

TFT Algorithms

Depression:

Tap the following points....

- Gamut spot x 30
- Collarbone point x 5

After reducing the rating to 4 or below go through the 9 Gamut Treatment as follows:

While tapping the Gamut Spot:

- Close the Eyes
- Open the Eyes
- Look down and to the left then return to centre
- Look down and to the right then return to centre
- Circle eyes around in one direction
- Circle eyes in opposite direction
- Hum the tune to ‘Happy Birthday’ for 5 seconds
- Count out loud from 1 - 5 and then backwards
- Hum the tune to ‘Happy Birthday’ again for 5 seconds

Anxiety:

Tap the following points:

- Under Eye x 5
- Under Arm x 5
- Collarbone Point x 5

After reducing the rating to 4 or below go through the 9 Gamut Treatment as follows:

While tapping the Gamut Spot:

- Close the Eyes
- Open the Eyes
- Look down and to the left then return to centre
- Look down and to the right then return to centre
- Circle eyes around in one direction
- Circle eyes in opposite direction
- Hum the tune to ‘Happy Birthday’ for 5 seconds
- Count out loud from 1 - 5 and then backwards
- Hum the tune to ‘Happy Birthday’ again for 5 seconds
- Repeat Under Eye x 5
- Under Arm x 5
- Collarbone Point x 5
- Anger:
- Tap the following points:
- Little finger point x 5
- Collarbone point x 5

After reducing the rating to 4 or below go through the 9 Gamut Treatment as follows:

While tapping the Gamut Spot:

- Close the Eyes
- Open the Eyes
- Look down and to the left then return to centre
- Look down and to the right then return to centre
- Circle eyes around in one direction
- Circle eyes in opposite direction
- Hum the tune to ‘Happy Birthday’ for 5 seconds
- Count out loud from 1 - 5 and then backwards
- Hum the tune to ‘Happy Birthday’ again for 5 seconds
- Repeat Little finger point x 5
- Collarbone point x 5

Phobias

Tap the following points:

- Under Eye x 5
- Under Arm x 5
- Collarbone x 5

After reducing the rating to 4 or below go through the 9 Gamut Treatment as follows:

While tapping the Gamut Spot:

- Close the Eyes
- Open the Eyes
- Look down and to the left then return to centre
- Look down and to the right then return to centre
- Circle eyes around in one direction
- Circle eyes in opposite direction
- Hum the tune to ‘Happy Birthday’ for 5 seconds
- Count out loud from 1 - 5 and then backwards
- Hum the tune to ‘Happy Birthday’ again for 5 seconds
- Repeat Under Eye x 5
- Under Arm x 5
- Collarbone x 5

Physical Pain

Tap the following points:

- Gamut Spot x 50 (fifty)
- Collarbone x 5

After reducing the rating to 4 or below go through the 9 Gamut Treatment as follows:

While tapping the Gamut Spot:

- Close the Eyes
- Open the Eyes
- Look down and to the left then return to centre
- Look down and to the right then return to centre
- Circle eyes around in one direction
- Circle eyes in opposite direction
- Hum the tune to ‘Happy Birthday’ for 5 seconds
- Count out loud from 1 - 5 and then backwards
- Hum the tune to ‘Happy Birthday’ again for 5 seconds
- Repeat Gamut Spot x 50 (fifty)
- Collarbone x 5

Anger

Tap the following points:

- Little Finger x5
- Collarbone x5

After reducing the rating to 4 or below go through the 9 Gamut Treatment as follows:

While tapping the Gamut Spot:

- Close the Eyes
- Open the Eyes
- Look down and to the left then return to centre
- Look down and to the right then return to centre
- Circle eyes around in one direction
- Circle eyes in opposite direction
- Hum the tune to ‘Happy Birthday’ for 5 seconds
- Count out loud from 1 - 5 and then backwards
- Hum the tune to ‘Happy Birthday’ again for 5 seconds
- Repeat Little Finger Spot
- Collarbone x 5

Closing procedure - once the rating is down to 2 or below:

Look downwards to the floor then roll the eyes slowly from floor to ceiling - this should take around 7 seconds. This closes out ALL TFT algorithm procedures.