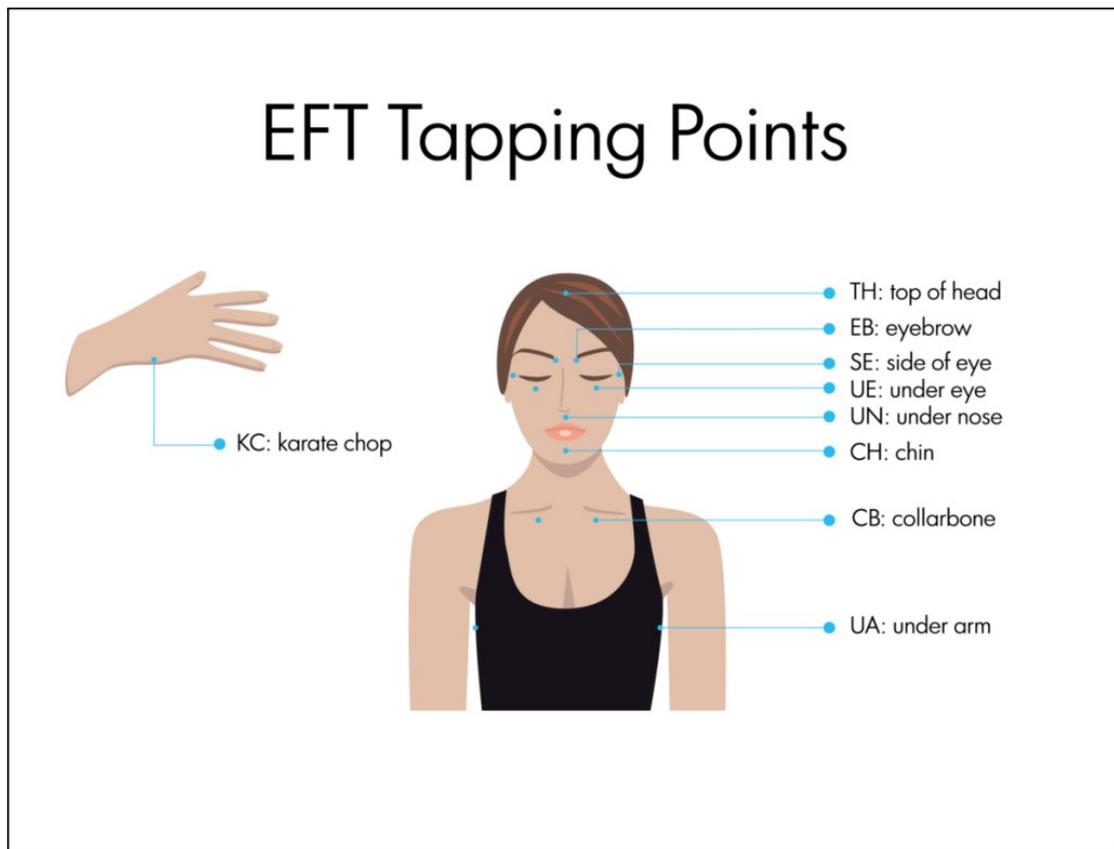


How to tap ?



- 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. 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. 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 - 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.

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

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"

