

# Basic Recipe

1. Set Up 2. Tap Routine 3. Eye Dance 4. Tap Routine

## Set Up

- Decide what you want to work on.
- Create your set-up phrase.  
 "Even though .....,  
 ... I love and accept myself completely."
- Repeat the affirmation 3 times while tapping on the 'Karate Chop' point on the hand.



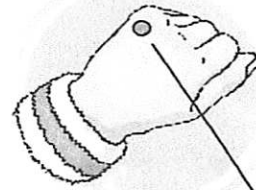
## Tap Routine

State the problem briefly - eg "This anxiety" or "This fear of heights" etc, as you tap on each of the following points. It does not matter which side of the body or in which order you tap.



Tap all points 6-8 times beginning at the eyebrow and moving progressively down the body.

## Eye Dance

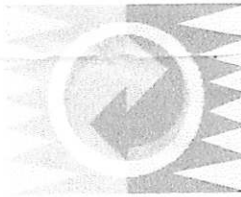


While tapping on the Gamut point, do all of the following while stating the problem ....



Eyes

Open



Eyes Circle Left

Eyes Circle Right



Eyes Down Left

Eyes Down Right



Hum a tune (Happy Birthday)

Count to five.

1 2 3 4 5



Hum a tune.