

EFT On a Page

The Basic Recipe - Set a Level of Discomfort from 0-10 Before Starting

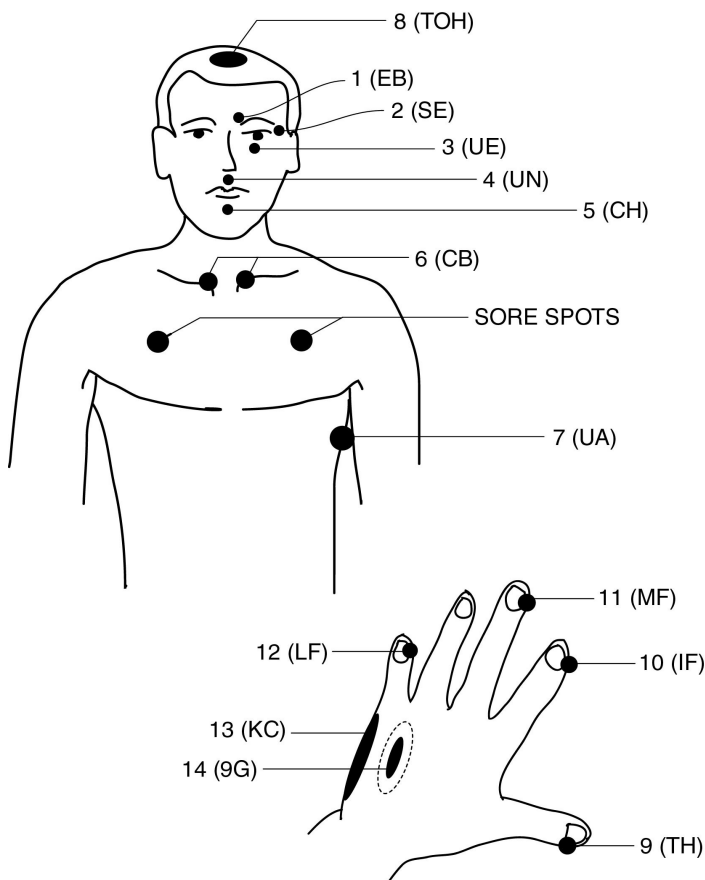
1. **The Setup** . . . While continuously tapping either the Karate Chop point on either hand (for specific issues) or rubbing one of the two Sore Spots (for intense and/or generalized issues), say “Even though I have this anger, frustration, fear, etc., I deeply and completely accept myself.” Repeat the statement 3 times.

2. **The Sequence** . . . Tap about 5-7 times with two fingers of your dominant on each of the following energy points found on the attached diagram while repeating the Reminder Phrase at each point.

1 2 3 4 5 6 7 8 9 10 11 12 13
EB SE UE UN CH CB UA TOH TH IF MF LF KC

3. **The 9 Gamut Procedure** . . . Continuously tap on the Gamut point (9G) (14) while performing each of these 9 actions (The 9 Gamut is not ordinarily used unless necessary):

(1) Eyes open (2) Eyes closed (3) Eyes hard down right (4) Eyes hard down left (5) Roll eyes in full circle clockwise (6) Roll eyes in circle in other direction (7) Count to 5 (8) Hum 2 seconds of a song (9) Count to 5. (Re-evaluate your discomfort level before continuing)



4. **The Sequence** (again) . . . Tap between 5-7 times using 2 fingers on each of the energy points while repeating the Reminder Phrase at each point.

Note: In subsequent rounds The Setup affirmation and the Reminder Phrase are adjusted to reflect that you are addressing “this remaining”... (problem) etc. (continue until at a zero).

Legend:

1 - EB= Eye Brow	8 - TOH= Top of Head
2 - SE= Side of Eye	9 - TH= Thumb
3 - UE= Under Eye	10 - IF=Index Finger
4 - UN= Under Nose	11 - MF=Middle Finger
5 - CH= Chin	12 - LF=Little Finger
6 - CB= Collar Bone	13 - KC=Karate Chop
7 - UA= Under Arm	

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