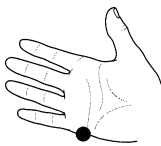
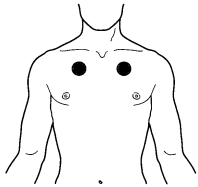




ON A PAGE



The Set up

Think of your issue.

Make up a statement:

Even though I

I deeply and completely accept myself & love and forgive myself.

Tap the Karate Chop Point or the Tender Points whilst saying the statement 3 times.



The Sequence.

Shorten the set up phrase whilst tapping these points:

EB = Beginning of the Eye Brow

SE = Side of Eye

UE = Under the Eye

UN = Under the Nose

CH = Chin

CB = Collar Bone Point

UA = Under Arm

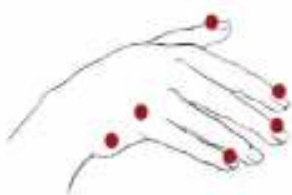
TH = Thumb

IF = Index Finger

MF = Middle Finger

LF = Little Finger

KC = Karate Chop



The Gamut Point

Tap Gamut Point whilst moving eyes. Close eyes open eyes, hard down Right, hard down Left. Roll eyes in a clockwise direction then Anticlockwise direction.

Hum a tune (somewhere over the Rainbow) Count to 7 Hum again.

Repeat the sequence using a reminder phrase e.g. if your set up phrase was ***Even though I have this fear of flying*** your reminder phrase would be ***fear of flying*** as you tap subsequent rounds. You can try EFT on anything, the sky is not the limit!