

## **The 9 Gamut Procedure**

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The EFT 9 Gamut Procedure is a combination of nine actions which are actually brain stimulating exercises.

This is achieved via eye movements, humming and counting.

Our optic nerves are a direct connection to the brain. When the eyes are moved, certain parts of the brain are stimulated.

Also, the right side of our brain, the creative side, is engaged when we hum a song, and the left side of our brain, the linear reasoning and language side, is engaged when we count.

The 9 Gamut procedure is a ten second process when nine of these "brain stimulating" actions are performed whilst continually tapping the Gamut point on the back of the hand.

To perform the 9 Gamut procedure, first locate the gamut point on the back of your hand.

It is 1cm (1/2 inch) behind the midpoint between the knuckle of the ring and little finger.

Whilst continuously tapping this point, perform the following 9 different actions :

- 1. Close your eyes for a second or two.
- 2. Open your eyes.
- 3. Eyes down hard right, while holding your head steady.
- 4. Eyes down hard left, while holding your head steady.
- 5. Roll your eyes in a clockwise circle.
- 6. Roll your eyes in an anti-clockwise circle.
- 7. Hum 2 seconds of a song, ie. happy birthday.
- 8. Count rapidly from one to five.
- 9. Hum 2 seconds of the song again.

Please perform these actions in the order given.

Most people select happy birthday as their tune, however any tune which you associate with happy occasions will do.

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