

EFT™ TAPPING PROCEDURE (The Basic Recipe)

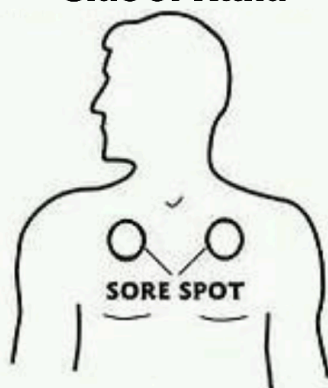
#1...The Setup

1) Repeat 3X

Even though I have this
(problem)
I deeply & completely accept myself.

2) While continuously
rubbing the "Sore Spot" or
tapping the "Side of Hand" point.

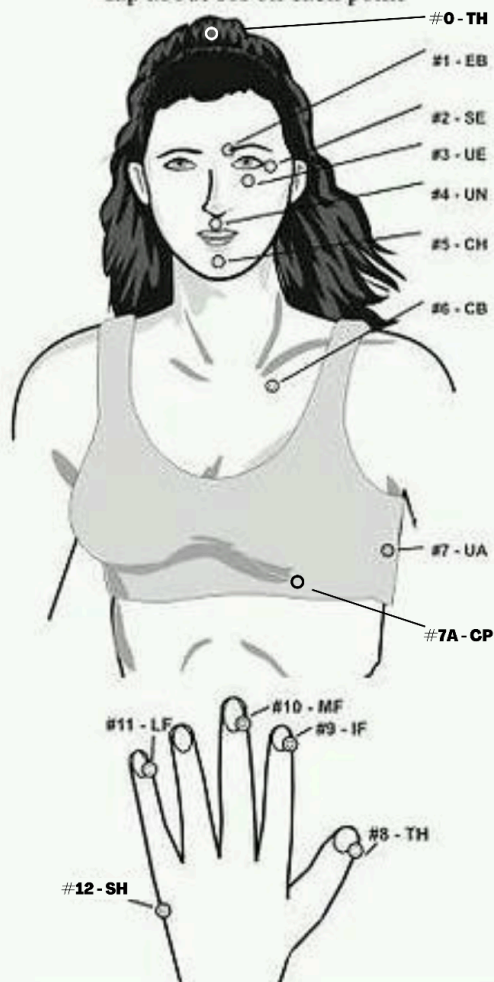
The Sore Spot/ Side of Hand



**Side
of Hand**

#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.

[Image description:

Diagram of the EFT tapping points.

Text:

“#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 ‘Side of Hand’ point.

Sore Spot/Side of Hand”

Below is an outline of a person showing the Sore Spot point, just above the heart, and the corresponding point on the right side of the chest (usually just the one on the left is rubbed in a circular motion).

There is also a diagram of the Side of Hand point, which is on the edge of the pinky side of the hand where the upper line of the palm stops.

“#2 The Sequence

Tap about 5x on each point”

Below is a drawing of a person with long black hair with the various points labeled

#0–TH–Top of Head–in the middle of the head at the top of the crown

#1–EB–Eyebrow–at the inner end of the eyebrow

#2–SE–Side of Eye–on the edge of the bone on the outside of the eye

#3–UE–Under Eye–directly below the pupil in the notch of the bone

#4–UN–Under Nose–in the middle of the upper lip

#5–CH–Chin–in the angle between the lower lip and the chin

#6–CB–Collar Bone–directly below the collarbone alongside the sternum

#7–UA–Under Arm–about 1.5 hand widths below armpit in the side of the chest

#7A–CP–Chest Point–under the breast/pectoral–you can also gently slap or rub the lower ribs if you do not want to rub this point–this point is left out of most standard tapping sequences

#8–TH–Thumb–at the base of the nail on the outer side of the thumb

#9–IF–Index Finger–at the base of the nail on the thumb side

#10–MF–Middle Finger–at the base of the nail on the thumb side

#11–LF–Little Finger–at the base of the nail on the thumb side

#12–SH–Side of Hand–on the little finger side of the hand where the upper crease on the palm side of the hand ends

“#3 The 9 Gamut”

There is a drawing of the Gamut Point, which is on the back of the hand between and below the fourth and fifth knuckle at the base of the fingers. The Gamut Point more or less makes an equidistant triangle with the two last knuckles.

“Perform 9 actions while tapping the Gamut Point continuously:

- 1) Eyes open
- 2) Eyes closed
- 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 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.”

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