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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.