

EFT - 9 Gamut Point

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Grab your thought or limiting belief.

Tap on or massage the 9-gamut point:

1. Close eyes then open eyes.
2. Head straight - look down hard to right
Then down hard to left.
3. Roll eyes all the way around to the right.
Then all the way around to the left.
4. Hum a tune such as Happy Birthday
5. Count from 1-9
6. Repeat as necessary

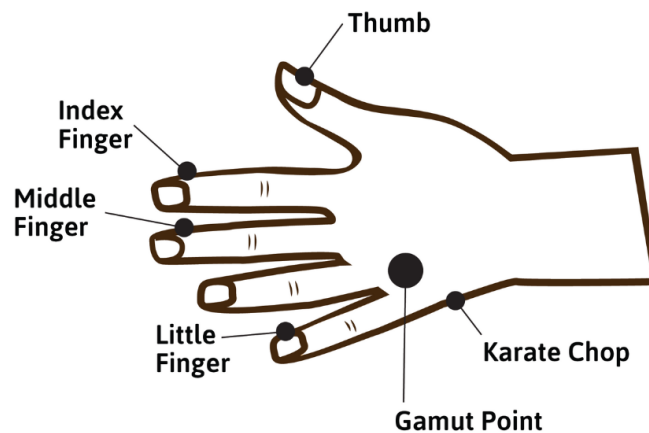


Illustration - The Tapping Solution - Nick Ortner