EFT[™] Procedure – The Basic Recipe

First The Setup

Repeat 3 times while continuously rubbing the "sore spot" or tapping the "karate chop" point.

"Even though I have this (name the issue)____, I deeply and completely accept myself."

The Sore Spot **Karate Chop Point**

Sore Spot

Karate Chop **Point**

Eye Brow / Urinary Bladder Side of Eye / Gall Bladder -Under Eye / Stomach Under Nose / Governing Vessel Chin / Conception Vessel Collar Bone / Kidney Under Breast / Liver Under Arm / Spleen/Pancreas

Index Finger / Large Intestine

Thumb / Lungs

Second

The Tapping Sequence Tap about 5 to 7 times on each point

1) Eyes closed

2) Eyes open

Gamut Point triple warmer

- 3) Eyes look down right
- 4) Eyes look down left
- 5) Roll eyes in a big circle
- 6) Roll eyes in opposite direction

Perform these 9 actions while

continuously tapping the Gamut Point.

Third

The 9 Gamut Point

- 7) Hum 5 seconds of any song
- 8) Count aloud from 1 to 5
- 9) Hum again for 5 seconds

Fourth

Repeat the Tapping Sequence

Note: In subsequent rounds The Setup affirmation and the Reminder Phrase are adjusted to reflect the fact that you are addressing "the remaining issue".

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Karate Chop Point / Small Intestine

Middle Finger / Pericardium

Little Finger / Heart-

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EFT was developed by Gary Craig