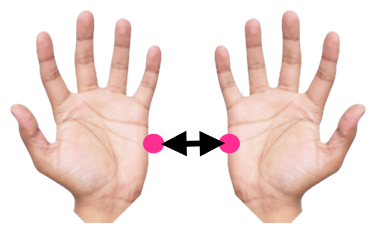


TAPPING CHART

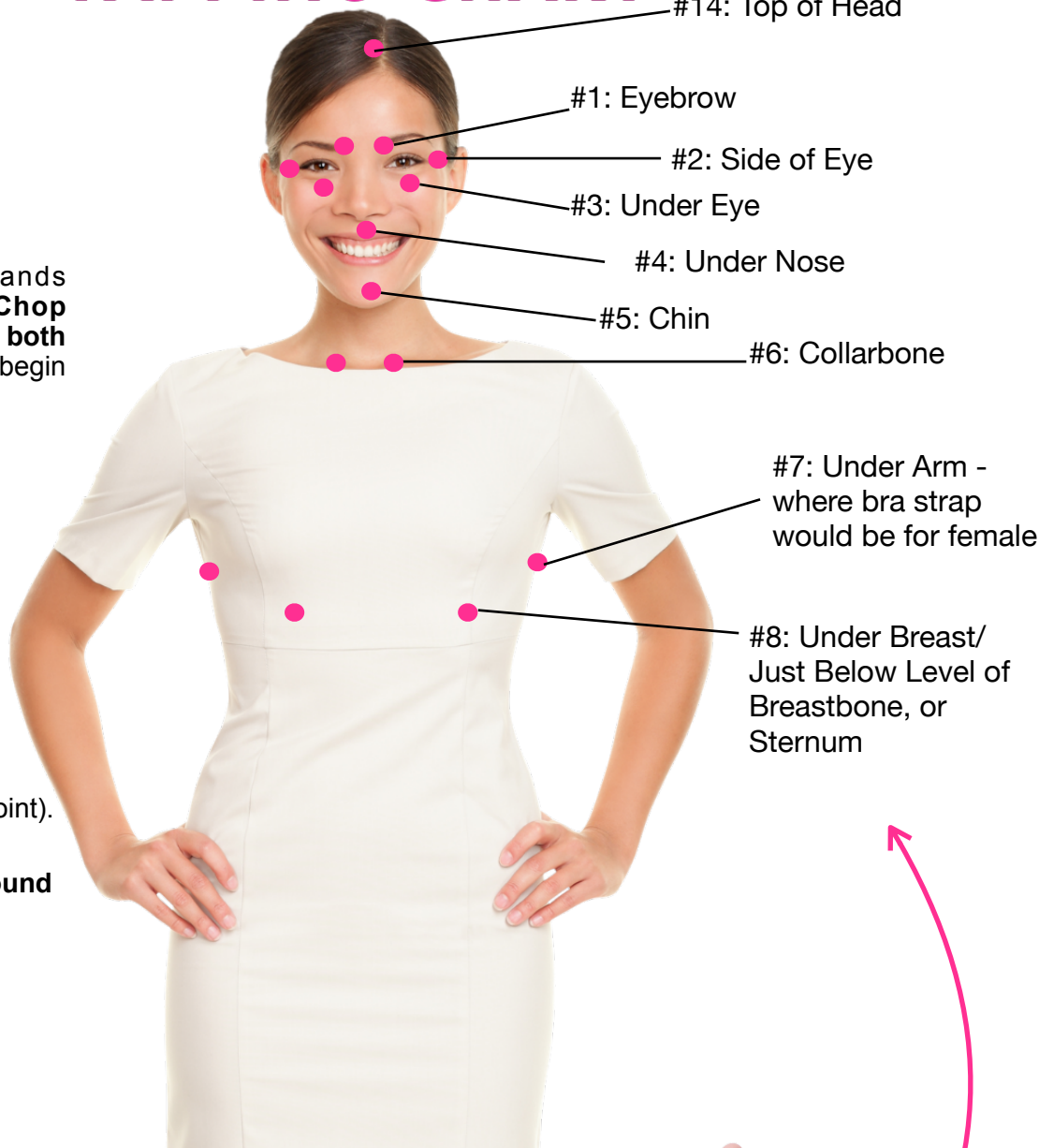
EFT Tapping Procedure
The Basic Recipe:

1. Start by tapping both hands together on the **Karate Chop Points, the fleshy parts on both sides of Outer hands**, then begin the Set Up Statement Phrase



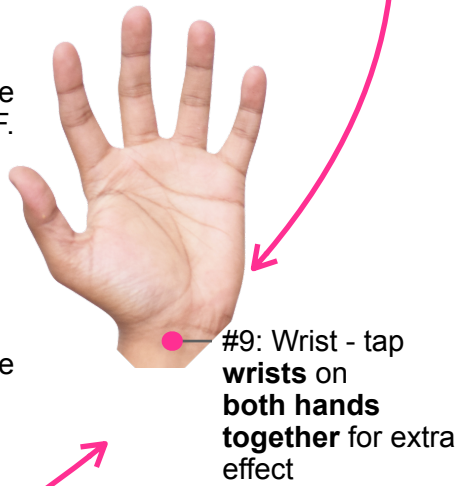
2. The Sequence
If both hands are free, tap on the numbered points on both sides of body, (~7X on each point).

Ending at Top of Head = 1 round



* **#14 Gamut Point**, a groove between the knuckles at the base of Ring Finger & LF. Tap the Gamut Point & keep head steady:

1. Close Eyes
2. **Open Eyes**
3. Eyes Down Hard Right
4. **Eyes Down Hard Left**
5. Look up & eye roll in a circle clockwise 360°
6. **Eye roll counterclockwise 360°**
7. Hum 2 seconds of a song
8. **Count from 1 to 5**
9. Hum 2 seconds of song again



#9: Wrist - tap **wrists on both hands together** for extra effect