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| THE 5 STEPS of the SIMPLIFIED BASIC MTT RECIPE  Remove glasses and watches - can mechanically and electromagnetically interfere with MTT |
| 1. **Identify the issue** – make a mental note of just ONE problem that is bothering you. 2. **Establish initial level of intensity of your problem -** Assign a number on a 0-10 scale to indicate the Intensity level of your problem relative to how it has been before E.g. 10 is the worst your problem has ever been.  * For emotional issues - recreate the memories in your mind and assess their discomforts. * For physical ailments - assess the existing pain or discomfort. * For performance issues - attempt the desired performance level and measure how close you come to it.   **A Round includes:** **(3) Setup – (4) Sequence Tapping – (5) Reassess Intensity**   1. **The Setup**     **Repeat** **this Affirmation Phrase 3 times** to **(1)** **“Tune in” to your problem (2) Create self-acceptance**:  ***"Even though I have this*** *(briefly describe problem)* ***,I deeply and completely accept myself"***  while **continuously tapping** **the Karate Chop Point (KC)** (see [Karate Chop Point](#karate_chop));   * On subsequent rounds: you can use just the *key* words of the problem for a shortened version - called a “Reminder Phrase”. * For best results, MTT needs to be applied to specific events or problems that underlie your problem   (E.g. for a headache, which was brought on by an argument, you could say “Even though I argued with\_\_\_, . . . “   * Reduce a general problem to a small number of specific problems or events in your life -after cutting down 5-10 “trees”, the “forest” has thinned out enough to enable you to “walk” out. i.e. the MTT process seems to have a generalization effect that takes care of all the related problems.  1. **Sequence Tapping** – Remove blocked energy pathways in the body **-** bytapping on one end point of each of the body’s major energy pathways, while “tuning in” to your problem.  |  |  | | --- | --- | | * **Tap solidly but not enough to hurt;** | * **Tap points in order given –** easier to remember; | | * **It doesn’t matter which side you use-** or if you switch hands during tapping | * **Maximize results, by using both hands at once, but alternate the tapping -** so you are not tapping both hands in sync. |   **Tap the** **FINGERTIPS of all your fingers** about **5-7 times** (no need to count) on each of the following energy points:  **TOH,** **EB, SE, UE, UN, Ch, CB, UA, WR** (see [Sequence Tapping Points](#tapping_points))  **While repeating the Affirmation Phrase** (or a shorter, reminder version of it) **at each point.**   |  |  | | --- | --- | | * **Keep fingers gently relaxed and forming a slightly curved natural line.** | * **Ideally use fingertips not pads** - since they contain more meridian points; obviously use pads with long fingernails; | | * **Don’t worry about being precise -** as tapping the general area will suffice; | * **Number of taps is not critical -** but should last about one complete breath; |      1. **Reassess Intensity of problem to determine success of previous round** – on a score of 1-10  * If necessary, do the Round Again - **(3) Setup – (4) Sequence Tapping – (5) Reassess Intensity**   Do 2 or 3 rounds as needed. |

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| Karate Chop Point  (Continuously tap the Karate Chop Point, while repeating **Setup** affirmation phrase 3 times) | | |
| **KC**  Karate Chop point | http://www.garythink.com/images/BRkcPoint.jpg | Fleshy part of your hand you would use to deliver a karate chop. |

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| The Sequence Tapping Points  (Tap each point about 5-7 times (no need to count), while repeating affirmation phrase) | | |
| **TOH**  Top of Head |  | With fingers back-to-back down the center of the skull. |
| **EB**  **E**ye**B**row |  | At the beginning of the eyebrow, just above and to one side of the nose. |
| **SE**  **S**ide of **E**ye. | On the bone bordering the outside corner of the eye. |
| **UE**  **U**nder **E**ye | On the bone under an eye about 1 inch below your pupil |
| **UN**  **U**nder **N**ose | On the small area between the bottom of your nose and the top of your upper lip. |
| **Ch**  **Ch**in | Midway between the point of your chin and the bottom of your lower lip. Even though it is not directly on the point of the chin. |
| **CB**  Beginning of **C**ollar**B**one |  | To locate, first place your forefinger on the U-shaped notch at the top of the breastbone. From the bottom of the U, move your forefinger down toward the navel 1 inch and then go to the left (or right) 1 inch. |
| **UA**  **U**nder the **A**rm |  | On the side of the body, at a point even with the nipple (for men) or in the middle of the bra strap (for women). It is about 4 inches below the armpit. |
| **WR**  Inside of both WRists. |  | On the inside of each wrist, where a wrist watch would go. Tap together by crossing one wrist over the other with the insides facing. |