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**EFT Tapping Guidance**

**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. "*



## EFT TAPPING GUIDANCE

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EFT Tapping is a repeated procedure of a technique, which includes setup statement, emotion intensity check, negative rounds of tapping, and positive rounds of tapping. What it does is simply like to pick the right stones inside of our energy system to hit on and collapse them. So that we can then clear up the road ahead and finally move on to live a healthy and joyful life.

Here are the four steps in the procedure:

1. Setup statement  
Pick a right inner stone to hit on.
2. Emotion intensity check on a 0 – 10 scale  
Measure how hard the stone is
3. Negative rounds of tapping  
Hit the stone and get it crashed.
4. Positive rounds of tapping  
Clear up the road, and move on to the destiny place, etc.

Now in more details:

### **Setup Statement**

- Pick one of your Most Pressing Issue – what is bothering you the most right now?  
(This issue has to be very specific, e.g., pick a chronic headache instead of health issue.)
- Tap on the Karate Chop point, say the setup statement three times (you can fill the blanks below to fit your situation):

“Even though I have this \_\_\_\_\_ problem, issue, or belief, and

I feel \_\_\_\_\_, (fill in the blank to fit your situation), I deeply and completely accept myself.”

**The purpose:**

- Unconditionally accept what it is in life.
- Calm and relax our body and mind, knowing that everything is OK.
- Each setup statement (the pressing issue) reflects an energy knot inside our body system. Tapping on it and speaking it out is like to pick a right stone to hit on.

**Check Emotion Intensity on a 0-10 Scale**

Check how hard the stone is.

- Rate the emotion intensity of your most pressing issue using a 0 - 10 scale.  
(0 at the least and ten the most emotional intensity. Or: 0 at one extreme of belief and ten at the opposite extreme of the belief)

**The purpose:**

- Help us to be aware of our emotion energy moving and shifting inside our body system.
- Enable us to track and measure our emotion energy shift, and gain the clarity of the direction for the next step tapping.

**Negative Rounds of Tapping**

- Tap through the eight meridian points in the EFT sequence on the body; speak out all the true inner talks – true emotions, thoughts, and beliefs.
- Tap five to seven times at each point, starting from the eyebrow and finishing at the top of the head.  
e.g. This problem, I feel so \_\_\_\_\_, I totally judge myself...

- Tap, speak, pause, and check your emotion intensity at this moment to this pressing issue on the scale. After rounds, check the intensity score about this pressing issue and see if it goes down below three on the scale.
- When it feels calmer and less pressed, check and see if there are any patterns, or any early events come up in mind that might have contributed to this most pressing issue.
- Repeat the same tapping procedure to tap on the old events that revealed. To hit them and collapse them one by one.
- Along the way when we do tapping, we will also discover our inner resistance against changes or our programmed beliefs that block us to move forward. We will do negative rounds of tapping on those inner blockages, express them out, collapse, and release them.

#### **The purpose:**

- Connect us back to our true self-talk and emotions; help us to touch and hit those energy knots layers by layers until to the root levels.
- Give our repressed emotions and thoughts a voice to speak out and space to go. So that we can bring them up to the conscious level, and then release and remove them from our body system.
- Allow us to reveal our authentic self so that we are able to generate the aligned energy, and live our life with the integrity as who we are and how we feel.

#### **Positive Rounds Tapping**

- Using \*Choices Method Tapping and Gratitude Tapping to tap on the same pressing issues with positive rounds.

### **Choices Method tapping:**

Tap on the Karate chop.

“Even though I still have this remaining \_\_\_\_\_ problem, issue, or belief, I choose to be at peace with it. Or, I choose to let it all go and release them.”

(\*Choice Method Tapping was developed by Dr. Patricia Carrington)

### **Gratitude Tapping:**

Tap on the Karate chop.

“Even though I still have this remaining \_\_\_\_\_ problem, issue, or belief, I am grateful that I have these good things happening \_\_\_\_\_ in my life (fill in the blank with what fits your situation)

- Rate the emotion intensity on the 0-10 scale of the same issue you have been working on.
- Repeat the procedure. Tap through the eight meridian points in the EFT sequence on the body; speak out your positive intentions, your determination to heal, to let go, to shift, and to change, etc.
- After rounds of tapping, check on the emotion intensity on the scale again and see if it goes down to 0.
- Tap on your goals and actions you want to take to get to the place where you want to go. In case you get stuck, go back to the earlier steps. Repeat the tapping procedure, to tap on inner resistance to change, or tap on any possible leftover inner blocks.

**The purpose:**

- Shifts from lower vibrations in the fear mode to higher vibrations in love mode.
- Be aware of our energy status, and become solution focused instead of problems focused.
- Tapping on our destiny spot enables us to align ourselves to the vibrations of the energy of those great things we want to manifest and have in life.
- Inspect the execution of our action taking enables us to discover our leftover stuff inside our system, e.g., inner resistance, so that we could clear them up more completely.