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**Eight Things You need to
know before you start
Tapping**

**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. "*



EIGHT THINGS YOU NEED TO KNOW BEFORE YOU START TAPPING

- 1) Make sure to drink enough water before, during, and after tapping sessions. Dehydration doesn't help energy moving inside of our body.
- 2) You don't have to be professional to start tapping. It doesn't need to be precise about the location of the points, numbers of tapping on each point, or even the words you want to say.
- 3) Just be honest and real. And always be specific. Tapping on a too general issue doesn't help remove old knots, and that will cause first timers more skeptical of the tapping outcomes.
- 4) Always check negative feelings and chase the physical symptoms during the tapping process.
- 5) There is no quick fix for complex life issues or chronic patterns. It's a journey. Great results come from diligent and persistent tapping.
- 6) Tapping and speaking out self-talk at the same time are very important. Speaking our feelings helps you release a bit, but without tapping it won't be able to touch your buried emotions from early events – the root knots.
- 7) So far, we haven't heard any negative effects from tapping. The common "symptoms" after tapping normally include the followings: yawning and tiredness, sleepiness, sound in stomach, or sometimes itchy on the skins or even laughs during tapping. They are actually the good indications that our body becomes relaxed, and the energy moves inside of us.

8) Seek professional help from qualified EFT practitioner or EFT coach if there are complex or deep issues. Consult your medical doctors before tapping if there are severe medical conditions.

If you are drawn to this EFT tapping, then you have a place for it.

You can help yourself decode the secrets of your joyful life.

Happy tapping.