

Gamut point is between the little and ring finger knuckles/tendons on the back of either hand. Continually Tap Gamut point throughout all of the 9 steps of the 9 Gamut process. Do not turn head when moving eyes.

9 Gamut

1. Eyes Closed



2. Eyes Open



3. Eyes Down Left 4. Eyes Down Right



1 2 3 4 5



5. Eyes Left to Right -
Clockwise Circle

6. Eyes Right to Left -
Counter-clockwise
Circle

7. Hum

8. Numbers

9. Hum