

## “Reader’s Digest” Version of the Basic Formula

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Use this page for quick reference, only after reading our Basic EFT Manual

**Reminder: Before you begin, assess your intensity level (from 10, high to 0; all gone), and choose a specific issue or emotion as your Set-Up**

### Statement.

#### 1. The Set-up / Reversal

The purpose of the Set-up Reversal Statement is to neutralize any subconscious resistance to change. And all but very recent issues have that. Tap on the KC Point while doing the Set-Up Reversal Statement: *Even though this (insert your emotion, pain or issue), is causing me problems (state the problem, such as being stuck, affecting your relationships, causing you anxiety, etc.)... there’s a part of me that doesn’t want to let it go. And I want to love and accept myself.* Continue tapping while saying the statement three times.

#### 2. The Sequence

Tap the following points 5-7 times while saying the reminder statement. For example: *this fear of snakes... my anger at mother... the pain in my back... etc.*

#### 3. Reassess

Check your intensity level and perform subsequent rounds. Once you have completed the first round of tapping, change the set-up set statement to something like: *Even though there is still some (whatever the issue is ...) I deeply and completely accept myself.*

Repeat three times while rubbing. Then, repeat the tapping sequence with an altered reminder statement like, *...still some of this... or ... remaining issue.* **Keep repeating this step until you’re at 1 or less.**

#### 4. Fine Tune

If you’re less than a 1 or 2, fine tune by doing the 9-Point Gamut: tapping, eye rolls, humming, counting, humming, doing another round.

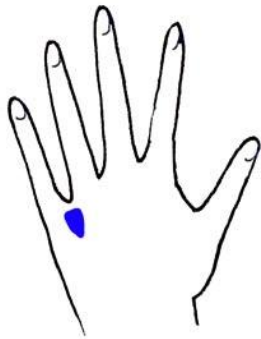
#### 5. Test your Results

When you are at a zero, or think you are: Test yourself by thinking about the issue or incident to see if there’s still a charge (a memory of the event is normal, but you

want there to be zero charge on it.) If your number goes up from zero to over a 2, complete the sequence again. Test your results again, until you're really over it. If not, do the "9-point Gamut" shown next.

If you are still not over it, see our 12 Steps to More Effective Tapping ebook at [www.EFTebooks.com](http://www.EFTebooks.com) or at [www.ProEFT.com](http://www.ProEFT.com)

## The "9-Point Gamut"



**We tap on the Gamut point using the 9-part sequence.** It's used primarily when the intensity is at a 1 or less, and helps to balance the right and left hemispheres of the brain. See details below.

**Use this process if an issue seems to be stuck at a 1 or less in intensity. It usually dissipates the remainder of an issue.**

Locate the Gamut Point on the back of your hand—between the bones of the little finger and ring finger, and down about an inch from your knuckles.

**Tap on the Gamut Point continually *while repeating the Reminder Phrase* and while doing the following sequence.**

1. Close your eyes tightly, (Remember to keep tapping and saying the Reminder Phrase).
2. Open your eyes widely. (keep tapping and saying the Reminder Phrase).
3. Keeping your head still and *using your eyes only*, look down to the right, then down and to the left. (Keep your head straight and keep tapping and repeating the Reminder Phrase.)
4. Roll your eyes around in a big circle as if looking at each number on a giant clock. (Keep your head straight ahead, keep tapping and repeating the Reminder Phrase.)
5. Roll your eyes around in the opposite direction. (Keep tapping and saying the Reminder Phrase.)
6. Hum two seconds of a familiar song like *Happy Birthday* or *Jingle Bells*.

7. Count rapidly from 1 to 5.
8. Hum two seconds of the song again.
9. Tap through each point again, starting with the eyebrow point, ending at the top of the head, *while saying the Reminder Phrase.*

*By now your issue should be resolved. If not, repeat this gamut part again.*