

9 Gamut Sequence (RE-BALANCING GETS YOU UNSTUCK)

(TFT 9 Gamut Sequence created by Dr. Roger Callahan, used in EFT by Gary Craig)

Concentrate your focus fully on the Unresolved Issue. Tap continually on the Gamut Point through the 9 steps listed below, min. 5 Taps per step.

1. Eyes closed
2. Eyes Open
3. Eyes Down Left
4. Eyes Down Right
5. Eyes Left to Right in wide Clockwise Circle (Peripheral Vision)
6. Reverse Eye Circle Counter-Clockwise (Peripheral Vision)
7. Hum (about 6- 10 notes of music)
8. Count 1-2-3-4-5 (out loud)
9. Hum (about 6-10 notes of music)



403 710 4443

Gamut Point is between the Ring Finger and Little Finger knuckles, on the back of either hand. Use 9 Gamut whenever you feel “Stuck”. Being stuck is when a SUDs (1-10 intensity) does not lower by at least 2 points after 3-4 rounds of tapping. Also use 9 Gamut when SUDs level is 4 or less, when you can’t think of why the issue still has this small intensity for you. *(If you can identify ‘why’ the issue still has SUDs intensity for you, use that information to focus Tapping on, for reducing intensity to zero.)* **NOTE: ‘Being Stuck’ also shows up as chronic pain, ruminating, focusing only on problems, worst scenario thinking, inner critic thought loops, inability to focus, plan, make decisions, or take action (follow through) for yourself.**

Eye Sweep -- Use eye sweep as a ‘reset point’ when at a low SUDs (2 or 1)

Eye Sweep is done slowly, taking about 10 seconds to complete. Tap Gamut point continually while moving eyes from floor up to the ceiling, then reverse the direction, moving focus back to floor.

TFT: Daily Stress-Busting Program – Stress/Anxiety/Trauma Release

By Dr. Roger Callahan **Note SUDs 1-10** (Subjective Units of Distress) intensity before & after tapping.

Focus on the Unresolved Issue, Stress or Physical Symptoms in the body while tapping.

Tap Karate Chop point (x15), then tap 5 to 8 taps on each of the meridian points, as listed.

1. Eye brow, Under Eyes, Under Arms, and Collarbone (CB)
2. Tap Full 9 Gamut Sequence (shown above)
3. Eye brow, Under Eyes, Under Arms, and Collarbone (CB)
4. Reassess SUDs; if Issue now has very low SUDs (1-2 intensity) follow with Eye Sweep

Remaining Tension/Anxiety? Add finger Tapping points to step 1 and 3 as below:

1. Eye brow, Under Eyes, Under Arms, Collarbone, Pinkie Finger, CB, Index Finger, CB
3. Eye brow, Under Eyes, Under Arms, Collarbone, Pinkie Finger, CB, Index Finger, CB

Tapping Goal: Zero Intensity! Focusing on specific details helps to clear issues to zero intensity.