

DECODING THE SECRETS OF JOYFUL LIVING



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Forward By **Dr. Joe Rubino**

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Bonus Section

What is EFT and Emotional Energy?

- **Emotion**

Everything is energy including our emotions and thoughts.

Emotion is an energy in motion.

We don't see our emotion and thought energy. Because our emotions have higher vibrations and frequencies, they are beyond the reach of the capacity of our human physical j

Emotions come up because they want to leave; remember they always vibrate.

If emotions could move throughout our body smoothly without resistance, we would be in harmonious and healthy status.

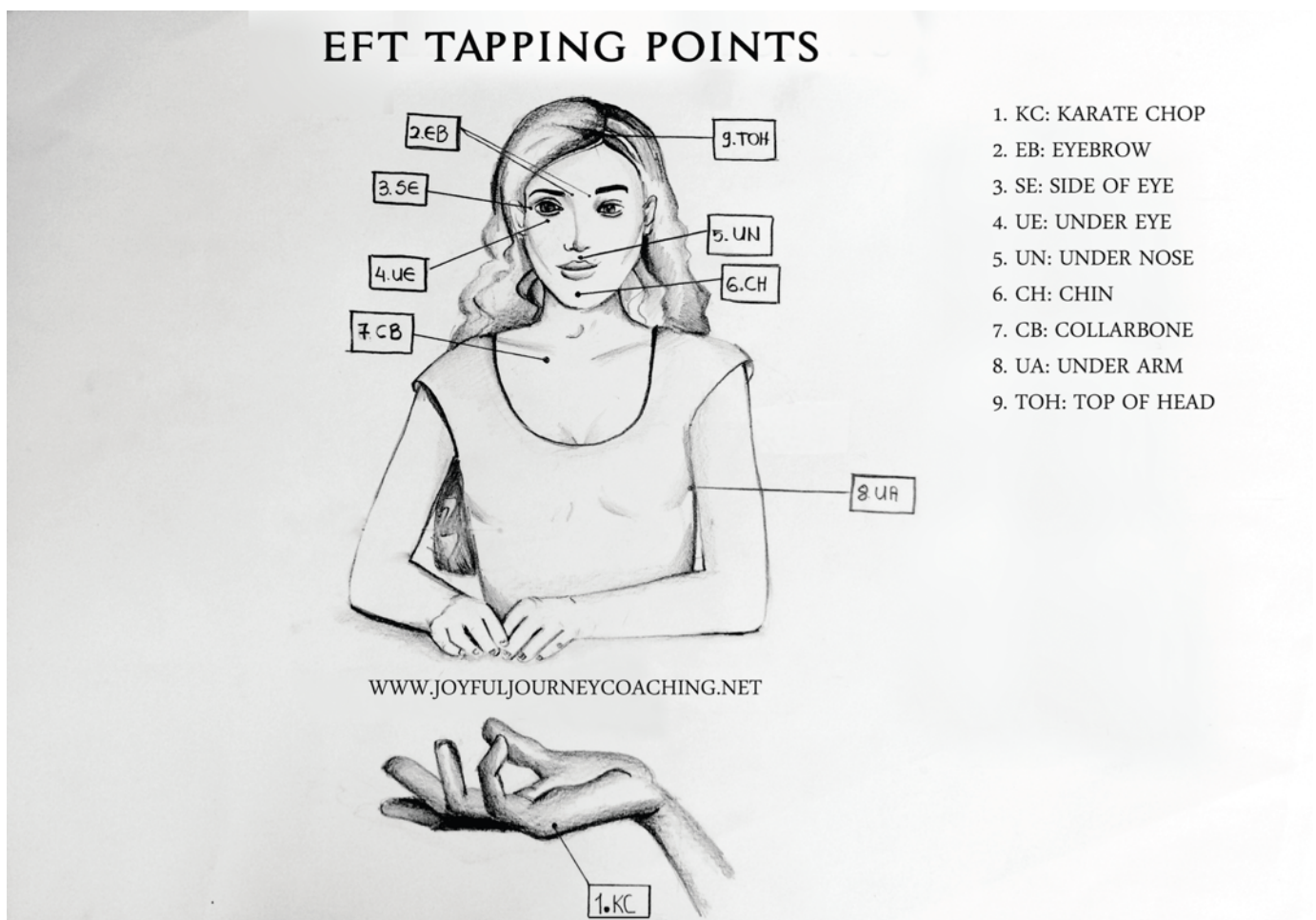
Emotion itself is not harmful, even if it is a negative emotion.

Humans have the tendency to judge or suppress our life situations and our emotions. When we judge or refuse to accept what it is, the emotion energy can't go through inside our body. It is as if an inner wall was built, blocking the energy flow. And it causes the disruption of the body's energy system. Long and strong negative emotion and internal energy disruption eventually lead to all kinds of illnesses; e.g., Depression, cancer, etc.

Different emotions have different vibrational levels on the emotional energy ladder. Positive emotions like love, peace, joy stay at the top; negative emotions like fear, grief, and depression stay at the lowest end.

When we are at the lower end vibrational levels, we use most of our healthy energy for suppressing. When we shift to higher vibrational energy, we use healthy energy for taking action.

- **EFT - Emotional Freedom Technique**



EFT is often referred to as "energy medicine", and "a needle-free, emotional acupuncture." It uses finger tapping to stimulate some acupressure meridian points on the body and eliminate the energetic blockages that are causing or contributing to mental, emotional, or physical pain. Hence, it allows the body to heal itself.

EFT can apply to every area of life, no matter if it is health, relationship, financial, career, or spiritual issues.

EFT gets us connected to our deep emotions – the Truth of who we are and how we feel.

We admit, accept, tap and let our emotions float up. We give them a voice to speak out and space to come out. And finally leave from our body system peacefully.

EFT Tapping Meridian Points

Note that I use this simple version of tapping with nine meridian points, to make it easy for you to start.

These meridian points have proved to be highly connected to our emotion and thought energy inside of our body energy system.

The nine points are:

1. KC - Karate Chop:

When you hold a fist, you can see a line at the side of your little finger. Kong Fu practitioners use this point to break bricks.

2. EB - Eyebrow:

It's at the beginning of your eyebrow. It's on the bone, and you can touch the hair.

3. SE - Side of Eye:

Follow the same bone, stop at the side of the eye. It's the point.

4. UE - Under Eye:

Still follow the bone now move under the eye. It's at the center of the bone under the eye.

5. UN - Under Nose:

It's at the center and middle of the gap between the nose and upper lip.

6. CH - Chin:

It's at the center and middle of the Gump between our low lip and chin.

7. CB - Collarbone:

In the whole area of our collarbones. You can still use 2-3 fingers to tap, or even 4 to 5 fingers to tap.

8. UA - Under Arm:

Put your hand underneath one side of your armpit. It's at the bottom end of your little finger of the hand and on the side of our body.

9. TOH - Top of Head:

It's on the top of our head, in the center area.

When you look at the chart, you can easily find that we have 7 points on the top part of our body. Six of them, which include the points of Eyebrow, Side of Eye, Under Eye, Under Nose, Chin Point, Collarbone point, form a question mark sign. One point, which is Top of Head, adds a top point on this "question mark" sign. The other point on the body is "Under Arm".

We have only one point on our hand, which is called Karate Chop point. It is the first point we start to tap and say our setup statement.

When you tap, you use 2 or 3 fingers on either hand or both hands (it's totally up to you), gently tap on each meridian point for 5 to 7 times.

Note that it doesn't need to be very precise about the position on each point or the times of tapping. Simply if you touch the area, it will get you connected; all will work.

EFT Tapping Guidance

1. Setup Statement

Pick one of your Most Pressing Issue (MPI) – what is bothering you the most right now?

(This issue has to be very specific, e.g. pick chronic headache instead of health issue).

Check your emotions and self-talks in mind behind this MPI.

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

“Even though I have this _____ (problem, issue, believe...), I deeply and completely accept myself.”

Purpose of this setup:

- Unconditional acceptance of what it is.
- Calm and relax our body and mind, knowing that everything is OK.

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

Purpose of this setup:

- Help us to be aware of and track the emotion energy moving and shifting inside of our body system.
- Sometimes emotions shift too fast for us to realize and discover the facts.

3. Negative rounds tapping:

Tap through the eight meridian points in the EFT sequence on the body; speak out the true inner talk – 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.

Check the intensity of your MPI on the scale after several rounds of tapping; make sure it goes down below 3 or better to 0.

Take a deep breath, and exhale negative energy with a big sigh.

If this MPI is gone, then move on to a different MPI. Repeat the same tapping procedure and bring the score down to 0.

If the MPI does not go away, check and find out more specific events that contributed to this MPI. And repeat the tapping procedure on those events one by one, to bring down the intensity score on the scale.

The purpose of the negative rounds tapping:

- Connects us back to our true self-talk; helps us to touch and hit those deeply buried inner energy knots.
- Gives our repressed emotions and thoughts a voice to speak out and space to go. So that we can bring them to the conscious level, and then we can collapse and release them.
- Allows us to have the integrity as who we are and how we feel.

4. Positive rounds:

Using choose method to tap on your MPI with positive rounds.

Tap on the Karate chop.

“Even though I have this _____ (problem, issue, believe...), I choose to be at peace with it. Or I choose to let it all go (I choose to release them.)”

End up with another deep breath, inhaling with more positive energy (love, peace, gratitude, and joy...) and exhaling old energy.

Check on the emotion intensity on the scale again and see if it goes down to 0.

Purpose of the positive rounds of tapping:

- Shifts from lower vibrations in a fear mode to higher vibrations in love mode.
- Helps us to align ourselves to the vibrations of the energy of those great things we want to manifest and have in life.

8 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!

Take A Sneak Peak At Jenny's New Book

Decoding The Secrets of Joyful Living

*How to Use EFT to Help People Deal With Their
Life Issues in Health, Relationships, Money,
Spirituality, Career and Life Transitions*

Jenny Li Ciccone

Joyful Journey Coaching

INTRODUCTION

More and more people in this world are now seeking happiness in their life, but it seems like happiness is only a special gift for children. The older we get and the more negative things we see in the world, the more we question that it is possible to experience joyful living. The world is changing, the value of the society is different, and modern lifestyles are complicated and demanding.

Many of us are confused, lost, and overwhelmed. So many clearly hear a strong voice from deep within us; a voice that wants and longs for a meaningful and fulfilled life. But the reality is cruel and challenging. We have so many conditions and limitations that stress us out, drag us down, and stop us from moving.

What is going on in our life? Like many of you, I went through these struggles too. I began my professional journey in the corporate world. Over the years I became lost, less happy and less satisfied with my life

choices. I realized I needed to look inward and get back in touch with myself and the world.

I finally discovered the principles I am going to teach you in this book, principles that brought me an understanding of my higher self and a joyful way of living every day of my life. I transformed my life and stepped into my higher path by using a simple, powerful, and practical tool: EFT (Emotional Freedom Technique) tapping and releasing.

I am so excited about it and know that I must share it with you. My hope is that you will use the same tool to bring back your happiness and live your life fully and joyfully with peace, love and freedom. In this book, I will assist you in discovering how your negative thinking patterns and emotional blocks unconsciously hinder your happiness as well as your personal and professional life.

I will teach you a practical four-step method I developed, to enable you to let go and release all these inner blockages, and to shift to a higher vibrational place. I will start by sharing with you the story of my personal journey to joyfulness. Then I will talk about the concepts of what exactly an emotion is, and how emotions and thoughts as energy can tremendously impact our daily life. After that, I will introduce you to this

powerful self-help tool: EFT - Emotion Freedom Technique, which I used to help myself; a tool that has changed millions of lives all over the world. I have put together a framework of the four-step method I developed to give you a picture in your mind of how this system works. I will then guide you step by step, as to how to use EFT tapping and releasing to deal with life issues in five major universal areas everybody has in life.

Thanks for downloading this book. I hope you enjoy it!

1. CHAPTER 1: ONLY CONSTANT IS CHANGE

Everybody wants to live a happy life. But in the fast-paced modern world of today, more and more people think living a life of ease and joy is only a luxurious dream. Too many of us are struggling, feeling stressed and powerless dealing with our life challenges. We are bombarded with daily bad news and societal tragedies, causing us to feel depressed and anxious.

Others do not feel fulfilled in their current situations or career choices. So often, people know that they have a higher calling and want to bring their gifts out to the world to help others and do something meaningful. But for some reason, most just keep these ideas inside and never even start.

For a few others, no matter how hard they try, they just get stuck in the same place and do not know how to get out of their own way to move forward. Why do people keep seeking but never finding? Why do we have to live in a heavy place with struggles and sufferings? Who stole our happiness?

We live in a constantly changing world with more complicated and demanding lifestyles. The values of society made us believe “the more, the better.” So most of us follow these unwritten rules and try harder to do more. Without honoring our own core values and meeting our needs, it is very easy to get confused and lost with so many choices available out there.

People believe that our physical actions are the key to reaching our goals. But they do not realize that it is our thinking patterns and emotional blocks that unconsciously hinder our happiness personally and professionally. Have you ever paid attention to your feelings behind your challenging life issues?

Do you understand the clarity of the root emotions, beliefs, and thoughts in your subconscious mind which blocked your way? Do you know how to

reach and remove these roots, which came from early bothersome life events or traumatic experiences? A simple and powerful self-help tool, EFT, is extraordinarily effective in helping you do just that.

It helps us to connect with our true self at our core. It works directly with the “fight and flight” survival mechanism in our brain, enables us to rewrite the old patterns so that we can start to take action and create a new reality for our life. EFT can work through your blocks without years on a couch of a psychologist or a coach! Well, when the tool is available, many people naturally have these self-talks come along:

“I have so many issues, just thinking about them already made me overwhelmed; where shall I start?”

“I tried everything – positive affirmations, meditations, goal settings, they never worked for me. This EFT just could be another one of them.”

“I tried a couple of times, it did not work. It is just not for me.”

While we have all this inner resistance blocking us from taking action, is actually the right time we want to bring EFT into our life to help. We need to remove the source of our doubt and anxiety in the first place so that we can dig deeper and reach our buried inner blockages and release them.

Here I would like to share my story, about how I found EFT, and how EFT changed my life, and why I am doing what I am doing. My whole life, I had been searching for something I felt missing in my life. I started my professional journey in the corporate world working as a career consultant and career coach.

I helped executives in Fortune 500 companies climb on career ladders to be more successful. I loved my job, and I did great. I believed that pursuing external success was the answer for my searching. After more than 15 years in the same field, I finally realized that more money, higher titles or power do not necessarily bring happiness into lives of people.

I was confused and got lost. When I started to search the direction of my next move, my personal life suddenly turned up-side-down, and I got hit in almost every area of my life. I stressed out and got sick. I could not accept the reality. I beat and judged myself, believing I failed.

I struggled and suffered at all levels, living daily with all negative emotions for years. I just could not get myself out from under it. Of course, I lost this emotional battle finally. I did not have the strength to fight anymore. I

was forced to surrender to what it was. It was this surrender that awakened me and opened a new door.

I started a new journey with exploring and adventuring, and it has never stopped since. I studied everything I could find; I followed different spiritual leaders and attended different courses. All resources and people came to me without my efforts or striving. I discovered different modalities and practiced them.

Among all, I was hit by EFT – Emotional Freedom Technique. I practiced EFT tapping daily and also combined this with all other physical and emotional activities to help myself. I became aware that it is all about the balance of the body, mind, and spirit energy. It is about the battle between fear and love.

And it is about the shifts of our emotion, mind, and thought vibrations to higher frequency. I started to feel lighter and happier day after day. The life flows restarted; health, relationship, money, career, spirituality - all areas gradually came back on track. EFT transformed my life, just like it has done for hundreds of thousands of lives of other people.

It was a journey. For me, the whole procedure was like decoding the secrets of my joyful living. We cannot solve a problem with the same mind that created it. FEAR and anxiety trap us in an uncomfortable “comfortable zone.” We are living in a constantly changing world. The only thing that would not change is “changing.” And this changing world belongs to those who are willing to get in touch with their true self, face their fear, and take action to let go and move forward.

I am so delighted to share with you in this book the work I developed from my journey. I will assist you in moving step-by-step by sorting out, and clearing up your “inner energy traffic jam.” I will guide you through a 4-step procedure to discover what belongs and release what does not belong. By raising your vibrations to a higher place, you will be able to decode your own secrets for joyful living.

Decoding the Secrets of Joyful Living will be available in early spring of 2016. To **Begin Your Journey Today** visit

<http://joyfuljourneycoaching.net/begin-today>

A Message from Jenny



No more seeking, I am home now.

Receiving and following my life call, my passion is to assist you in discovering how your negative thinking patterns and emotional blocks unconsciously hinder your happiness as well as your personal and professional life. I use EFT tool to help you connect to your higher self, decoding the secrets of your path to joyfulness.

I share the wisdom from what my life taught me through both professional and personal experience, from my God, and from both western and oriental culture. I open my heart, follow the inner guidance, allow the flows, and reach out to serve.

I invite you to walk with me together on this Joyful Journey!

~ Jenny Li Ciccone