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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...
  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.