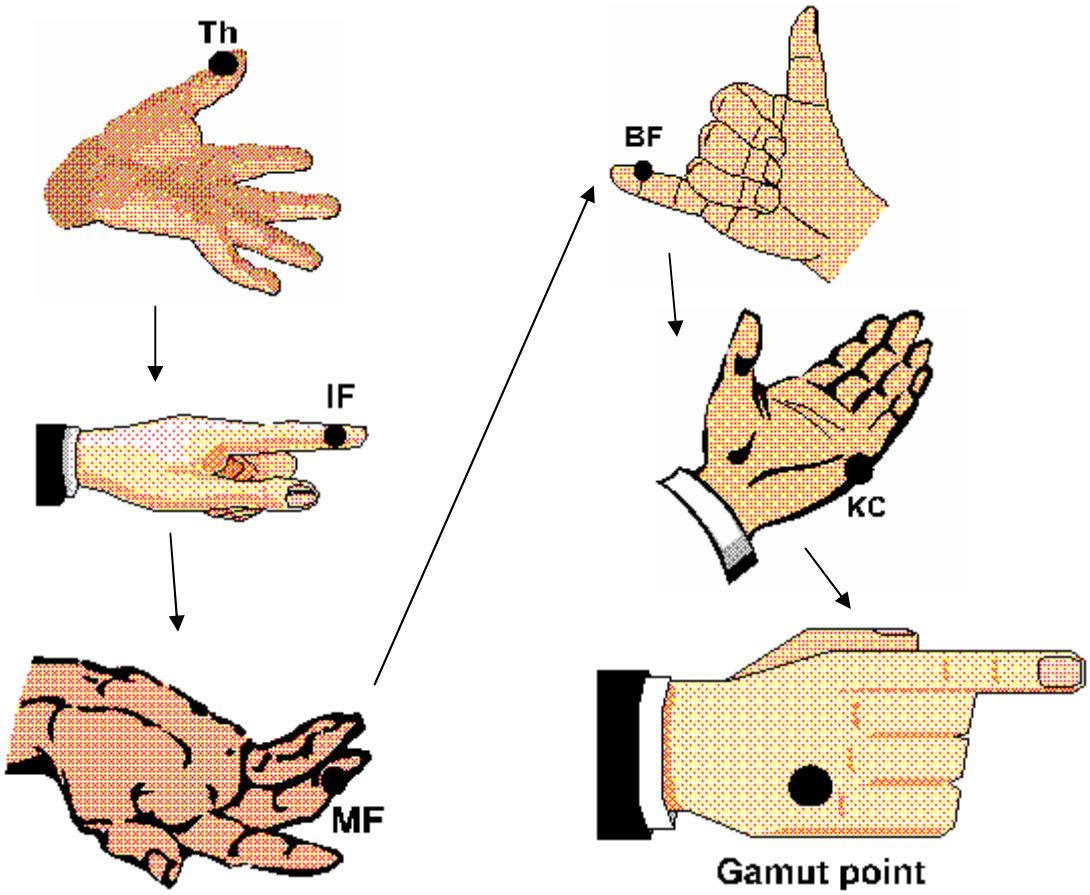
The Sequence



Tapping points can be on either side of the body. Tap about 7 times on each point whilst repeating the reminder phrase.





The abbreviations for these points are summarised below in the same order as given above.
EB = Beginning of the Eye Brow
SE = Side of the Eye
UE = Under the Eye
UN = Under the Nose
Ch = Chin
CB = Beginning of the Collar Bone
UA = Under the Arm
BN = Below the Nipple
Th = Thumb
IF = Index Finger
MF = Middle Finger
BF = Baby Finger
KC = Karate Chop

The Gamut

1. Eyes closed.
2. Eyes open.
3. Eyes hard down right while holding the head steady.
4. Eyes hard down left while holding the head steady.
5. Roll eyes in a circle as though your nose was at the centre of a clock and you were trying to see all the numbers in order.
6. Same as #5 only reverse the direction in which you roll your eyes.
7. Hum 2 seconds of a song (suggest Happy Birthday).
8. Count rapidly from 1 to 5.
9. Hum 2 seconds of a song again.

THE BASIC RECIPE

1. **The Setup**...Repeat 3 times this affirmation:

"Even though I have this _____ ,
I deeply and completely accept myself."

while continuously rubbing the Sore Spot or tapping the Karate Chop point.

2. **The Sequence**...Tap about 7 times on each of the following energy points while
repeating the Reminder Phrase at each point.
EB, SE, UE, UN, Ch, CB, UA, BN, Th, IF, MF, BF, KC

3. **The 9 Gamut Procedure**...Continuously tap on the Gamut point while performing
each of these 9 actions:
(1) Eyes closed (2) Eyes open (3) Eyes hard down right (4) Eyes hard down
left (5) Roll eyes in circle (6) Roll eyes in other direction (7) Hum 2 seconds
of a song (8) Count to 5 (9) Hum 2 seconds of a song.

4. **The Sequence** (again)...Tap about 7 times on each of the following energy points
while repeating the Reminder Phrase at each point.
EB, SE, UE, UN, Ch, CB, UA, BN, Th, IF, MF, BF, KC
Note: In subsequent rounds The Setup affirmation and the Reminder Phrase are
adjusted to reflect the fact that you are addressing the *remaining* problem.

EFT IN A NUTSHELL
Memorize The Basic Recipe. Aim it at any emotional or physical problem by customising it with an appropriate Setup affirmation and Reminder Phrase. Be specific where possible and aim EFT at the specific emotional events in one's life that may underlie the problem. Where necessary, be persistent until all aspects of the problem have vanished. Try it on everything!!

Describe your statement as you would describe it to a friend. “I feel like …”

Some suggestions for the set up statement

**Even though I have this ……., I deeply and completely accept myself.

**Even though I have this ……...I deeply and completely accept myself.