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**The Four Step System for
Joyful Living_Money**

**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 – MONEY

Tap to heal the money scars and free up the money flow

Do you realize that money is energy also since everything in the universe is energy? Like everything in our life, money also has a natural cycle. At times, money goes out more than it comes in, and vice versa.

Our challenge is how to be aligned with this money wave; opening up and letting it flow instead of blocking and making it stagnant.

We want both our money and our personal energy to flow. Blocks in money flow can be caused by our emotions, physical body, or our relationships. One area of your life that is not flowing or working may affect every other area of your life.

If you are experiencing money issues right now, observe your life and find out where your energy needs to flow more.

People who experience money issues always have root feelings of fear and anxiety. This root usually stems from childhood events; from ways in which we are programmed based on our beliefs and our experiences. These emotions put us into a lacking and desperate state. Liking attracts liking; lacking attracts lacking. Fear energy only brings back the life situation where we feel scared.

EFT will start from our bad feelings about money, and go deep to the roots to see where those bad feelings come from. Gradually we tap away the fear feelings and calm us down so that we could have healthy desires and financial goals, and finally have the healthy energy to take action and move towards that direction.

Step One: Check and Discover

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

Start with the most pressing about money.

Setup Statement

Check the feelings and true self-talks about money, and about your relationship with money, e.g., do you self-sabotage yourself or judge others about money issues? Craft your *Setup Statement*.

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

Even though I have this money issue (could be a pattern as well) _____, I feel so _____, (fill in the blank to fit your situation), 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. Admit, accept, and speak out all feelings and self-talks about money, or about any people who you think is related or contributed to this money issue. Tap and get the clarity about what's going on in your financial life.
- Check and find out if there is any pattern or trigger behind this pressing money issue. E.g., when do you get the hit of this money pain? Are there any occasions cause more fear and anxiety about money? E.g., anytime when you spend, or

when you see the bills? Is there any self-sabotage behind this money issue? E.g., I am such a loser. Are there any physical symptoms when you feel the money pain? E.g., lower back pain or stomach butterflies?

- Tap, speak, and check your intensity score on the scale. Tap until the emotional pain (e.g. fear or anxiety) goes down a bit, better below 3.
- Tap and let early events float up, that's the inner knots might have contributed to this pressing money 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*.

Tap on the early events that got revealed from the initial rounds of tapping on money pain.

Setup Statement

- Pick one of the old events and craft a setup statement.
- Tap on the Karate Chop point and say the setup statement:

Even though I have this old event _____ behind my money issue, I accept myself as who I am and how I feel.

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.
- Pick one event at a time, one by one. Tap and get the clarity about what blocked you from receiving the money flow.
- Keep tapping and checking the emotion intensity behind each event, checking as well your beliefs about money on the 0-10 scale.
- Tap until you can bring the score on the scale down below 3 or even 0, for each specified event and your belief about money.
- Tap, release, and clear up the inner knots (the old event related to money) from your body energy system.
- After you remove the energy knots from major early events or major programmed beliefs from your system, you will start to perceive money situation in a more objective way. And you will become more confident of your capability to achieve financial freedom for your life.
- Money is a flow with both ends. Our limiting beliefs about either giving or receiving money, and our low self-esteem could block our money flows.

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 money issue, and craft a setup statement.

Tap on Karate Chop point:

Choose Method Tapping:

Even though I still have the remaining fear/pain about money, I CHOOSE to be at ease and peace with money issue and what it is in my life.

Gratitude Tapping:

Even though I still have the remaining fear and pain about money, I am GRATEFUL that I have all these good things in my life. _____ (fill the blank based on your individual situation) E.g., I have good health, I live in a safe environment with my family, etc.)

Emotion Intensity Check

Check the remaining emotion intensity about your money pain on a scale 0 – 10.

Positive Rounds of Tapping

- Tap on the eight meridian points on the body.

- Tap with positive affirmation, tap and speak out all your positive intentions. E.g., your goals about money, your determination to change your attitude and lift your money vibrations, your desire, and what you see in your mind picture about future money reality.
- 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

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 money issue, craft a setup statement.

Today I set up my intention: _____ (fill in the blank to fit your situation). E.g. In the next three – six months, I can calm myself down and improve my energy level. I can get the clarity and ideas in mind about what actions to take to achieve my money goal (better give an exact number here).

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 that if you are taking action and start to move forward or not.

*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 achieve this goal, then go back to the previous steps. Repeat the tapping procedure in Step One and Two, discover and unblock any leftover blocks inside your system.

E.g., I am still stuck and can't move forward. I want to take actions, but I am so tired and have no energy.

Check what your inner resistance is for the changes. What serves you by staying in the old place feeling fear and pain about money? What is the downside for you to step out to improve your money situation? What do you have to confront if you achieve your money goal? Do you feel it is your true intention and desire to achieve this money goal?

Collapse and release them 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 money goal to improve money situation, then start positive rounds of action tapping.

- Tap and speak out your true voices - your desires, your break down action plans for your money goals. Draw mind pictures and film mind movies about your life when you finally deal with your money issue. Tap on what you see in mind, and what you want to create in your future money reality.
- Inspect your execution of your action taking. Observe both your physical and mental activities, emitting aligned energy towards your money goals.
- Keep diligent and persistent tapping. Do different exercises to stay healthy. Build new healthy mind and emotion habits to replace the old behavior patterns and improve your money vibrations.

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

Tapping Script on Money issue

*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 the pattern of fear and stress about my money flow, I deeply and completely accept myself.

Even though I have the pattern of fear and stress about my money flow, I deeply and completely accept myself as how I am and how I feel.

Even though I feel stressed and overwhelming about money flow, I accept, love and forgive myself, and these feelings.”

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 fear and stress over money

Side of Eye: I can't stop worrying.

Under Eye: Just thinking about spending money on anything

Under Nose: I am already overwhelmed.

Chin: Scared and painful.

Collarbone: Money always goes out faster than it's coming back to me.

Under Arm: Why is it so hard for me?

Top of Head: Other people seem to earn money easily.

Eyebrow: I am a good person

Side of Eye: I always help people and give generously.

Under Eye: But why do I only give but don't receive?

Under nose: It's unfair.

Chin: Scared, painful, sad, and powerless.

Collarbone: Money always goes out faster than it's coming back to me.

Under Arm: I try so hard and leave no time for myself, but it still comes slowly to me.

Top of head: Maybe I did something wrong and got punished?

Eyebrow: But what did I do wrong?

Side of Eye: Other people even bad people have a lot of money

Under Eye: As if they were rewarded.

Under Nose: I still have so much to learn and so much to work on.

Chin: Maybe I am not good enough yet.

Collarbone: Maybe I just need to work a bit harder, do a bit better.

Eyebrow: So powerless.

Side of Eye: I feel so hurt.

Under Eye: I feel like I want to cry every time I have to go shopping.

Under Nose: I have less left after spending.

Chin: I feel the pain in my heart and my stomach.

Collarbone: I can't breathe now.

Under Arm: I am sad and feel powerless.

Top of Head: Why?

Eyebrow: Now I see my mother in my mind.

Side of Eye: She was always worried about money.

Under Eye: She cried after shopping with us sometimes.

Under Nose: My father lost his job at that time.

Chin: Now I feel I failed. I am such a loser.

Collarbone: When will I find my next job? It's scary.

Under Arm: I am scared and now mad at myself.

Top of Head: I failed. I am such a loser...

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

When old events or money wounds come out, just tap on the feelings and self-talk on that event or events.

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

Eyebrow: I really want to have money freedom and get out from this scary place.

Side of Eye: What if I can release this feeling of fear?

Under Eye: Maybe I focused too much on my fear.

Under Nose: And I forgot to look outside of my money problems.

Chin: Maybe I am programmed from my father's unemployment story.

Collarbone: Maybe I was made to believe that I don't deserve to spend money and enjoy my life.

Under Arm: I want to get rid of this old pattern today.

Top of Head: And live my life without fear of my finance.

Eyebrow: Today I choose to accept and forgive myself

Side of Eye: I choose to accept and forgive my anxiety of money.

Under Eye: I know there must be some blocks in my energy system.

Under Nose: I choose to clear up and unblock all those old knots inside of me.

Chin: No matter what kind of thoughts and beliefs they were,

Collarbone: I choose to be a money magnet.

Under Arm: Money is on the way flowing to me.

Top of Head: Money comes to me easily.

Eyebrow: I deserve the financial freedom.

Side of Eye: I don't have to work too hard and struggle to have money.

Under Eye: I deserve to take care of myself.

Under Nose: It's safe to take a time to rest and relax.

Chin: I need to slow down and start to enjoy my life more

Collarbone: When I am relaxed I will be more creative.

Under Arm: I will be able to connect myself to the infinite divine source inside of me.

Top of Head: I will open up the money flow and allow the money blessings on the way coming to me.

Check the intensity on the scale. And find out what comes up in the mind. Normally there will be events coming up in the mind after the initial tapping.

Keep tapping on the different events. One by one, bring the score down below 3, or 0.