



The Gamut Guardian Review: An Amazing Function of the Gamut Point and How to Incorporate it Into Your Sessions

by Karin Davidson,
edited by Lindsay Kenny, EFT Master



Occasionally people will experience an inexplicable resurgence of symptoms they thought they had tapped away with EFT. But how can that happen? If the issue is truly gone and the blocked meridian(s) are open, how could the issue reappear? In an article by Grant McFetridge, it is explained how there are certain circumstances that could reverse the positive effects of EFT. For instance if someone is thinking about a previously "healed" issue during a crisis where they truly believe they are about to die, the previously cleared symptoms could return. Other practitioners think there are additional traumatic circumstances that could nullify the work done with EFT. [Click here](#) to read the article by Grant.

The good news is that this can all be avoided by using the Gamut point in a profoundly different and simple way.

The Gamut Point has always been considered as important and in fact, many practitioners use the "9-point Gamut Procedure" at the end of all issues to balance the right and left hemispheres of the brain. However, we have now found that if you close a session (or issue) by using the Gamut (the Triple Warmer, in Acupuncturist terms,) in a specific and different way you can avoid ever having an issue reappear. Here's how:

At the end of the session and/or the end of "clearing" an event: When you are certain you are done, **tap on the Gamut Point for 3 minutes** while going over the cognitive shifts and the learning that just occurred during the session. Then express thanks that this occurred and the desired clearing has been accomplished.

Use The 3 F's to fill the 3 minutes and keep focused:

FACTS FEELINGS FIELD

- 1) **Facts:** *Go over what happened during the session.* Briefly review the cleared event(s) as you would when you are testing to make sure all has been cleared.
- 2) **Feelings:** *I WAS feeling that and NOW I'm feeling this (calm, relaxed, relieved, hopeful, etc.).*
- 3) **Field:** (The first 4 bullets below are adapted from Sandi Radomski's Ask and Receive method (www.askandreceive.org)
 - *There are parts of my being that have been healed by our work today*
 - *There are parts of my being that haven't been healed*
 - *Those parts are willing to learn from the parts that have*
 - *My mind, body, spirit and field are receiving the information now – whether I believe it or not, or feel it or not*
 - *The information transfer is now complete*
 - *I understand that I am healed throughout all my history, my ancestral line, my core beliefs, my soul beliefs, the cellular level and my energy field.*

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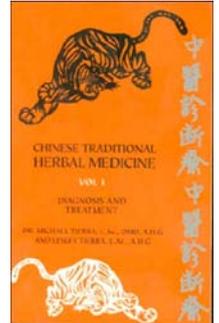
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- *I am also healed throughout my personal matrix and all ECHOS related to this, including the original learning of it, all my past generations and my future. I am grateful that all of this is healed and released now. New neuropathways.*
- *I thank all involved including myself and the Universe/God/etc. I'm grateful. Thank you.*

The Gamut Point is on the Triple Warmer Meridian

- "The functions of Triple Warmer control all the transformations of Qi in the body, ensuring their coordination and unity. "Triple Warmer is related to sustaining habits – it uses a military kind of approach. It can undermine changes, even positive changes. Triple Warmer fights the change. If you press/rub on the gamut, it lessens the resistance." (from Chinese Traditional Herbal Medicine Volume I Diagnosis & Treatment)
- "Pressing or lightly tapping on the gamut point helps lower the resistance to the change and, if you lay your hand flat on your chest and use the other hand to tap on the gamut point, it calms Triple Warmer to accept change. There are four meridians that sit with Triple Warmer and it calms them all to accept change - including the heart. It calms anxiety and blood pressure down as well. This also assists in the flow in body called the "penetrating flow" which travels deep through the body." (from Donna Eden- Energy Medicine at innersource.net)



By using this simple process to end a session (whether on yourself or with a client,) you could prevent a potential resurgence down the road. Three minutes is a great investment of your time to make sure a cleared event never returns.

Karin Davidson
AAMET EFT Trainer
www.HowToTap.com
MatrixReimprintingUS.com

Background on the "EFT can be undone" article by Grant McFetridge below:

**Thinking of your cleared issue + being CONVINCED you are going to die =
All aspects of the issue (negative learning, fears, anxiety, etc.) can return even stronger**

Here is small portion of his article (underlining is Karin's and not the author's). This information is provided as information only, and may not represent Karin's views.

"Finding out what happens in the primary cell: We had a chance to work with a student to see what was really going when we undid EFT. The answer was both fascinating and surprising... EFT eliminates symptoms by affecting the trauma string structures in the primary cells (the stuck gene, the messenger RNA (mRNA) and its ribosomes) directly. This is in contrast to WHH or TIR, which actually change the trauma moment and hence, indirectly, the ribosomal gateway structure. The way EFT does this is tricky: we found that the meridian points on the head, chest and fingers cause the ribosomes on the mRNA string to shrink and disappear. This quickly

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eliminates the symptoms in most cases, because the symptoms were from the content of those gateway structures superimposed on the body image.

If the tapping is continued, even after there were no symptoms, more and more of the ribosomes on the chain shrink, until eventually the mRNA chain itself shrinks back to the nucleus, and then the gene histone heals...if the original mRNA string was still present in any form whatsoever, the entire trauma string could be recreated every time.

" However, we found something different with the nine-gamut and karate chop points (and to a lesser extent, the fingers, especially the thumb and forefinger). Tapping these affects the gene directly. In the case of the nine-gamut point, the effect goes powerfully upwards into the mRNA string, affecting everything simultaneously, and so is quickly noticeable to the client. Unfortunately, from an experiential viewpoint, the other hand points primarily affect the gene, and so it usually feels like nothing is happening until the gene heals fully. This is because the trauma string remains intact until the gene heals and retracts; whereupon the mRNA string is released out of the nuclear pore and quickly dissolves. When this happens, all of the symptoms suddenly vanish (assuming there weren't multiple roots to the trauma still holding the string in place, of course). We also found that tapping on the fingers helped eliminate body associations and other psychological reversal issues that could block the EFT process.

"To review, the head and body points start healing from the ribosome and then heal down to the gene [by analogy, down from (trauma string)]; the nine-gamut, karate chop and to a lesser extent the fingers start from the gene and go up to the ribosome.... The nine-gamut is a bit of an oddball - it focuses on the gene, but simultaneously affects the ribosomes and mRNA string.

"Summarizing, current meridian therapies are often excellent at getting rid of trauma symptoms quickly because they shrink away the ribosomal gateway structure that causes the problem. However, because the symptoms often go away before the gene histone heals and the mRNA is released, the client's symptom from the corresponding traumas can be recovered. This problem of not knowing when the trauma string is completely healed is intrinsic with the full EFT or TFT process - clients cannot usually tell when the entire trauma string is irreversibly healed using current technique protocols.

"Solution: Just do your meridian therapy as you've always done - but after the trauma symptom is gone...have the client focus on the issue while simply tapping on the nine-gamut point... for most, the nine-gamut point also gives some immediate symptom relief while the gene histone is healing. Be sure to go a minute or so past the time the client no longer feels symptoms to completely heal the underlying biology. You can certainly tap on the face and body if you need to calm the client's symptoms quickly, but this may not heal the gene histone."

Matrix Reimprinting Note:

It's important to note that with Matrix Reimprinting, lightly pressing on the gamut point while doing the Reimprinting phase contributes to this additional healing. However, I still suggest you close every session with "There are parts of my being that have been healed by all the work we did today....."