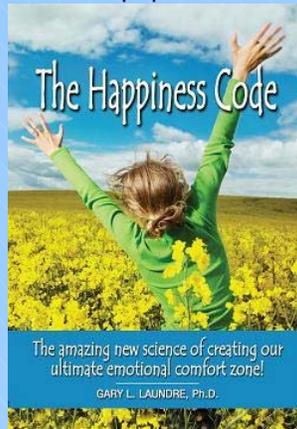


From the popular book...

The Happiness Code Key Sequence



A gift from Gary Laundre

Think of something you have a major fear of, like Spiders, Snakes, Flying, Public Speaking, etc. or think of something in your past that gives you bad feelings when you remember it now. **Rate the discomfort** you feel while thinking of it on a scale of one to ten, ten being the worst you can imagine and one being no discomfort at all.

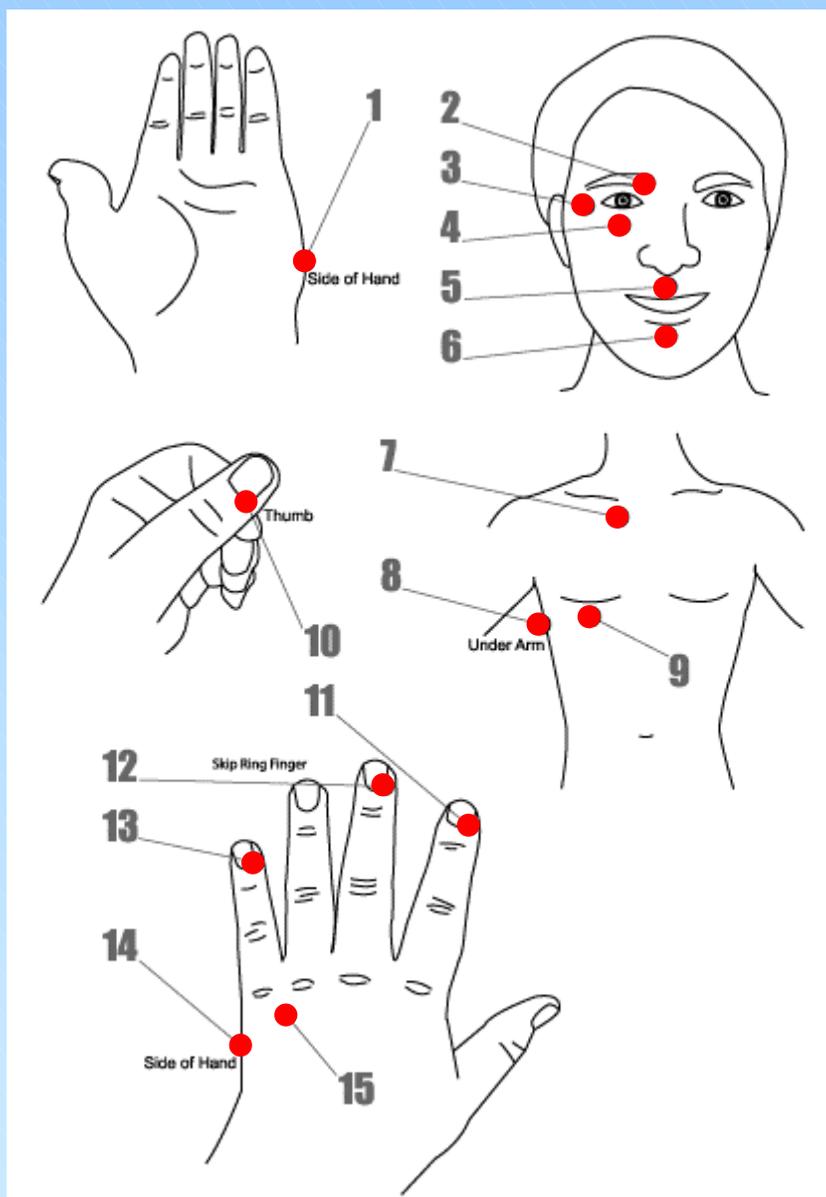
Then, while you continue to think about what bothers you, **use just two fingers**

and lightly touch each place on your body shown on the diagram on the following page. Touch each place for about **4 or 5 seconds**. Breathe normally while touching the points in the exact order shown by the numbers.

It doesn't matter which side of the face or body you touch. Use either hand to touch each point 1 – 15.

Now continue touching the #15 spot while you:

- Close your eyes and open them again;
- Move your eyes down and to the right and then down and to the left;
- (Still touching #15) Whirl your eyes in a complete circle;
- Whirl your eyes in the other direction;
- Stop eye movement, but keep touching #15 and hum a 5-second tune;
- Count to five out loud (1-2-3-4-5);
- Hum a tune again.



Now again access the thought that was bothering you when you started the touching sequence. **Is the fear gone or lowered** on a scale of one-to-ten? Are the feelings about the past issue more comfortable?

If you experienced no change for the better and you are sure you were doing the touching sequence correctly you may need to adjust the sequence slightly. Dr. Laundre is available for private consultation at regular rates.

The vast majority of you who do the exercise will notice a positive change in your feelings, so why not purchase the book and find out how and why the “magic” happened. Let me show you how to use this amazing power I call The Happiness Code to create your ultimate emotional comfort zone.

Who knows? Looking back on it, you may find that reading this book may have been the two most important hours of your life!

Gary Laundre, Ph.D.

Publisher's Note

We hope you enjoyed trying out the Code today. To discover fully how to create your ultimate emotional comfort zone, obtain your copy of *The Happiness Code* today.



This book is available at www.rhpub.com, and through America's top bookstores, or the American Institute, Grand Rapids, Michigan. Also order ISBN13 978-0-9708465-1-8 for \$19.95 plus \$3.50 shipping. Send request to Book Orders, P.O. Box 966, Draper, UT 84020.

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