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**The 4-Step EFT Tapping  
System for Joyful Living**

**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. "*



## THE 4-STEP EFT TAPPING SYSTEM FOR JOYFUL LIVING

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The 4-step EFT Tapping system is a repeated procedure to apply EFT technique. We discover what's going on in our inner energy system, unblock the buried inner energy knots, shift our emotional vibrations to a positive place, and eventually take action and move forward to our intentional place.

Each step repeated procedure includes the following parts:

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

### **Step One: Check and Discover**

**Find out the patterns and reveal the old events.**

#### **Setup Statement**

Pick one of your most pressing issues – what is bothering you the most right now?

This issue has to be very specific, e.g., pick a chronic headache at certain spot on the head instead of just health issue).

Tap on the Karate Chop point, say the setup statement three times (you can fill in the blank below to fit your situation):

Even though I have this \_\_\_\_\_ (health issue), and I feel \_\_\_\_\_, I deeply and completely accept myself.”

### **Emotion Intensity Check**

Check how hard the stone is.

Rate the emotion intensity of this most pressing health issue using a 0 - 10 scale.

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

### **Negative Rounds of Tapping**

Tap through the eight meridian points in the EFT sequence on the body; chase the symptoms (where do you feel the physical discomfort) and speak out all the true inner talks – true emotions and self-talks about this issue.

Tap five to seven times at each point, starting from the eyebrow and finishing at the top of the head.

e.g., This pressing issue \_\_\_\_\_, I feel so \_\_\_\_\_, I totally judge myself.

Tap, speak, and pause; keep checking your emotion intensity to this pressing issue on the scale, until after rounds of tapping the intensity score about this pressing issue down below 3 on the scale.

When it feels calmer and less pressed about this pressing, check and see if there are any patterns, or any old events come up in mind that might have caused or contributed to this pressing issue. E.g., when did it start? What happened when the symptom started?

## **Step Two: Unblock Buried Inner Energy Knots**

**Tap and release the negative emotions and untie the old knots from early events.**

During this step, we keep digging out old events or long-term patterns in our life line that are behind our pressing issues. We tap and unblock the deep knots and release them so that we won't get triggered anymore.

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

Now pick the revealed old event and pattern and craft a setup statement about the event.

### **Setup Statement**

Now we found a new spot on the same stone to hit on.

"Even though I have this event \_\_\_\_\_ (fill the blank to fit your situation), I deeply and completely accept myself".

### **Emotion Intensity Check**

Check emotions intensity at this moment about this old event on a 0-10 scale.

Check how hard it is on this specified spot on the same stone.

### **Negative Rounds of Tapping**

Hit on this specified spot on the stone, and collapse it.

Tap and speak out all true emotions, self-talks, and beliefs behind this old event. Bring the emotion intensity score about this event on the scale down to below 3.

Tap on one event at a time, move on to the next one and hit all the hard spots on the same stone. Then repeat the procedure to pick and hit on new events (new stones and new spots on the stone and collapse them). Bring the intensity score of each event down to below 3 or even 0.

Keep tapping and make it a habit, a daily routine. Continue the tapping journey whenever symptoms, issues or emotion triggers come up.

Move to the positive rounds of tapping when the intensity score of each event goes down below 3.

### **Step Three: Shift Our Emotional Vibrations to a Positive Place**

**Build a bridge with gratitude, and step over and from lower emotion vibrations to higher vibrational place.**

This step we will repeat the tapping procedure of *Setup Statement, Emotion Intensity Check, and Positive Rounds of Tapping*.

Use \*Choices Method Tapping and Gratitude Tapping, to tap on the same pressing issues (you have been working on) with positive rounds.

#### **Setup Statement**

Pick the same setup statement you have been working on, tap on the Karate Chop point and say the setup statement (change the word "I accept" to "I choose", or "I am grateful",

Choices Method tapping:

“Even though I still have this remaining \_\_\_\_\_ (fill the blank to fit your situation),

I choose to be at peace with it, or I choose to let all my bad feelings behind this symptom go and release them.”

Gratitude Tapping.

“Even though I still have this remaining \_\_\_\_\_ (fill the blank to fit your situation),

I am grateful that I have these good things happening \_\_\_\_\_ in my life (fill in the blanks with what fits your situation)

### **Emotion Intensity Check**

Check emotions intensity on a 0-10 scale after the pervious negative rounds of tapping.

### **Positive Rounds of Tapping**

Repeat the procedure, tap through the eight meridian points in the EFT sequence on the body; speak out your positive intentions or your determination to heal, to let go, to shift, and to change, etc.

After the rounds of positive tapping, check the emotion intensity on the scale again, very often the intensity score of the event you’ve been working on could go down to 0.

## **Step Four: Move Forward to Our Intentional Place**

## **Set up intentions and take actions.**

At this step, we repeat all four parts in the tapping procedure.

### **Setup Statement**

Pick one of your intentions or your goals. Craft a setup statement on your intention.

“Today I set up my intention, \_\_\_\_\_ I will work on this and achieve my goal of \_\_\_\_\_ (fill in the blank to fit your situation).

Note that the goal needs to be specific, measurable, achievable, realistic (but reachable by imagination), and time-sensitive.

### **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 actions and moving on a 0-10 scale.

### **Negative Rounds of Tapping**

If it still does not sound true to you and you still don't believe you can achieve this goal (or you are still not moving forward); then go back to the previous three steps. Repeat the tapping procedure, discover and unblock any leftover blockings inside your system, E.g., the inner resistance to the changes, programmed beliefs, etc. Collapse and release them from the body system and shift.

## **Positive Rounds of Tapping**

If your intention sounds very true to you and you feel have healthy energy to take actions, then start positive rounds of action tapping. Tap and speak out your true voices - your desires, your break down action plans for your goals. Draw mind-pictures and film mind-movies, and tap on what you see in mind, and what you want to create your future reality, etc.

Inspect your action talking. Observe both your physical and mental activities, generating aligned energy towards your goals. Keep going until you reach your destination.