

# Quantum Energy Infusion

## Module 3 Tap Into You Quantum Quick Sheet on TFT Tapping

1. Karate Chop with deep breathing
2. Tune into the Thought Field - decide up on negative experience to clear
3. Rate your SUD
4. Tap
  - Eyebrow
  - Under Eye
  - Under Arm
  - Collarbone
5. Rate SUD. If it is not dropping, go back to #1. If it had dropped 2 points, go to #6.
6. Gamut Series while tapping the gamut spot. Focus eyes on one spot.
  1. Close eyes
  2. Open eyes
  3. Look down to the left and back up to the spot
  4. Look down to the right and back up to the spot
  5. Circle eyes all around the eye socket in one direction
  6. Circle eyes all around the eye socket in other direction
  7. Hum out loud, Happy Birthday to you
  8. Count to 7 out loud
  9. Hum Happy Birthday to you
7. Tap
  - Eyebrow
  - Under Eye
  - Under Arm
  - Collarbone
8. Rate your SUD
  - If it is 2-3 or under go to #9
  - If it is 4 or above, go back to #1
9. Eye Roll