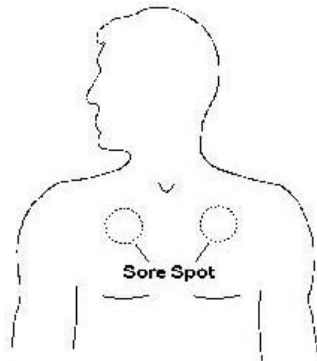
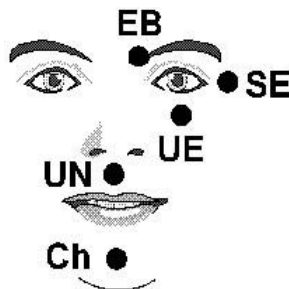


The Karate Chop Point -- use either right or left side (or alternate on subsequent rounds as you prefer.)

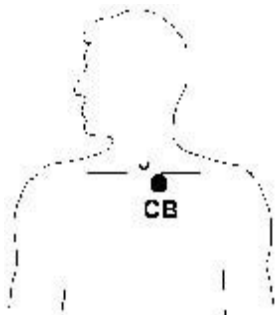


The Sore spot – use either right or left side.



EB is eyebrow point at beginning of inner eyebrow.
SE is bone at the side of the eye
UE is bone right under the middle of the eye
UN is the small area between the bottom of your nose and the top of your upper lip.
CH is midway between the point of your chin and the bottom of your lower lip.

On the EB, SE and UE points use either right or left side, or alternate as you prefer.



CB for **Collarbone** even though it is not on the collarbone (or clavicle) per se. It is at the beginning of the collarbone and we call it the collarbone point because that is a lot easier to say than "the junction where the sternum (breastbone), collarbone and the first rib meet."

8. Count rapidly from 1 to 5.
9. Hum 2 seconds of a song again.

Basic EFT tapping 'recipe' or procedure is as follows, after determining the SUDS level for the particular emotion or event (aspect) you're tapping on:

1st – tap the KC point –or- rub the sore spot, while repeating the affirmation 1 time. (Even though I have this issue or feeling, I deeply and completely accept myself or similar verbiage.)

2nd – complete 'round' of all of the tapping points, while repeating the reminder phrase. (TH is more of a 'bonus' area, do this as first or last point in the round.) For points where you can do either right or left side of the body, tapping one side or the other would be 1 'round'.

(Since one generally gets good results without using the 9 gamut procedure, it's not frequently used. But it is good to know since I use it occasionally.)

3rd – the 9 gamut procedure, followed by another complete 'round' while repeating the reminder phrase. (This step is not always used, as the SUDS level is frequently reduced enough to go back to the 1st step for the 'remaining issue'.)

Aspects Explained:

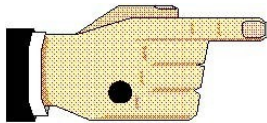
As an example- for fear of heights, different aspects may be fear of being on a tall ladder vs fear of being in a tall building looking out a window; or being in an open area (porch or stairs) of a tall building – all or any of those could be potentially different 'aspects' of the same issue (fear of heights) and may or may not need to be tapped on separately.

TH– top of head (on center or crown of your head.)



On the side of the body, at a point even with the nipple (for men) or in the middle of the bra strap (for women). It is about 4 inches below the armpit. This point is abbreviated **UA for **U**nder the **A**rm.

9 Gamut Procedure



Gamut point

Next, you must perform 9 different actions while tapping the Gamut point continuously. The 9 Gamut actions are:

1. Eyes closed.
2. Eyes open.
3. Eyes hard down right while holding the head steady.
4. Eyes hard down left while holding the head steady.
5. Roll eyes in a circle as though your nose was at the center of a clock and you were trying to see all the numbers in order.
6. Same as #5 only reverse the direction in which you roll your eyes.
7. Hum 2 seconds of a song (suggest Mary had a little lamb).