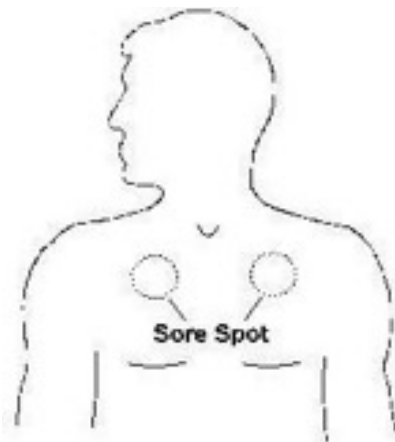


## The Sore Spot

There are two Sore Spots and it does not matter which one you use. They are located in the upper left and right portions of the chest and you find them as follows:

Go to the base of the throat about where a man would knot his tie. Poke around in this area and you will find a U shaped notch at the top of your sternum (breastbone). From the top of that notch go down 3 inches toward your navel and over 3 inches to your left (or right). You should now be in the upper left (or right) portion of your chest. If you press vigorously in that area (within a 2 inch radius) you will find a 'Sore Spot.' This is the place you will need to rub while saying the affirmation.



This spot is sore when you rub it vigorously because lymphatic congestion occurs there. When you rub it, you are dispersing that congestion. Fortunately, after a few episodes the congestion is all dispersed and the soreness goes away. Then you can rub it with no discomfort whatsoever.

I do not mean to overplay the soreness you may feel. You not will have massive, intense pain by rubbing this Sore Spot. It is certainly bearable and should cause no undue discomfort. If it does, then lighten up your pressure a little.

If you have had some kind of operation in that area of the chest or if there is any medical reason whatsoever why you should not be probing around in that specific area then switch to the other side. Both sides are equally effective. If there is any concern, consult your health practitioner before proceeding....or....tap the "Karate Chop" point instead.

## The Karate Chop Point

The Karate Chop point (abbreviated KC) is located at the center of the part of the outside of hand (either hand) between the top of the and the base of baby finger or....stated differently....the part of hand you use to deliver a chop.



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Instead of rubbing it as you would the Sore Spot, you vigorously tap the Karate Chop point with the fingertips of the index finger and middle finger of the other hand. While you could use the Karate Chop point of either hand, it is usually most convenient to tap the Karate Chop point of the non-dominant hand with the fingertips of the dominant hand.

If you are right handed, for example, you would tap the Karate Chop point on the left hand with the fingertips of the right hand.

**Should you use the Sore Spot or the Karate Chop point?** After years of experience with both methods, it has been determined that rubbing the Sore Spot is a bit more effective than tapping the Karate Chop point. It does not have a commanding lead by any means but it is preferred.

Because The Setup is so important in clearing the way for the rest of The Basic Recipe to work, I urge you to use the Sore Spot rather than the Karate Chop point. It puts the odds a little more in your favor. However, the Karate Chop point is perfectly useful and will clear out any interfering blockage in the vast majority of cases. So feel free to use it if the Sore Spot is inappropriate for any reason.

### Stepping Through It

Now that you understand the parts to The Setup, performing it is easy. You create a word or short phrase to fill in the blank in the affirmation and then...simply repeat the affirmation, with emphasis, 3 times while continuously rubbing the Sore Spot or tapping the Karate Chop point.

That's it. After a few practice rounds, you should be able to perform The Setup in 8 seconds or so. Now, with The Setup properly performed, you are ready for the next ingredient in The Basic Recipe....The Sequence.