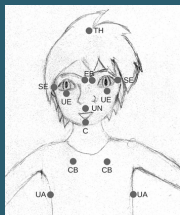


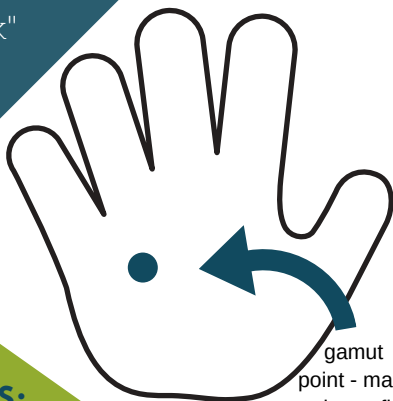
The Emergent Hippie's Tapping Guide To The



9 GAMUT PROCEDURE

This series of actions are performed while tapping on the "gamut" point located between the small bones between the pinky and ring fingers.

This is a great procedure when feeling "stuck" or unproductive in your tapping.



gamut point - make a loose fist and tap between the small bones on the back of the hand

WHILE TAPPING ON THE GAMUT POINT, DO THE FOLLOWING SERIES OF EXERCISES:

1. Open your eyes.
2. Close your eyes.
3. Look down hard right, keeping your head facing steadily ahead.
4. Look down hard left, keeping your head facing steadily ahead.
5. While keeping your head steady, roll your eyes in a circle as if looking at each number on a clock, with your nose in the center.
6. Roll your eyes in the reverse direction of the circle, following the imaginary numbers on the clock.
7. Hum 2 seconds of "Twinkle, Twinkle Little Star"
8. Count quickly from 1 to 5
9. Hum 2 seconds of the same song from #7.

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marykalbach.com

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