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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.