



**1. THE SETUP**

Tap the Karate Chop Point while repeating:  
*"Even though I .....,  
 .....,  
 I deeply and completely accept myself"*

**2. TAPPING THE MERIDIAN POINTS**

Tap each point seven times, repeating a reminder word:  
 e.g. *"This feeling"*

**3. AWAKEN YOUR SYSTEM (9-GUMUT)**

Find the Gamut Point (back of your hand between the bones leading to the ring and little finger).

Tap it continuously while you:

- 1 Close your eyes...
- 2 Open them... Keeping you head STILL, (keep tapping!)
- 3 Roll your eyes down hard right...
- 4 Hard left
- 5 Roll your eyes clockwise...
- 6 Anti-clockwise... Keep tapping while you,
- 7 Hum something...
- 8 Count to 5...
- 9 Hum again.

**4. NOW TAP THE MERIDIAN POINTS AGAIN**

Tip: Tap with two or three fingers to make sure you find the point.