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**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-Gamut)**

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 your 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.

# EFT ( Emotional Freedom Techniques™ )

~ Mr. Gary Craig, California ~

## Discovery Statement:

"The cause of all negative emotions is a disruption in the body's energy system."

## Basic Recipe:

Memorize this Basic Recipe. Customize it with the appropriate **Setup** affirmation, and **Reminder** phrase. Be persistent: repeat the whole process several times daily, and whenever you experience yourself having negative emotions.

### 1. The Setup .....

- Locate your chest "sore spot", or the "Karate Chop" point on your hand, and continuously rubbing the sore spot, or tapping on the karate chop point,
- repeat the Setup Affirmation three times:

*Even though I have this.....*

*i) I Deeply & Completely Love and Accept myself. (emphatically!!)*

*ii) I Forgive & release myself .....*

*iii) I Forgive & release anyone else associated .....*

i.e.) issues like ..... challenge with insomnia ..... challenge with anxiety

Check Intensity (SUDS): "0" nil....."10" Very High

### 2. The Sequence .... Tap about 7 times on each of the following energy meridian points while repeating the shorter "Reminder Phrase" at each point.

i.e.) .....this "challenge with anxiety" .....

..... this "insomnia" .....

EB; SE; UE; UN; CHN; CB; UA; THM; IF; MF; BF; KC

*THD*

### 3. the 9 Gamet ..... Continuously tap on the Gamet point while doing each of the following nine actions, holding your head still:

- Eyes Closed
- Eyes Opened
- Eyes hard down right
- Eyes hard down left
- Roll eyes in Circle
- Roll eyes in circle, other direction
- Hum a couple bars of a song
- Hum a couple bars of a song
- Count to five
- Hum a couple bars of a song

### 4. Repeat The Sequence ( #2. & #3 above) .. at lease twice.

then [ Check Intensity: nil 0 ----- 10 very high ]

Note: In subsequent Rounds, the Setup affirmation, and the Reminder Phrase are adjusted to reflect addressing the remaining problem.

i.e.) " Even though I still feel "some anxiety", I deeply and ....

" Even though I still have "some insomnia", I deeply and ...

Practice Issues: Persistence; Other Aspects ( customize - layers ); Professional guidance

## Reference:

Craig, Gary H., "Emotional Freedom Techniques™", Manual (3rd ed).

web site-> <http://www.emofree.com> < eMail-> [gary@emofree.com](mailto:gary@emofree.com)<

Callahan, Dr. Roger, "The Rapid Treatment of Panic, Agoraphobia & Anxiety" 1990