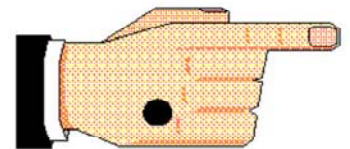


Quick Tapping Technique

1. Tap under eyes 10 times
2. Tap under collar bone 10 times

Repeat the sequence above

3. Tap side of hands 10 times
4. Tap back of hands (between two small bones) 10 times



Gamut point

BRIDGE:

While tapping the back of the hand (gamut point)

Eyes open

Eyes closed

Eyes open, look down to right

Look down to left

Whirl eyes in a circle

Whirl eyes in opposite direction

Hum any short tune

Count to 5

Hum again

Repeat tapping sequence 1 to 4 times.