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**The Four Step System for
Joyful Living_Health**

**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 – HEALTH

Tap and Remove Emotional Elements Behind Health Issues

Do you have any health challenges you are experiencing right now in your life? Any of them become chronic patterns even doctors and medicine don't seem to help much?

While you are under traditional medication, have you ever tried to explore and find out what's going on in your life behind these health issues? Is there any inner conflict and battling in your body system, discounting, leaking and consuming your energy, and taking away your power?

The world we live in is complicated and demanding. We can so easily lose the balance on our mind, body, and spirit from our daily life challenges. Stress, anxiety, fear, and other negative feelings, it is proven, have become the roots of most health issues.

Common issues:

Physical pain, headache, chronic fatigue, kidney and stomach issues, sinuses & allergies, asthma, heartburn, insomnia, eating disorder, body weight, breathing difficulties or other medical conditions.

When we use EFT to tap on health, the key is to chase our symptoms and the emotional charges behind the symptoms. Surprisingly, those old bothersome events will float up after tapping, and prove to us that they contributed to our physical symptoms. Tap and let go of those inner blockages, many physical issues will be gone for good, or at least the situation will be improved.

Step One: Check and Discover

Find Out The Patterns And Reveal The Early Events

Setup Statement

Pick one specified physical symptom that is bothering you. Check the feelings and true self-talks then craft your *Setup Statement*.

Emotion Intensity Check

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

Tap on Karate Chop point, say the setup statement One to three times.

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

Negative Rounds of Tapping

- Tap on the eight meridian points on the body. Tap on the pressing physical issue. Admit, accept, and speak out all feelings and self-talks behind this physical issue. Tap and get the clarity about what's going on in your life.
- Check and find out if there is any pattern or trigger behind this pressing physical issue. e.g. "when do I normally feel more severe pain than normal time in my lower back, on my shoulder, or stiffness in the back of my neck?"
- Tap until the physical symptoms, e.g. pain level, and emotion intensity go down, better below three on the 0-10 scale.
- If the score doesn't go down, check if you have other inner voices have not been expressed. Tap and speak them all out.

- Tap and check if there are any early events float up in mind that you think they might have contributed to this pressing physical issue.

E.g., when was the first time you started this physical symptom? What happened? What were your emotions and self-talks at that moment?

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 one of the early events that got revealed from the initial rounds of tapping.
- Tap on the Karate Chop point and say the setup statement first.

Even though I have this old event _____, I accept myself deeply and completely.

Emotion Intensity Check

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

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

Negative Rounds of Tapping

- Tap on the eight meridian points on the body. Tap on all the negative emotions and self-talks behind this event or bothersome memory.
- Chase the physical symptoms and express your feelings about the symptoms.
- Pick one event at a time, tap one by one. Tap and get the clarity about what blocked you from feeling good.
- Keep checking the emotion intensity on the 0-10 scale, make sure to bring the score on the scale down below 3 or even 0 for each specified event.
- Tap, release, and clear up the major inner knots (the old event) from our body energy system. After removing 10-15 major inner knots (the old events in the lifeline), you will start to feel lighter and happier, and your life start to change for better.

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 pressing health issue, and craft a setup statement.

Tap on Karate Chop point:

Choose Method Tapping:

Even though I still have these _____ remaining physical symptoms, I CHOOSE to be at ease and peace with what it is in my life.

Gratitude Tapping:

Even though I still have these _____ remaining physical symptoms, I am GRATEFUL that I have these _____ good things in my life. (fill the blank to fit your individual situation)

Emotion Intensity Check

Check the remaining emotion intensity on the 0-10 scale.

Positive Rounds of Tapping

- Tap on the eight meridian points on the body. Tap with positive affirmation, speak out all your intentions, your determinations to heal, to let go, to shift, to move one, etc.
- Keep checking the emotion intensity of the same health issue on the scale. Normally it could go down 0, after the previous rounds of negative tapping and the current rounds of positive tapping.

Step Four: Move Forward to Our Intentional Place

Set up intentions and take actions

Without intentions, energy has no direction in which to flow. 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 about your health issue. 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). E.g., I will start to do meditation daily/weekly, or practice deep breathing, etc.

*note 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 have taken any actions to help yourself, and start to see the positive physical changes or improvement of the energy level. Or you are still stay at the same place not moving.

*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 or you still feel stuck and don't believe you can achieve this goal (or you are still stuck in the same health status without any changes), then go back to the previous steps. Repeat the tapping procedure, discover and unblock any leftover blocks inside your system, e.g. resistance, programmed limiting beliefs, etc.

Check these questions: what does your health issue serve you in your life right now? What is the disadvantage for you if you finally heal yourself 100% and move out to the society?

Tap, collapse and release the leftover knots from the body system and shift.

Positive Rounds of Tapping

- If your intention sounds very true to you, and you have the aligned energy towards your goal, 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 execution of your action talking. Observe both your physical and mental activities, emitting aligned energy towards your goals.
- Keep diligent and persistent tapping, and do different exercises to build new healthy habits to replace the old behavior patterns and improve your health situation.

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

Tapping Script on Health issue – A Headache

*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 have this headache behind my eyes, I deeply and completely accept myself.”

“Even though I have this headache behind my eyes, I accept myself and this headache. “

“Even though I have this headache behind my eyes, I accept, love, and forgive myself and this headache.”

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 headache behind my eyes

Side of Eye: Painful

Under Eye: Annoying

Under Nose: It's there for the whole day, it just doesn't leave

Chin: I can't focus; can't do anything because of it.
Collarbone: Frustrating and stressful.
Under Arm: So many things are on my plate.
Top of Head: So worried that things will be out of control.

Eyebrow: Feeling stressful and powerless.

Side of Eye: Everything is on me.

Under Eye: So many roles in the life.

Under nose: Afraid I can't catch up.

Chin: Frustrating and anxious.

Collarbone: No good support.

Under Arm: It's scary.

Top of Head: I have to make it work.

Eyebrow: This headache is now moving.

Side of Eye: To the top and now in the back of my head.

Under Eye: I feel less stressful and have calmed down a bit.

Under Nose: Maybe this tapping can help me.

Chin: I feel it's less painful now.

Collarbone: But it's still there.

Under Arm: Stressful and frustrating.

Top of Head: I have to have things done on time.

Eyebrow: I feel this headache is a bit distant now and not that pressing.

Side of Eye: But even if it's all gone for now.

Under Nose: I am afraid it will come back because it always does.

Chin: It's not that simple.

Collarbone: Feel a bit sad and powerless now.

Under Arm: I have to take care of everything.

Top of Head: No support.

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: Even though I am afraid this headache will come back.

Side of Eye: I choose not to waste my energy worrying

Under Nose: I choose to let go of my wanting to control.

Chin: I can let go of this thought.

Collarbone: It's just a thought. All is in the mind.

Under Arm: I am willing to leave all to the universe infinite source.

Top of Head: I choose to open myself and allow the energy flow.

Eyebrow: I choose to have a new belief today.

Side of Eye: I can be relaxed and handle my stress

Under Nose: I don't need stress to get things done.

Chin: I choose to find ways to feel good and reserve all the healthy energy.

Collarbone: I can focus on what I need to do.

Under Arm: I believe resources and solutions are always there for me.

Top of Head: I trust the universe is supporting me.