



**Jenny Li Ciccone**

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

**DECODING  
THE SECRETS OF  
JOYFUL LIVING**

*All contents copyright 2015-2016 by Jenny Li Ciccone. All rights reserved. No part of this document or the related files may be reproduced or transmitted in any form, by any means (electronic, photocopying, recording, or otherwise) without the prior written permission of the publisher.*

*"I trust that we do not come  
across by accident, today we  
connect for a reason. "*



## 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 acupuncture 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.

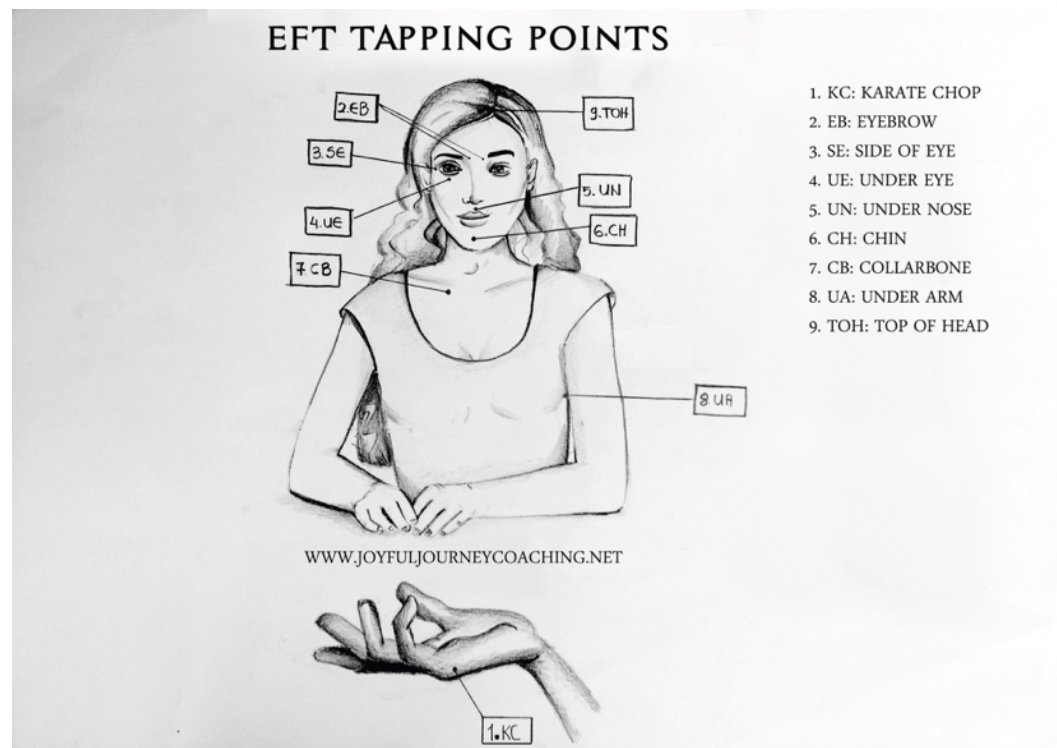
EFT can apply to every area of life, no matter if it is health, relationship, financial, career, or spiritual issues.

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 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 proven highly connected to our emotion and thought energy inside of our body energy system.

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.

## **The Nine Points**

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

---

EFT Tapping is a repeated procedure of a technique, which includes setup statement, emotion intensity check, negative rounds of tapping, and positive rounds of tapping. What it does is simply like to pick the right stones inside of our energy system to hit on and collapse them. So that we can then clear up the road ahead and finally move on to live a healthy and joyful life.

Here are the four steps in the procedure:

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

Now in more details:

### **Setup Statement**

- Pick one of your Most Pressing Issue – what is bothering you the most right now?  
(This issue has to be very specific, e.g., pick a chronic headache instead of health issue.)
- Tap on the Karate Chop point, say the setup statement three times (you can fill the blanks below to fit your situation):

“Even though I have this \_\_\_\_\_ problem, issue, or belief, and

I feel \_\_\_\_\_, (fill in the blank to fit your situation), I deeply and completely accept myself.”

**The purpose:**

- Unconditionally accept what it is in life.
- Calm and relax our body and mind, knowing that everything is OK.
- Each setup statement (the pressing issue) reflects an energy knot inside our body system. Tapping on it and speaking it out is like to pick a right stone to hit on.

**Check Emotions Intensity on a 0-10 Scale**

Check how hard the stone is.

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

**The purpose:**

- Help us to be aware of our emotion energy moving and shifting inside our body system.
- Enable us to track and measure our emotion energy shift, and gain the clarity of the direction for the next step tapping.

**Negative Rounds of Tapping**

- Tap through the eight meridian points in the EFT sequence on the body; speak out all the true inner talks – 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.  
e.g. This problem, I feel so \_\_\_\_\_, I totally judge myself...

- Tap, speak, pause, and check your emotion intensity at this moment to this pressing issue on the scale. After rounds, check the intensity score about this pressing issue and see if it goes down below three on the scale.
- When it feels calmer and less pressed, check and see if there are any patterns, or any early events come up in mind that might have contributed to this most pressing issue.
- Repeat the same tapping procedure to tap on the old events that revealed. To hit them and collapse them one by one.
- Along the way when we do tapping, we will also discover our inner resistance against changes or our programmed beliefs that block us to move forward. We will do negative rounds of tapping on those inner blockages, express them out, collapse, and release them.

**The purpose:**

- Connect us back to our true self-talk and emotions; help us to touch and hit those energy knots layers by layers until to the root levels.
- Give our repressed emotions and thoughts a voice to speak out and space to go. So that we can bring them come up to the conscious level, and then release and remove them from our body system.
- Allow us to reveal our authentic self, and live our life with the integrity as who we are and how we feel.

**Positive Rounds Tapping**

- Using \*Choices Method and Gratitude Tapping to tap on the same pressing issues with positive rounds.

### **Choices Method tapping:**

Tap on the Karate chop.

“Even though I still have this remaining \_\_\_\_\_ problem, issue, or belief, I choose to be at peace with it. Or, I choose to let it all go and release them.”

### **Gratitude Tapping:**

Tap on the Karate chop.

“Even though I still have this remaining \_\_\_\_\_ problem, issue, or belief, I am grateful that I have these good things happening \_\_\_\_\_ in my life (fill in the blank with what fits your situation)

(\*Choice Method Tapping was developed by Dr. Patricia Carrington)

- Rate the emotion intensity on the 0-10 scale of the same issue you have been working on.
- Repeat the procedure. Tap through the eight meridian points in the EFT sequence on the body; speak out your positive intentions, your determination to heal, to let go, to shift, and to change, etc.
- After rounds of tapping, check on the emotion intensity on the scale again and see if it goes down to 0.
- Tap on your goals and actions you want to take to get to the place where you want to go. In case you get stuck, go back to the earlier steps. Repeat the tapping procedure, to tap on inner resistance to change, or tap on any possible leftover inner blocks.

### **The purpose:**

- Shifts from lower vibrations in the fear mode to higher vibrations in love mode.

- Be aware of our energy status, and become solution focused instead of problems focused.
- Tapping on our destiny spot enables us to align ourselves to the vibrations of the energy of those great things we want to manifest and have in life.
- Inspect the execution of our action taking enables us to discover our leftover stuff inside our system, e.g., inner resistance, so that we could clear them up more completely.

## 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...

## 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

## APPENDIX ONE: GUIDE TO VIDEO – THE 4-STEP EFT TAPPING SYSTEM FOR JOYFUL LIVING

---

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 steps 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 physical 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 health issue.

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

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

Tap, speak, and pause; keep checking your emotion intensity to this health 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 health, check and see if there are any patterns, or any old events come up in mind that might have caused or contributed to this physical 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 physical 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.

### **Positive Rounds of Tapping**

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

## **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 \_\_\_\_\_ (health issues or symptoms),

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 \_\_\_\_\_ (health issue or symptoms),

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, 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, emitting aligned energy towards your goals. Keep going until you reach your destination.