

The Points:

You will need to learn these.

EB – Eye Brow, beginning of brow on the bone of the eye socket.

SE – Side of Eye, the bone at the outer edge of the eye.

UE – Under Eye, the bone that forms the lower eye socket, under pupil.

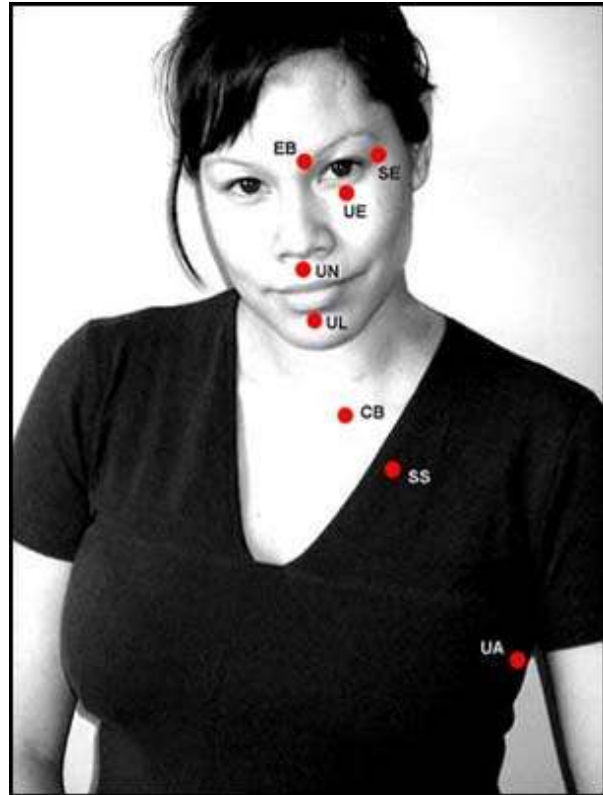
UN – Under Nose, the crease between nose and upper lip.

UL – Under Lip, between the lower lip and chin.

CB – Collar Bone, where the collarbone meets the sternum.

SS – Sore Spot, a tender spot 2-3 inches down and across from top of sternum.

UA – Under Arm, side of the body, in line with the nipple on a man or where the bra strap runs on a woman.



Points on the hand:

TN – Thumb Nail, the edge point at the base of the nail.

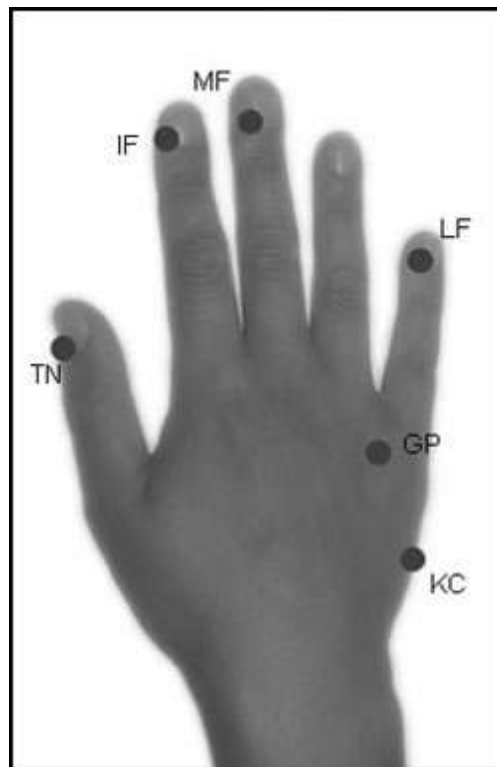
IF – Index Finger, the edge point at the base of the nail.

MF – Middle Finger, the edge point at the base of the nail.

GP – Gamut Point, between the little finger and ring finger.

LF – Little Finger, the edge point at the base of the nail.

KC – Karate Chop Point, side of the hand, where you would hit in a karate chop.



THE BASIC RECIPE

Founder Gary Craig believes the cause of all negative emotions is a disruption in the body's energy system. When you clear the energy system using the Basic Recipe below, pains, negative emotions, etc., are released from the body and ailments clear up. He says, "Try it on everything!!" Rate the pain on a scale of 1 – 10 before and after the tapping.

1. THE SETUP: Verbally repeat the Affirmation statement three times while rubbing the Sore Spot or tapping the Karate Chop point.

Affirmation statement: Even though I have this _____ (name the ailment, event, or emotion), I deeply and completely love and accept myself.

See the diagram on the page 323. The Karate Chop is the KC point. The Sore Spot (SS point) is three inches below the your breast bone and three inches over to the left. The Sore Spot works a little better but both work fine. Example: "Even though I have this pounding headache, I deeply and completely love and accept myself." Be as specific as you can about the condition. Is the ache dull or sharp? You can see more examples on page 335 under the title of Personal Beliefs. Connect the positive statement to the negative.

2. THE SEQUENCE: Tap about 10 - 20 times on each of the energy points illustrated on the next page while verbally repeating the Reminder Phrase at each point.

The Reminder Phrase is a short summarized version of the negative part of the affirmation statement in the setup. For example: "This pounding headache" as you tap the (EB) point, "This pounding headache" as you tap the (SE) point, and so on. You can also emphasize the negative issues and beliefs you have. Example: "This angry boss Jim headache." You can talk about the problem as you focus on the negative. Example: Tap all the points as you say, "This pounding headache when I work," "this pounding headache because Sue is driving me crazy," "this, I don't want to go into work headache," "this dreadful headache," and so on.

*See the following points in the diagram on the next page.
(EB, SE, UE, UN, UL, CB, SS, UA, TN, IF, MF, GP, LF, GP, KC)*

3. THE 9 GAMUT PROCEDURE: Continuously tap on the Gamut point (GP) while performing each of these 9 actions below:

- 1) Close your eyes
- 2) Open eyes
- 3) Shift eyes down right
- 4) Eyes down left
- 5) Roll eyes in circle, clockwise
- 6) Roll eyes in other direction, counterclockwise
- 7) Hum 2 seconds of a song
- 8) Count to five
- 9) Hum 2 seconds of a song.

4. PERFORM THE SEQUENCE AGAIN (#2 above). Tap on new issues that arise.

Note: In subsequent rounds (after you completed steps 1 - 4), use the word "remaining" in the Setup Affirmation and the Reminder Phrase.

For example, in the Setup, "Even though I have this remaining headache....." In the Reminder Phrase say, "This remaining pounding headache." This will address any causes not mentioned.