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**The Four Step System for
Joyful Living_ Spirituality**

**DECODING
THE SECRETS OF
JOYFUL LIVING**

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*"I trust that we do not come
across by accident, today we
connect for a reason. "*



APPLYING THE FOUR STEP SYSTEM FOR JOYFUL LIVING – SPIRITUALITY

Tap and connect to our divine nature inside and release the spiritual sufferings and struggling

For many of us, spirituality is related to some big questions about life and identity, a lot of “why”.

Lets check the following:

- Do you feel you have been seeking yet never finding?
- Do you know what you have been exactly seeking? What is missing in your life?
- Do you have a sense of the meaning of your life on earth?
- If you currently suffer and struggle in life, what is bothering you?
- Why did this happen to you? Do things happen for a reason?

Even though you don't know or at least are not exactly clear of these answers, EFT can help you connect to your true feelings and bring some clarity of your true-self. Through the guidance of these true feelings and thoughts, you will find out what power was taken away from your body energy system. Those earlier events and bothersome memories in your life line will come up and eventually have the chance to leave your body. You will have the awareness that it's your heart wounds that separated you from the connection of our divine source energy and your joy. This divine nature source dwells in our heart – our emotional power center where our heart chakra is located.

It's all about the battle between fear and love. Fear only exists when love is not around. By EFT tapping, you will experience the amazing shift of the emotional vibration from fear to love. Gradually you will be able to open yourself up to different perspectives. You will become more objective about your life issues. You will realize that your fear, your anxiety, and your wanting to control are just feelings and illusions

Step One: Check and Discover

Find Out The Patterns And Reveal The Early Events Behind Your Money Pain

Start with the pressing issue you feel most suffering and struggling spiritually

Setup Statement

Pick one specified issue you feel suffering about, check your true self-talks about this pain, and craft a Setup Statement. Craft your *Setup Statement*.

Tap on Karate Chop point, say the setup statement 1-3 times.

Even though I have this issue _____, I feel so _____, I deeply and completely accept myself.

Emotion Intensity Check

Check the emotion intensity about money issue on a 0-10 scale.

Negative Rounds of Tapping

- Tap on the eight meridian points on the body. Tap on this pressing spiritual issue that you feel confused, suffered, and struggled about. Admit, accept, and speak out all your

feelings and self-talks on this issue. Tap and get the clarity about what's going on in our life.

- Check where you feel on your body about this suffering, pain, or any feelings. Find out if there is any pattern or trigger behind this suffering issue. E.g. I feel so confused and lost. All is meaningless. I don't feel I live; I just stay here waiting to die.
- Tap until the suffering, the emotion pain goes down a bit, better below three on the 0-10 scale.
- Tap and let some early events float up in mind. Those are the events that might have contributed to this spiritual pain.

Step Two: Unblock Buried Inner Energy Knots

Release the Suppressed Negative Emotions and Untie the Old Knots from Early Events

Repeat the same tapping procedure from Step One's *Setup Statement, Emotion Intensity Check, and Negative Rounds of Tapping*.

Setup Statement

- Pick the early event that got revealed from the initial rounds of tapping, and craft a setup statement.
- Tap on the Karate Chop point and say the setup statement:

Even though I have this old event_____, I feel _____, I deeply and completely accept myself. (fill the blanks to fit your situation)

Emotion Intensity Check

Check the emotion intensity about this old event on a 0-10 scale.

Negative Rounds of Tapping

- Tap on the eight meridian points on the body.
- Tap and speak out all the negative emotions and self-talks behind this old bothersome event. Check as well about where you feel on your body of those feelings, e.g. feeling strength-less in heart, so unfair in my gut, ashamed in my stomach, etc.
- Keep checking the emotion intensity on the 0-10 scale. Tap and bring the intensity score on the scale down below 3 or even 0 for each specified event.
- Pick one event at a time, one by one. Tap and get the clarity about what blocked you from feeling joy and love.
- Tap, release, and clear up the inner knots (the old event) from our body energy system.
- Keep tapping until you clear up the energy field by tapping away 10-15 major old events. You will then start to feel the difference about yourself, about others, and about your life.

Step Three: Shift Our Emotional Vibrations to a Positive Place

Build A Bridge With Gratitude And Step Over From Lower Emotion Vibrations To Higher Vibrational Place

Repeat the tapping procedure of *Setup Statement, Emotion Intensity Check, and Positive Rounds of Tapping*.

At this step, we start positive rounds of tapping.

Use *Choices Method tapping and Gratitude tapping. Tap and shift from low-end to high-end of emotion vibrations, from the

feelings of fear, depression, and grief, gradually and eventually to the emotions of peace, love and joy.

*Choices Method tapping was developed by Dr. Patricia Carrington

Setup Statement

Pick the same setup statement for the issue you are working on and craft a setup statement.

Tap on Karate Chop point:

Choose Method Tapping:

Even though I still have the remaining pain/suffering going on, I CHOOSE to be at ease and peace with what it is in my life and let go of my wanting to figure it out why.

Gratitude Tapping:

Even though I still feel the remaining pain and suffering about my life, I don't know why, I am GRATEFUL to see that I have so many blessings in my life. _____ (fill the blank based on your individual situation)

Emotion Intensity Check

Check the remaining emotion intensity about the same spiritual issue you've been working with, using a scale 0 – 10.

Positive Rounds of Tapping

- Tap on the eight meridian points on the body.
- Tap with positive affirmation, speak out your determinations to heal, to let go, to shift, to move on, etc. Tap and speak out all your intentions, and send deliberate mind vibrations for peace, love, relaxation, joy, balance, and freedom.

- Keep checking the emotion intensity on the scale, normally it could go down 0, after the rounds of positive tapping.

Step Four: Move Forward to Our Intentional Place

Set Up Intentions And Take Actions

From what we don't want and don't feel good, we now have the clarity of our intentions – what we do want and feel good about. Energy flows where directions go. New reality needs actions and execution to be created.

At this step, we repeat the complete tapping procedure including *Setup Statement, Emotion Intensity Check, Negative Rounds of Tapping and Positive Rounds of Tapping.*

Setup Statement

Pick one of your intentions or your goals you want to work on to improve your spiritual status. Craft a setup statement on this intention.

Today I set up my intention, I will start to do _____ to _____ (fill in the blanks to fit your situation.) E.g., I will start to practice meditation and yoga weekly to calm my mind. Or: I will start to do tapping this coming week, and make it a routine practice to help myself releasing my spiritual pain.

Emotion Intensity Check

Check how true this statement sounds to you or how strong you believe you will achieve this goal, using a 0-10 scale. You can also check if you are taking your actions and start to feel peace yet, or you are still in a turbulent mind status.

*At this step, it is Emotion *Alignment* Check or mind status check.

Negative Rounds of Tapping

If it still does not sound true to you, and you still don't believe you can eventually move into place with peace, joy, and meaning, then go back to the previous steps. Repeat the tapping procedure, discover and unblock any leftover knots inside your system. E.g., What is the inner resistance to the changes, what serves you by staying in the old place? What are you scared about if you let go of your fear? What is deep down your belief about yourself? Do you know how to love yourself? Do you believe you deserve love from others? Do you feel it's safe to step out and finally deal with this real world and start to live your life?

Repeat the tapping procedure, tap on those inner blockages, collapse and release them from the body system and shift.

Positive Rounds of Tapping

- If you are finally ready to go for your intentions, and you feel the aligned energy towards your goal to improve your spiritual issue, then start positive rounds of action tapping.
- Tap and speak out your true voices - your desires, your break down action plans for your goals. Can you see yourself finally let go of your suffering and struggles and find out some meaning for your life? If yes, how will your future life look like, and how will you look and feel in your future reality in mind? Do you feel an inner call from your life now that you know you are ready to move ahead and do it?

- Inspect your execution of your action taking. Observe both your physical and mental activities, emitting aligned energy towards your goals.
- Keep diligent and persistent tapping, and do different mind training and spiritual and physical exercises to build new healthy habits to replace the old behavior patterns and improve your relationship with others and with yourself.

The following attached is an example script of tapping on spirituality issues. Please follow the video and tap along.

Tapping Script on Spirituality - Divine Connecting

*While tapping, you can repeat these phrases out loud, or change the words to fit your exact situation.

Setup statement (tapping the Karate Chop Point on either hand):

“Even though I’ve been seeking but never finding, I deeply and completely accept myself.”

“Even though I’ve been seeking but never finding, and feel unbalanced, I accept myself as who I am and how I feel.”

“Even though I’ve been seeking but never finding, I accept, love, and forgive myself and these sufferings and struggles.”

Check the intensity scores on the scale.

0 = the least intensity, and 10 = the most emotional intensity.

Negative rounds of tapping focusing on problems:

Eyebrow: This pattern of seeking but not finding.

Side of Eye: So lost and confused.

Under Eye: Feel not balanced in body, mind, and spirit.

Under Nose: Just feel sad.

Chin: I am scared that I won't find it in this life.

Collarbone: I am running out of time.

Under Arm: I am so tired of it.

Top of Head: But I still can't stop.

Eyebrow: I have to find it.

Side of Eye: But I just can't find it.

Under Eye: Keep seeking, not finding.

Under Nose: It becomes a pattern.

Chin: So sad, so powerless.

Collarbone: Why do I have to do this to myself?

Under Arm: I just have to figure it out.

Top of Head: But I can't figure it out.

Eyebrow: Now I am even confused: "what I've been looking for?"

Side of Eye: Hope and disappointment. I am tired.

Under Eye: This started when I was a kid.

Under Nose: The world was not safe for me

Chin: I didn't feel I was well taken care of and protected.

Collarbone: I wanted to know what's going to happen.

Under Arm: If I don't know, I will be scared. What's wrong with me?

Top of Head: I need to know and see the future.

Tap with more rounds if needed until you bring the scores on the scale down below 3 or even 0.

Positive rounds of tapping (start to shift and focus more on solutions):

Eyebrow: I want to find my lifetime answer.

Side of Eye: My gut tells me that I need to keep seeking.

Under Nose: I feel there is an invisible source somewhere out there pushing me to do it.

Chin: Maybe it's my divine purpose to find it.

Collarbone: What if nothing was wrong.

Under Arm: It's OK I keep seeking.

Top of Head: The only thing is maybe I need to change the direction.

Eyebrow: Maybe I need to go within, instead of searching from outside.

Side of Eye: Maybe finally I need to learn how to listen to my inner voice, listen to my emotions and thoughts.

- Under Nose: What do I truly need?
- Chin: Maybe what I've been looking for is pure love.
- Collarbone: Yes, I do have a little boy/girl inside of me wanting love.
- Under Arm: I didn't feel loved.
- Top of Head: Even though I give a lot of love to others, I don't know how to love myself.
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- Eyebrow: I am still scared and don't how to find my answer.
- Side of Eye: Maybe I can start to go inside to listen to my true talks and true feelings.
- Under Nose: Maybe there are some wounds deep down in my heart, need to be healed.
- Chin: I choose to open myself to healing.
- Collarbone: Maybe to be willing to let go of my fear is the first step I can do now.
- Under Arm: I am willing to let go of this thought.
- Top of Head: I start to feel that things then will be unfolded by themselves.

Check the intensity on the scale. Keep tapping to bring the score down below 3, or 0.