

# Quantum Energy Infusion

## Module 3 TFT Tapping Sequence

This is one of my favorite Thought Field Therapy Tapping Algorithms because it was designed to release anxiety and panic attacks. It was also designed -separately- as a complex trauma algorithm. Even though you use the same tapping points, it is the thoughts you concentrate on, or how you tune your Thought Field, that determines what will be released.

**I begin any tapping sequence with several “karate chops” and a few deep breaths to clear my energy and get centered.**

There is a tapping point on the side of the hand used to clear psychological reversal. You can use 3 fingers to tap this point on the outside edge of the other hand between your knuckles and wrist.

Or you can tap your hands against one another meeting at the outside edge where you would do a karate chop if breaking a board. It's much like clapping your hands only they meet on the outside edge.

**Tune in your Thought Field by concentrating on the experience you want to release.**

**Rate your SUD on a scale of 0-10.**

SUD = Subjective Units of Distress  
Be honest with yourself.

**Begin Tapping 5-10 times on each of the following points concentrating on the negative experience you want to release:**

Eyebrow  
Under Eye  
Under Arm  
Collarbone

Check your SUD after tapping these points. If it had dropped at least 2 points, continue on to the Gamut Series.

If it has not changed, tap the side of the hand to clear any psychological reversal still present. Then go back to the beginning of the tapping sequence.

### **The Gamut Series**

Tap on the Gamut Spot between fingers 4 and 5 on the back of your hand.  
Continue to think of the negative experience.

Keep your head still while doing all of the eye moments.

Focus your eyes straight ahead at one spot.  
Close your eyes  
Open your eyes  
Look down to the left then back up to the spot  
Look down to the right then back up to the spot  
Circle your eyes slowly around the socket to the right  
Circle your eyes slowly around the socket to the left

Hum a couple bars of a tune (Happy Birthday to you works)  
Count to 7 out loud  
Hum again

**Tap the points again 5-10 times each  
continuing to think of what is left of the negative experience:**

Eyebrow  
Under Eye  
Under Arm  
Collarbone

**Take a deep breath and Rate your SUD**

If your SUD has dropped to a 2 or below, you can finish with an Eye Roll.  
If your SUD has only dropped a few points,  
you can do another karate chop clearing for psychological reversal  
and tap some more on the same negative experience.

**Finish with an Eye Roll**

**Still thinking of any negative emotions left**

Tap the Gamut Spot on one hand  
Hold your head still while moving the eyes  
Look down at the floor  
Roll your eyes slowly up  
Until your eyes “roll back in your head”

Tap the Gamut Spot on your other hand and do another Eye Roll.

**Take a deep cleansing, balancing breath to bring the sequence to a close.**