

EFT On a Page

The Basic Recipe - Set a Level of Discomfort from 0-10 Before Starting with 10 Being the Most Uncomfortable

1. **The Setup** . . . Using the first two fingers of your dominant hand, tap on the Karate Chop point of the other hand and say your specific issues followed by the phrase, "... but I deeply and completely love and accept myself." Repeat 3 times. For intense and/or generalized issues, you can say your issues while rubbing one or both of the Sore Spots on your chest instead of tapping the Karate Chop point.

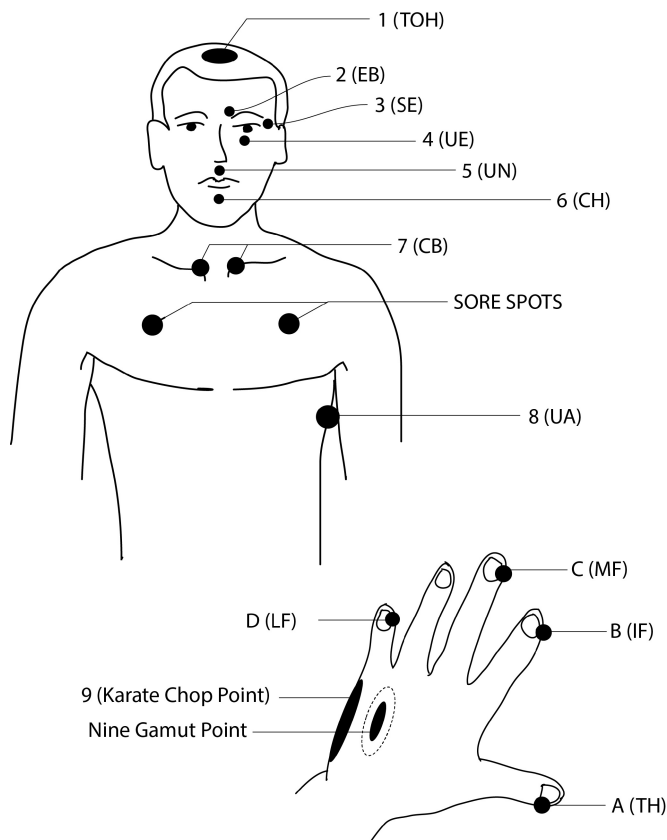
2. **The Sequence** . . . Tap 5-7 times on each energy access point while repeating the Reminder Phrase at each point in the following order:

1	2	3	4	5	6	7	8	9
TOH	EB	SE	UE	UN	CH	CB	UA	KC

3. **Finger Points** . . . If you need more relief, you can follow the Sequence by repeating your Reminder Phrase while tapping on the energy access points on the fingers in the following order:

A	B	C	D
TH	IF	MF	LF

4. **The 9 Gamut Procedure** . . . Continuously tap on the Gamut point 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)

5. **The Sequence** . . . Repeat the Sequence again.

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

Center for Inner Healing

26 St. Paul's Place, Hempstead, New York 11550
www.centerforinnerhealing.com • (516) 248-5346