

## 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.

