

A Basic Recipe for EFT Tapping

The Setup—While tapping your Karate Chop (KC) points together, repeat this statement:

“Even though _____,
I deeply and completely accept myself.”

The Sequence—Using both hands, tap on each of the following energy points while repeating the Reminder Phrase at each point. (Reminder Phrase is the underlined portion from above.)

HR, CR, EB, SE, UE, UN, CH, CB, KC, HR

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 a few seconds of a favorite song
- (8) Count to 5
- (9) Hum a few seconds of a favorite song.

The Sequence (again)—Using both hands, tap on each of the following energy points while repeating the Reminder Phrase at each point.

HR, CR, EB, SE, UE, UN, CH, CB, KC, HR

NOTE: In subsequent rounds **The Setup** statement and the **Reminder Phrase** are adjusted to reflect the fact that you are addressing the remaining problem/issue. This can be easily done by simply adding the word ‘still’ into **The Setup** statement and the word ‘remaining’ to the front of the **Reminder Phrase**.

FYI: If you have limited mobility of your hands, arms, neck, or shoulders, modify **The Sequence** or only tap with one hand on those tapping points. Do what is the most comfortable for you.

