

HOW TO TAP



A) **Identify the issue** – the more specific you are the better it works.

B) **Give an intensity to the issue / emotion** you wish to tap on (e.g. on a scale of 1 to 10).

- We call it the SUD's or Subjective Units of Disorder; it is used regularly to check the intensity of our emotions.

C) **Make a Set-Up statement**, an affirmation to acknowledge the emotion coming up (for example "sadness").

- Repeat it 3 times whilst tapping on the Karate chop point on the side of your hand:

"Even though I feel sad....., I deeply and completely love and accept myself anyway".

D) **Tap on all the meridian points** using the Reminder Phrase about 7 times on each points while focusing on the problem. In that example, the underlined words and feeling sad are ideal for use as the Reminder Phrase.

- Repeat it as you activate each point, just to remind your unconscious brain what you are working on:

"I am sad, all that sadness..."

E) **Optional tapping - Tap on the Gamut point** while using breathing, singing or humming and the eye movements. The 9 Gamut Procedure is perhaps the weirdest thing about tapping.

- Its purpose is to "balance" the left brain (rational side, counting) with the right brain (creative side, humming). Certain parts of the brain are stimulated when the eyes are moving.

GAMUT POINT TAPPING

Keep your mind tuned to the issue, tap on the Gamut Point, look straight ahead and do as follows:

1. Close your eyes
2. Open your eyes
3. Look down to the ground to the right
4. Look down to the ground to the left
5. Roll your eyes around in a circle clock-wise
6. Roll eyes around anti clock-wise
7. Hum for a few seconds
8. Count in numbers
9. Hum for a few seconds again
10. Take a deep breath, check how you feel (SUDs)

Repeat the procedure of tapping if needed or if you feel the SUD's has not come down enough yet.

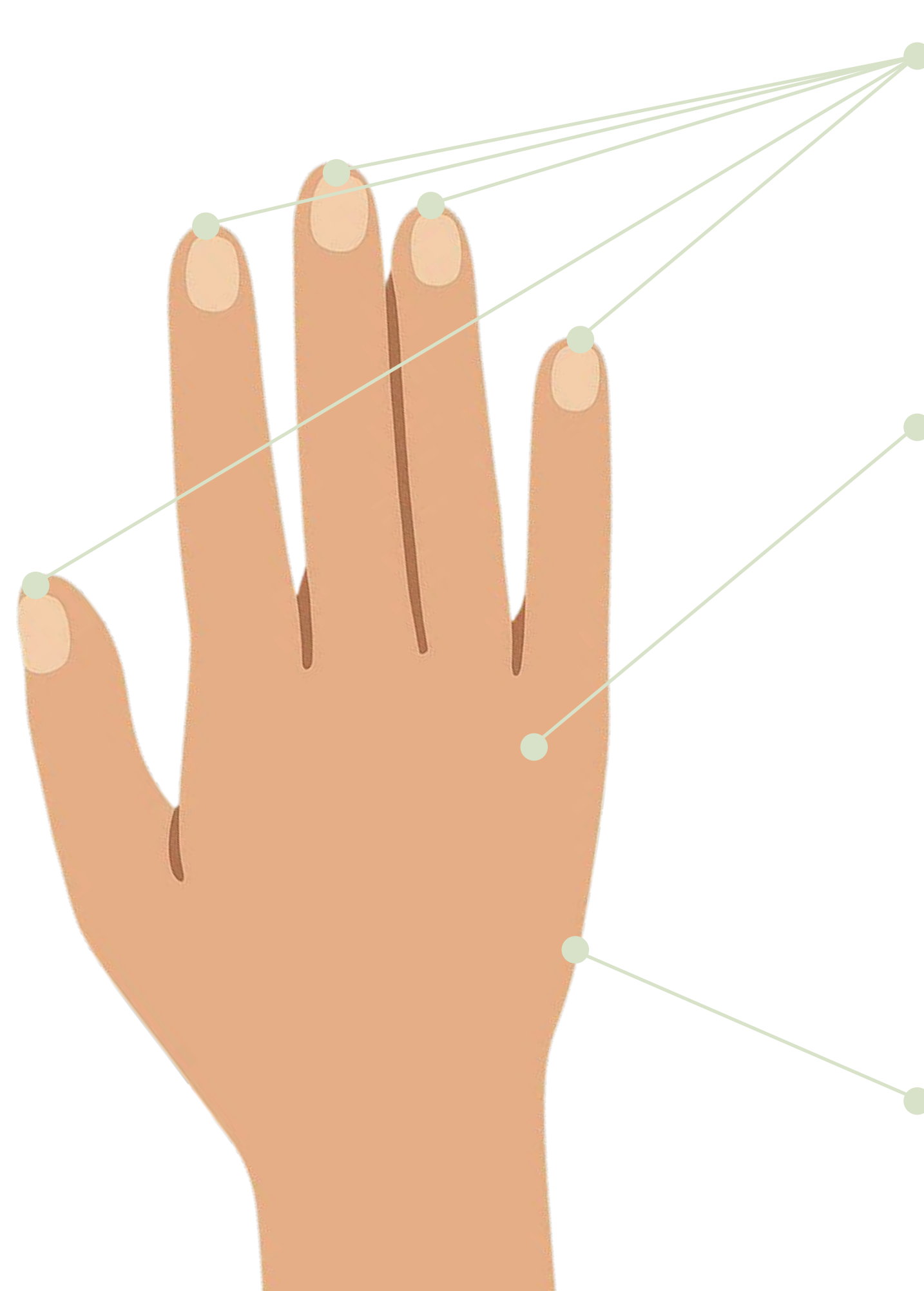
As the issue reduces, change your affirmation to:

"Even though I still have some of this remaining problem....., and tap with "remaining..." or Even though I still feel this emotion..."

In our example :

"Even though I still have some of this sadness....., I deeply and completely love and accept myself anyway"

GAMUT POINT, KARATE CHOP, SIDES OF FINGERS



There are points on the side of your thumb and fingers. Squeeze the sides of the tips of all fingers. I often recommend tapping on those points while practising a specific breathing exercise.

GAMUT POINT:

This point is situated on the back of both hands between the knuckles and at the base of the ring finger and the little finger. From the webbing between these 2 fingers, move down about 2/3 centimetres; as you move towards the wrist, you should feel an indentation where the point is. Tap on this groove with 2 fingers.

KARATE CHOP POINT:

Tap on the fleshy part of the outside of your hand between the little finger and the wrist.