

# DECODING THE SECRETS OF JOYFUL LIVING



**Jenny Li Ciccone**

Forward By **Dr. Joe Rubino**

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# Decoding The Secrets to Joyful Living

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

# Foreword

I first met Jenny Ciccone when she asked me to participate in a teleseminar series she was conducting on the topic of “A Journey to Joyfulness.” As we discussed my area of expertise, namely self-esteem elevation and effectively managing our predominant emotionally reactive states and how doing so can contribute to increasing one’s joy in life, I knew intuitively and from her contributions to the conversation that Jenny too was committed to supporting people to live their best, most joyful lives.

Certainly, Jenny has the credentials. She graduated with a Bachelor’s degree before going on to achieve her Graduate degree. She has been certified by Coach U and the Core Essentials Program as well as by the International Metaphysical University as an Emotional Freedom Technique Practitioner.

She has served others as an international career coach and consultant before discovering her true life's calling - EFT, the Emotional Freedom Technique. As a certified EFT practitioner, Jenny uses her unique background and expertise to assist people in discovering how their negative thinking patterns and emotional blocks unconsciously hinder their happiness as well as their personal and professional life.

She developed a four-step method to help people use EFT tools to deal with life issues in five major universal areas, and live a life with joyfulness. Jenny’s knowledge and wisdom goes far beyond what is typically taught in other programs. As you will read, Jenny shares with you, her readers, the insights into what it takes to truly live a joy-filled, centered, at-peace and emotionally sound and rewarding life of contribution to others.

My work teaches people how to free themselves from their emotionally reactive states – typically characterized by anger, sadness or fear. All one need do is look at the state of our world today to realize that a vast majority of people are addicted to anger. This addiction is more powerful than heroin.

Anger allows us to dominate others and feel powerful temporarily even when we usually do not think we are. It allows us to avoid being controlled by others and exert our will upon them through force and intimidation. It is addictive because it allows us to be right about our position and make others wrong!

While the majority of the world’s inhabitants are predominantly addicted to getting their angry fix, a large number learn to stuff the anger and become addicted to sadness. Research shows that about 350 million people are clinically depressed. What the majority of these depressed people do not know is that their depression resulted over years or decades of

scanning for reasons to be sad, attracting people that “made them” sad and avoiding responsibility for creating a joyful life – all because of this addiction to sadness.

This addiction is so compelling that it can actually change brain chemistry. It is VERY real for those who suffer from depression. However, what many fail to realize is that they CREATED this reality unintentionally. You see, being sad made them victims. They will give you a ton of evidence pointing to the series of events that caused their depression.

They will swear to you, “It was not my fault!” They will blame others. They will blame bad luck. They will blame situations that appear to be beyond their control. In avoiding responsibility for making choices that could have resulted in a joy-filled life, they get to feel sorry for themselves.

They get to evoke the sympathy and pity of others. And more importantly, they get to justify their inability to take action to escape from victim status to become a self-empowered, high self-esteem individual with a compelling vision for a life characterized by success, rich relationships, joy, and fulfillment. And this option of replacing sadness with joy is not even a possibility for them to consider as the gradual resignation that kills their spirit and robs them of their vitality is an invisible, slow process that causes them to be a victim of life’s cruelty.

The third type of emotional addiction is fear. This is characterized by people who worry about just about everything. Studies show that 23% of women and 16% of men are addicted to fear. What these people fail to realize is that they too have created this reality. They have attracted spouses who keep them on edge, jobs that are uncertain, friends that are fickle, they live in areas that represent challenges they need encounter and otherwise create a tenuous reality that does not allow them to live with the joyful certainty that they will always have more than enough money, security, friends, fulfilling work and other components that characterize a life of bliss.

They too live the life of victims incapable of controlling the many factors they fear are just around the corner bringing chaos and unhappiness to their lives. For the vast majority of people, these emotional addictions are totally invisible and their lack of awareness serves to keep them firmly in place.

In this book, Jenny Ciccone offers a proven methodology that serves to free people of their emotional addictions and gain the ability to achieve the emotional freedom to live a life of peace and joy. All physical ailments are an external manifestation of an internal condition – a condition characterized by a blockage of energy!

Jenny will share with you how to use EFT or tapping to clear up health issues, financial issues, career challenges, relationship difficulties, and many other stresses that diminish the

quality of our lives. The result will be that you will find yourself better able to deal with life's challenges, connect with your spiritual loving and forgiving self and be better able to contribute your loving and contributing energy to others.

I strongly encourage you to not only read Jenny's book, but devour it. Become a student committed to using the tools and exercises she teaches to bring about your most rewarding and joy-filled life. Jenny has a true gift of healing. This book is also a gift. Use it to support every aspect of your life so that you can manifest all your dreams and share your unique gifts with others.

I wish you every blessing!

A handwritten signature in cursive script that reads "Joseph Rubino". The signature is written in black ink on a light-colored background.

Dr. Joe Rubino

## More About Dr. Joe Rubino

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And many other programs that support people to live their best lives

# 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's 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.

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## Chapter One

# The Only Constant Is Change

Everybody wants to live a happy life. But in today's fast-paced modern world, 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 don't 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 don't 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. Society's values 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's 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 don't realize that it's 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 psychologist's couch 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 didn’t work. It’s 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 15+ years in the same field, I finally realized that more money, higher titles or power don’t necessarily bring happiness into people’s lives. 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 didn’t 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 other people's lives.

It was a journey. The whole procedure was like decoding the secrets for me for my joyful living.

We can't 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 won't 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 doesn't belong. By raising your vibrations to a higher place, you will be able to decode the secrets for yourself for joyful living.

## Chapter Two

# My Journey to Joyfulness

## *Personal Challenges and How I Overcame Them*

I am a lifetime seeker. I constantly felt that something was missing in my life.

I heard a silent scream inside of me and never felt I could be the real me. I believe it was because of the way I was raised in Oriental culture. I was born and grew up in Shanghai, China. I was over-disciplined and lived a life based on “should, would, and ought to” for my family and society. Judgment and criticism were considered beneficial; the driving force for achieving higher standards, raising the bar for achievement and performance.

With my family and cultural beliefs, I kept searching for external success and believed that held the answer for my inner peace.

During the past 20 years I have worked as a career consultant, a career coach and then for a short time as an executive coach. I helped corporate executives in Fortune 500 international companies continue their career success: climbing up career ladders with higher titles, more money, and power.

I did very well and enjoyed my success for quite some years. But then I reached a point and realized that all the external trappings do not necessarily bring happiness and contentment into people’s lives.

Because of the nature of my job, I had the chance to look deep into the lives of those successful people. I found what drove many of them to success was actually fear, insecurity, or their need for recognition and love. Many live their lives by following the values of society and the way their family or others want them to live. Without aligning themselves with who they really are, they move through life feeling unhappy and unfulfilled. In the long run, the stress and anxiety between the pressure from work and their inner conflicts cost them their health. If one day they lose their job, which happens very often in the corporate world nowadays, their status changes from “somebody” to “nobody” over-night, as society believes that we are what we have and how we appear on the surface.

I was confused by my discovery. I didn’t feel I was helping people anymore and lost my passion for my career. While I kept praying and tried to figure out my next move, my

personal life suddenly turned upside-down. The answers to my prayers went way beyond my expectations, and were the opposite of what I thought I wanted.

I got hit in almost every area of my life: career, health, family, money, and relationships. I felt a deep spiritual suffering and struggling.

First, my mother experienced a brain hemorrhage four times in one year and lived in the ICU of the hospital. She did not recover, and spent the next three years on her bed in a permanent vegetative state before passing away. Because my brother didn't live with us, I became the only child to carry the responsibility of her illness, dealing with all her issues on my own.

During this time we also were hit by the global financial crisis. A small family business my husband operated was almost ruined and was pushed to the edge of survival.

Back then, we were living in Shanghai China, where my husband didn't speak the local language and couldn't support me very much. Besides dealing with my mom's issue and calming down my father's emotional turbulence, I had a young baby to take care of.

I was stressed out and became sick. I had stomach and kidney issues. I mentally stayed in a heavy place every day; I didn't even have the energy to get up and make a phone call. I could not continue my full-time professional coaching work anymore, and I lost good income from my side of the family too.

I felt the weight of the whole world on me. I was on my own, taking care of everybody, except myself. Additionally all the stress brought up relationship challenges, and after a while, that made my health worse. While I was still under medication, I developed this symptom that I later learned was called Tinnitus. There was a Zz... noise which was ringing constantly in the background of my brain. It could drive you crazy when you realize that you have to live with it, probably for life, not mentioning I still needed to face all these problems.

I totally shut down and got stuck in a heavy place for many years. I lived my daily life with painful emotions, staying in a blaming mode and playing the victim role. I had beaten myself harshly before my family started to judge me. I was angry with my God, feeling unfair and powerless. I yelled out to Him: "What do you still want from me! I have nothing to give now."

This situation went on until I didn't have the strength to fight anymore – my ego finally went to the dead end. I was forced to surrender and started to learn to accept.

The minute I was willing to let go of my control and accepted what it was, a door opened up and led me into a whole new world.

It was a completely different path: it was out of my comfort zone, and it was scary. But I was fascinated by the excitement of the adventure. I learned like a sponge absorbs water. I felt fulfilled and alive again!

I have been spiritually awakened ever since, as if I suddenly was plugged into an inner guidance system. I could hear the “voice” for directions and patiently waited for the right timing for the next step.

My God, the divine source, now took me on this new road towards my life’s purpose. I can visualize now but can’t plan like I used to do before. What I need on the road - people, resources, ideas for the next move, thoughts, just came to me when the timing was right. Sometimes I tried to make these things happen (human nature), and then I was pushed back much further. I realized I was moving slower while I wanted it to be faster.

I shifted my career from the corporate world to the personal development field. I spent years studying and doing research on the topics of mind, emotion, and spiritual balance.

I followed different leaders in the field and took different courses, and practiced different modalities on my healings. Among all, I found EFT – Emotional Freedom Technique and Release Technique. I was also fascinated by my discovery of the correlation between EFT tapping, the Chinese meridian system, the Chakra energy system, combining with the gospel messages I received all the time.

I was finally aware that I was meant to experience it all. I now knew that what I went through prepared me for my higher calling – my life purpose – to be a messenger out there for joyful living in this earthly world. I can’t hold it within myself but have to share it to help other people. I then decided to become certified as a professional EFT practitioner, and dedicated myself to assist people in mindset shifts and life transformation for joyfulness.

However, it still didn’t happen right away, and the procedure took longer than I expected. I still stayed in the same place and procrastinated, and did not move out as fast as I wanted. I followed my intuition and went to the deepest place inside of me to tap into more leftover issues and unblock the resistance. I was surprised to find that I still had so many more layers come up. I thought I was done dealing with them, wasn’t I? My fear of being seen and being judged, and my fear of failing stopped me. My pursuit of perfection kept me in this “not good yet” mode.

I kept tapping, until one day I heard this important voice booming from within: “YOU DON’T NEED TO BE PERFECT TO START!” I finally realized that it is a life journey. We practitioners, healers, or coaches are not called to step out because we have been problem-free and perfect. We step out because we are called to prove to everyone that we are all human. We will never be perfect, and it’s ok for us to be vulnerable.

Once I focused on tapping and letting go of my inner resistance, I started to move fast, naturally without pushing. The amazing part is, it all started to happen through simple tapping and releasing. I felt lighter and happier day by day. The fear gradually diminished, replaced with peace, love, and joy. Deep within, I felt a flow of strength and confidence forming. More and more, I felt my energy start to unplug from the negative feelings of the past and worrying about the future. I could live my day to day life with more focus, and enjoyment and be so grateful for what I have in my life with my family. Health, finance, relationship, career, all areas in my life started to change bit by bit and unfolded in front of my eyes. Spiritually, the struggling and sufferings faded away; I felt peace and joy every day with less and less attachment to the outcome of tomorrow.

I started my EFT tapping and coaching practice. As a professional employee for my whole career, this was my first time being self-employed. I started and now lead a local tapping group and use EFT to help people. I hosted a Tele-Summit in May 2014 and invited 22 field experts to share their wisdom and personal life journeys on the topic of Joyful Living.

To me, I felt I finally found a road map to happiness. EFT work is like unpeeling an onion layer by layer. Also, EFT tapping to me is a journey to decode the secrets of joyful living.

Moving forward to today's time and place, I am inspired to record all that has happened in my life in this book and share with you the work I developed. It is a four-step method – Discover, unblock, shift, and move forward; using EFT to assist people dealing with issues in five major areas in life to achieve joyful living.

Before I go into the details of this method, I would like to share with you some of my breakthrough moments using tapping. You will know how EFT helped me in each major area in my life.

## Tapping On My Health

EFT cured my stomach and kidney issues, and later on knocked out most of my Tinnitus symptoms.

Tapping gave me clarity for all my health problems. There was a lot of fear behind my kidney issues. I carried a lifelong accumulation of criticism and self-judgment; worry and anxiety, in my stomach. This stomach area is also our Third Chakra energy center, which is highly related to our authenticity, self-honor, and issue of self-worth. I was so surprised to discover that I actually had lower self-esteem than I thought. I could never be authentic; all the emotions were held there. I also had a liver issue, which came from the anger I had held within my body for so long. I was angry that my powers were taken away, and I could never be the real me.

The most amazing part was the clarity I experienced after tapping on my Tinnitus symptoms. I realized that the brain noise was a reflection of my inner world. There were too many noises for me to listen to, and too many people for me to please. I felt I was dragged in all different directions. I had to follow the society and my cultural values of success. I had concerns about any judgments from my family and the whole tribe. I had to be cautious about how other people thought about me. I had to maintain a perfect image of me to everybody out there, but inside I felt I was being fake and treating myself harshly.

I was tired of pleasing everybody; I was tired of putting a mask on pretending to be somebody else. I was taught that I had to be humble, and stepping out was showing off. I was also taught that receiving or accepting help was selfish. It was enough.

My body gave me a good shield – Tinnitus, to remind me daily to listen to myself from within instead of outside noises. A strong inner voice came to me: I didn't want to be limited, formatted, and condescended to anymore. I wanted my voice to be heard.

This sickness was an alarm from my body. It was time finally to think about my own needs, other than only taking care of others. The noises actually also protected me from the overworking load. My body system was on strike!

Tapping for healing was a procedure. At times, I felt discomfort from the body while energy moved inside. The speed of recovery varied at different times during the procedure. When I become more experienced, I knew I just needed to chase my symptoms and let my truth guide me by going deeper to clear them up.

I also tapped long for my inner resistance. When your body is used to the physical symptoms, it will get confused and believe you need those symptoms to protect you from being sick.

## Tapping On My Relationship

Tapping helped me tremendously with my relationship with my spouse, my child, other family members and people in the society. I realized that the first step to improving a relationship with others is to build a good relationship with myself.

Tapping connected me back to my authentic self and enabled me to hear my voice. Tapping changed me into a different person. A person I was born to be – a real me, not the one my family and the society wanted me to be.

By tapping, I had the clarity of the roots of my negative and emotional energy as well as the vows I made from my childhood. I was aware that there was an inner child that lived in my subconscious mind with my unmet childhood needs. The needy energy and negative emotions from this inner child were reflected in my relationship with others in my adult life.

Tapping helped my inner child grow up. The same old issues didn't bother me anymore.

Before in my relationships, I always held my negative feelings until they exploded in the family when they exceeded the limit of my maximum degree of tolerance. After EFT tapping, I realized that negative feelings only brought out from others what you don't like and you don't want from them. I also realized that many of my negative feelings were actually remainders from my own old stuff – my triggers. I then started to tap on my own feelings anytime the triggers started. When the bad feelings were released, I became more objective to things and behaviors from my family. I became more open and it was easier to accept them for who they are. Then I could talk in a nicer way with more positive and loving tones. And amazingly, I found they started to change the way they treated me, without my expecting it.

I heard people say all the time: Change yourself first, and your relationship will change. Until I started tapping, I did not fully understand what that means.

## Tapping On Money

Luckily and thankfully, I never went through a poverty experience in my life. But I did go through many years of stagnant status of money flow.

First, it became my money trauma when our small family business got hit by the financial crisis back in those challenging years. The fear and anxiety accompanied me all the time, ever since that happened to us. It then became a pattern that every time I went shopping and spent money I would feel that pain.

Tapping gave me a shocking discovery of the relationship between my painful feeling while spending and our “traumatic” business experience. Tapping brought back those old moments where I felt the extra money we added to rescue our business was like being sucked into the universe. I felt the same painful feelings later on when I confronted any moments when money goes out.

With this awareness, I started to tap on that moment and the feelings. After releasing all the emotions for those moments and the overall stressful situations of my life, finally I started to calm down. The fear disappeared, and the confidence and the courage came back to me. Later on, when I started my own practice and needed to invest without earning yet from the new business, I just trusted my universe. “You got me into this, sure you will take care of me,” tapping brought me back my faith.

Money is such a big topic. It relates to all areas in our life, so much more than money itself.

## Tapping On My Career Transition

As a career transition coach, I helped many people in their career and life transition. But when it comes to myself, I still have to go through all these inner blockages.

EFT tapping helped me tremendously by releasing my fear to step out and to be seen. That was such a deep knot in my subconscious mind that I procrastinated starting what I had been called to do for many years.

With my Oriental cultural roots and the tribal teachings, I believed that the first bird who stands out got shot first, and the fat pig surely will be the first put on the chopping board.

My fear served me so well that I was reluctant to come out from my comfort zone, but staying in that “comfort zone” was not comfortable either. I lived my daily life with low energy without any feeling of fulfillment. The inner voice kept coming up nagging me, but I lived my life not pursuing my purpose. Inside of me, I was split into two parts. One part wanted to move ahead and follow the call; the other part pulled me back warning me of the danger ahead in the road.

Tapping helped me overcome my fear. It also gave me the clarity and the courage that we can start to move without fear being 100% gone.

When you are on the move, you start to focus your energy on taking action towards your goals. With one step further and higher, you see farther with wider views. You realize there are more opportunities out there than you thought. We didn't see them as we were on a different vibrational channel.

Now that I am finally on my journey to share all these with you, I feel thrilled. I had a vision and a direction. The intentions were set up. I know where I am now, what I am doing, and where I want to go. I have a sense of meaning and purpose, which injects fresh energy into my body system.

I am in a river of no return. I know my part of the job is “yes” but not “how”. When I leave “how” to the universe – my God, I have the power beyond my own strength. I become more creative with ideas and solutions, and I am able to hear the inner guidance.

## Tapping On My Spirituality

Tapping helped me to be aware of my disconnection with my true self. I lived the first half of my life not sure who I really was.

I stayed at the fear side for too long, feeling I was not loved. I was insecure; I was not taken care of, and not protected. In my relationship, I went out to grab people to meet my needs, my husband, my child, and others. When I was pursuing only external success back in those years, I wanted to prove myself to the society, to obtain the recognition and love I needed. My value and worth came from others, from what I had, and from the image I projected.

Tapping shifted me from fear to a love vibration, and connected me with the divine nature. Religious beliefs do not necessarily get people spiritually connected. I finally realized love doesn't come from outside but from within – our heart chakra energy center. And with this divine love revealed inside of me, I started to sincerely love and accept myself. I felt OK being imperfect, vulnerable, and real. I let go more of my self-judging. I feel a sense of my self-worth, and I gradually move to a higher place in my life.

When I feel safe, it is easier to let go of my wanting to figure out and wanting to control. When I do more tapping and other spiritual practices, I start to feel better about myself. I started to like more of that reflecting image in the mirror and became more confident. I am not anybody. I am just ME - a unique me who was designed to live my life fully now on my joyful path.

My spiritual suffering faded distantly from me. Not that I know all the answers, or my life started to go my way. But I just let go of yesterday and tomorrow, and enjoy living my life today at this current moment. Our life is made of NOW in our life line.

All of life is about the natural energy flow. All life issues are from powers being taken away. It's not the power to win over somebody, but the powers of our body, mind, and spirit to function healthily.

Instead of searching for external power, go within to discover our true self. Let our inner talk guide us to where we need to connect, tap and release. We start with our "problems" and issues; we tap away fear and all negative feelings and thoughts, and shift to a higher vibrational place with peace, love, and joy.

We will have the clarity of our life's direction. The guidance will be revealed, for us to live a life we were designed for in the first place. Joyful living is the destiny of our earthly life.

## Chapter Three

# The Framework

## *We Are All Energy*

Before I start to talk about my 4-step method for joyful living, I need to share with you first the following basic concepts of energy, emotion, conscious and subconscious mind, and EFT.

### Energy

Everything is energy including our emotions and thoughts.

All energy has the following nature:

- \* Energy doesn't disappear by itself but has to be transformed to another state of energy
- \* Energy doesn't sit still; it vibrates all the time
- \* Energy is magnetic, attracting the energy and things with similar vibration and frequency

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 eyesight.

### Emotion

Emotion is energy in motion. 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 not 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 leads 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.

## Conscious Mind Vs. Subconscious MInd

Conscious mind connects with our head. We use our logic and reasoning – our will power to make decisions. Sub-conscious mind represents our inner talk – our true feelings, and connects more to our heart.

In conscious mind, we are aware of things. We have choices, and we choose and make decisions.

Our sub-conscious mind functions like an iceberg hidden under the water level. Many times you don't see them, but they are there blocking the way.

Our brain is like a computer. It saves all the data of the early events in our life line. The bothersome memories in our lifeline are programmed in our subconscious mind. Under this sub-conscious mind status, we are not aware of things. We are only reactive and respond to the triggers from old patterns – the inner energy blockages.

Our mind and heart do not always coordinate well to stay in a harmonious status. The conflicts between the conscious and sub-conscious mind cause inner battling, blocking the way towards our positive intentions. Sub-conscious mind actually impacts 95% of our life situations.

So now, you want to know how emotional energy works inside our body, and how energy impacts our life.

It's all about the balance of mind, body, and spirit. It's all about powers being taken away.

Everybody was provided enough healthy energy for body functioning for daily life. You are in as many places as your emotional energy takes you. When our original healthy energy is discounted, leaked and distributed to our old wounds, our limiting beliefs or any inner blockages, our physical organs and tissues can't fully function.

## The Basic Concepts Of The Human Energy Systems

*Auras*

Scientific research found that the aura is electromagnetic field of energy that surrounds our body. The vibration of the aura is very fine and subtle, but some people who are highly sensitive to the spiritual energy, they can see the layers and the colors of the aura by their naked eyes.

Some people takes aura as the personal space or bubble. When people come too close to you, you normally will recognize and feel it – they are infringing on your personal space or energy boundary. If we have aura picture taken, you will find that each person’s aura presents as any one of the rainbow colors.

No matter what color the aura is, each aura is commonly made up of seven layers. Mostly, we talk about four major layers of human aura. Aura has also been described as a map of the thoughts and feelings surrounding a person. A healthy person at the four major levels, will present more physical vitality, mental clarity, emotional well-being, as well as positive spiritual energy in daily life. He/she also has a bigger and brighter aura and vice versa in a case of unhealthy person.

Each layer of aura is associated with a chakra, which we will talk about next.

See Appendix 1 Aura Diagram.

### *Chakras – 7 Levels*

Chakras are spiritual energy centers located in our spiritual bodies that channel Universal Life Force Energy or Qi both (In and Out) of our physical and spiritual selves. They are considered both transmitters and receivers of energy. Meridians are energy paths in the body in which Qi flows through. We must have balanced Chakras and Meridians in order to be physically, emotionally, mentally and spirituality healthy. A body can exhibit problems in different areas of blockage or instability in any one of the above four areas.

7th Chakra: Crown – live in the present moment

6th Chakra: Third eye – Wisdom, mental, Vision and creativity

5th Chakra: Throat – truth speaking and communication

4th Chakra: Heart – the center of emotional power (relationship and love)

3rd Chakra: Solar plexus – center of personal honor, intuition, and authenticity

2nd Chakra: Sacral – Money, control, sexuality.

1st Chakra: At the bottom Root – tribe, immune system, beliefs, assumptions, and vows

See Appendix 1, Chakra Chart.

## *Meridian Points And Lines*

The wires that deliver the life force information from the Chakras to our body –joints, muscles, and organs. Our spine manages different organs and physical functions via Central and Limbic nerve systems.

Different negative emotions, if suppressed long term, will influence the healthy functioning of different organs.

E.g. Fear -> kidney; anger -> liver; worry -> stomach; sadness, hatred from heart wounds, un-forgiveness -> heart.

Our heart is the center of emotional power in our body. Our Heart chakra connects both our physical and divine energy fields. Our Heart wounds disconnect us with our divine nature - the source energy. ,

Search within at the soul level, instead of seeking externally. The highest human harmonious consciousness will be revealed for us to enjoy a joyful life.

## **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 meridian acupressure 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 by 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.

## **Release Technique**

EFT is about letting go and releasing. When I do the daily tapping, I also combine a bit of the other technique that is Releasing Technique. As they both apply the same principles of

releasing all the negative emotions and limit beliefs at a subconscious level. I list the following basic contents of Release Technique.

Wanting is a negative lacking feeling. Wanting and having can't exist at the same time, just like we can't sit and stand at the same time.

All negative emotions – wanting feelings are rooted in three main areas: Wanting for approval (wanting love), wanting to be safe (lacking security), and wanting to control.

We admit, accept, and give ourselves permission to let all wanting feelings go.

At the same time, we release our resistance.

The releasing procedure is to let go, allow, and receive the flow.

## The Four Step Method For Joyful Living

### *Step One: Check And Discover - Find Out Patterns And Reveal Old Events*

Always start with the most pressing issue. Tap and get clarity about what's going on in our life situations. Discover the patterns behind the pressing issues, and reveal the old events who might have contributed to the patterns and the pressing issues.

### *Step Two: Unblock - Release The Suppressed Negative Emotions And Untie The Inner Knots From Early Events*

Tap on all the negative emotions and self-talks from the old events and bothersome memories that might have contributed to the pressing issues. Pick and tap one event a time. Repeat the procedure, tap, speak, release, and clear up the inner knots from our body energy system.

### *Step Three: Shift - Build A Bridge With Gratitude And Step Over From Fear To Love*

Start positive rounds of tapping. When we have the awareness of what blocked us inside our system, we bring them to the conscious level. We then have choices. We tap and experience the shift from low-end vibrational feelings like fear, depression, and grief, gradually and eventually to the top end vibration feelings like peace, love and joy.

### *Step Four: Move Forward - Set Up Intentions And Take Actions*

Set up intentions. Tap on intentions and actions for the goal. Tap away left over blockages. Tap away resistance. Stick to the procedure and build up new habits for behavior changes.

Without intentions, energy has no direction in which to flow. New reality needs actions and execution to be created.

## Chapter Four

# EFT Tapping

## *The Universal Areas of Life*

At the beginning of this Chapter, I will share with you the brief information, about some common life issues everybody experiences, and how EFT can help deal with these issues in the five universal areas.

### **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 or at a sub-healthy status, 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 for most health issues.

An investigation from WHO shows that 70% of the world population is under the condition of sub-health, 20% people are under the condition of illness, and there is only 10% under healthy status.

The common health issues we can deal with include: physical pain, headache, chronic fatigue, distraction, poor mood, kidney and stomach issues, sinuses & allergies, asthma, heartburn or breathing difficulties, eyestrain, insomnia, eating disorder, depression, tinnitus, or other medical conditions.

We use EFT 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. By releasing those inner blockages, many physical issues will be gone for good, or at least the situation will be improved.

### **Relationship – Tap And Meet The Needs Of The Little Winning Kid Inside Of Us**

When we talk about relationships, we always think about the relationship between spouses, partners, family members, and people in the workplace or society. We don't realize that any relationship issue starts from the relationship with ourselves.

It happens with almost everybody who has relationship issues; especially for those people who have heart wounds in early life and always feel they don't fit, or they are not worthy and have low self-esteem.

How do you feel about your relationship right now? What's your self-talk and feelings on the topic of relationship? If you have any relationship issues, are there any patterns?

EFT can help find out our unmet needs deep down which followed us from our childhood time. Tap away the emotions and the limiting beliefs, release those inner blockages, and assist the inner child in growing up without being needy anymore.

## Money – Tap To Heal The Money Scars And Re-Write Your Money Story

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. 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 upbringing. 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 – where those bad feelings came. Gradually we tap away the fear feelings and calm us down so that we could have healthy desires and financial goals, and finally have healthy energy to take action and move towards that direction.

If some people have money trauma, there will be a lot of tapping work to do.

## Life And Career: Tap To Bring In Clarity And Intuition For Direction And Decision-Making

Do you need to make some important decisions in life at this moment? Do you seek clear-cut answers among different choices, and need to choose one?

Are you in the career or life tiredness period, wondering what's next for you?

Some of you may want to follow your passion and dream to do something you love for your life, but keep staying in the same place going nowhere.

Some of you maybe in a career searching process between two jobs, feeling frustrated and disappointed by your job search results. Even worse, you may get totally lost and don't know where to start?

Some other of you may have a job or career you don't like or even hate it, but you just don't see how you can change it?

Going through the transition period of career and life could be very challenging. With all the changes and uncertainty, you could very easily lose the focus and concentration. You don't know where to find the effective resources and assistance to get your life back on track from the anxiety.

EFT starts tapping on your foggy mind status and helps you find out the emotions that bother you, like fear, confusion, anxiety, powerlessness, or self-sabotage. By releasing these emotional blocks, you become more intuitive and creative. You will start to realize that the answers and solutions are there inside of you. You will discover your inner resistance and eventually gain your clarity back. When you let go of the heavy energy, you will finally have healthy energy for taking action and moving forward.

## Spirituality - Tap And Connect To Our Divine Nature Inside And Release The Spiritual Sufferings And Struggling

Spirituality is a broad concept. People have different understanding and perspectives to define it. In general, it includes a sense of connection to something bigger than ourselves, and it typically involves a search for meaning and purpose in life. As such, it is a universal human experience—something to which we all relate. It could be referred to the way we experience our connectedness to the moment, to ourselves and others, to nature, and to the universe or sacred "source" if you may call them.

For many of us, spirituality is related to some big questions about life and identity, a lot of "why".

Let 's check the following:

Do you feel you have been seeking yet never finding?

Do you know what you have been exactly seeking? What is missing in your life?

Do you have a sense of the meaning of your life on earth?

If you are suffering and struggling right now, what is bothering you?

Why did this happen to you? Do things happen for reason?

Some of you even feel a kind of chronic fear always chasing you in your lifetime that never leaves. What are you exactly scared?

Maybe it's the time for you now, to check and see if there are any patterns going on in your life; and to be aware of the causes of the struggling and suffering.

Even though you don't know these answers or at least are not clear about these answers, EFT can help you connect with your true feelings – your true self, and bring you some clarity. Through the guidance of these true feelings and thoughts, you will find out what power was taken away from your body energy system. Those earlier events and bothersome memories in your lifeline will come up and eventually have the chance to leave your body. You will have the awareness that it's your heart wounds that separated you from the connection of our divine source energy and your joy. This divine nature source dwells in our heart – our emotional power center where our heart chakra is located.

It's all about the battle between fear and love. Fear only exists when love is not around. By EFT tapping, you will experience the amazing shift of the emotional vibration from fear to love. Gradually you will be able to open yourself up to different perspectives. You will become more objective about your life issues. You will realize that fear and anxiety, as well as your wanting to control, are just feelings and illusions.

By tapping, you will start to feel peace and it will be easy to accept what it is in your life. You will have a sense of full connectedness with all. You will feel you are loved. You are well taken care of and protected, and you will feel safe. You will be willing to let go of the need to figure it out and your tight control. Because we may never figure it all out as our life is beyond our control.

When you shift to a higher end of vibrations, your positive energy will bring you back things and people in your life to match the energy you send out. You will live in the alignment with

your life purpose in the healthy life flow. The abundance – love, peace, joy, and financial freedom will flow in.

I hope you now have basic ideas about how EFT can help each universal area in our life.

Before we start to practice EFT tapping with the four-step method to deal with our issues in each area, I suggest you turn to the end of the book first and print out Appendix 2: EFT Tapping chart diagram, Appendix 3: Basic Tapping guidance, and Appendix 4: 4-Step EFT Tapping system. I want you to have a basic concept and some ideas about EFT tapping. And when you read the next chapters, you can follow along some tapping examples and won't feel lost.

The tapping point chart will show you the exact nine meridian points, and teach you how to do tapping on those points. With the “Tapping Guidance”, you will quickly learn the simple tapping procedure. It also tells you the purpose of each step of the whole tapping procedure and some precautions.

## One Important Reminder For Eft Tapping

We need to “let go of our head and bring in our heart.” It means we'll count on our emotional responses instead of our logical responses. Very often, we adults like to use our head, our willpower, to control and suppress our feelings. We are not aware that these ignored and buried true feelings will get stuck in our system and go nowhere. Eventually, they will become inner energy knots blocking our way from moving forward.

EFT tapping looks a bit silly if you are a first timer. It's common that people feel skeptical about the tapping process in the beginning. To move to the next chapters with tapping practices, I would like you to form agreement with me. EFT is not a knowledge based tool. You'll need to be willing to open your mind; let go of what you know and embrace the unknown. The fact is, nobody knows where tapping will take us during the procedure, not even the practitioner.

When you tap, you are connected to your true self-talks, emotions, and beliefs. Those self-talks will guide and lead you to the deep roots of your pressing issues. You will finally discover some specified events and the moments in those events from your life line. You will then be able to release and clear up those root knots. Hence, those pressing issues won't be pressing to you anymore.

You have to tap and experience it for yourself to know how amazing and powerful this EFT tool is.

Other than EFT tapping, I also recommend some daily exercises and tips to help you shift your vibrations effectively. Those exercises work for each universal area. It is in Appendix 3:

Overall Wellbeing Exercises and Tips. I will remind you these exercises when you move on to each area. I believe that it is necessary to remind ourselves often and practice these exercises daily.

Please note that I will mention some similar concepts and exercises in different universal areas. I will talk about them from different angles, though, so that you understand why they are recommended and how to practice them in each area. I suggest you keep reading instead of skipping. I do it this way also because I want to make each chapter a complete and independent one. So that it could be easy for those who want to jump into one major area to start the work on their most pressing issues right away.

Now, I bet you are ready. Let's start our tapping practices for the five major areas of our life.

## Chapter Five

# Health

## *Tap And Remove Emotional Elements Behind Health Issues*

### Applying The 4-Step Eft Tapping System To Health Issues

We start with our most pressing issues – our physical symptoms and our feelings about the symptoms. Note that negative emotions are the indications about something inside us that does not align with our true self and our intentions.

From the place we don't feel good and don't like, we will find out what we want to feel and where we actually want to go.

Let me give you the following checklist for you to start:

- \* What are your most pressing health issues in your life right now?
- \* What are the physical symptoms? Where do you feel them on your body?
- \* Have a picture in mind of yourself. How do you look and feel about your health issues – these symptoms?
- \* What do you think contributed to these physical health issues?
- \* When did these health issues (symptoms) start? What happened by then?
- \* Are there any thoughts, emotions, or behavior patterns going on which trigger your health issues and symptoms – weather, people, physical conditions (light, sound, etc.)?

Please remember that when we tap on health issues, we always want to chase our symptoms and follow our feelings.

Now let's start tapping.

*Step One: Check And Discover - Find Out Patterns And Reveal Old Events*

## **Setup Statement**

From the tapping guidance, you already know the purpose of this statement is to accept unconditionally for what it is in our life. Say “YES” instead of judging or tolerating our life situations

Pick one of your most pressing symptoms (e.g. physical pain) and check your feelings behind this symptom. Note that it has to be specific and not too general (pick a right stone to hit instead of a mountain).

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

## **Emotion Intensity Check**

Check your physical symptoms (pain, stiffness) and your emotion intensity to the symptoms on a 0 – 10 virtue scale (0: the least intense; 10: the most intense)

Tap on the Karate chop point and say the setup statement three times.

Example:

Even though I have this constant knee pain, it has bothered me for long and has been annoying, I deeply and completely accept myself. Say it three times.

## **Negative Rounds Of Tapping**

Tap on the eight meridian points on the body. Tap and speak out your symptoms, your emotions and self-talks about the symptoms.

Examples:

This knee pain, it is constantly ongoing and bothering me. I really hate it. I just relocated and settled down in this new place. I can finally have free time to look around, but now I lost freedom again. I hate it, I hate it, feeling so powerless...

Tap and chase the symptoms and the emotions about the symptoms. Does your symptom move in the body? Does your emotion intensity change – going up, staying at the same place, or going down? Keep tapping for several rounds, and bring down the score on the scale of your physical symptoms (for this instance, the knee pain) and emotion intensity down to below 3.

Keep observing and check any inner-talks and emotions. You may start to realize that there is a pattern about this physical issue. You normally feel more serious with these symptoms when some people show up, or some occasions happen. Then tap on this pattern, and speak out all you feel and all you talk to yourself in mind about those people and occasions.

Tap until you become a bit calm and start to get some clarity on what might be behind these symptoms. E.g., what caused this pain at the first time? Or what happened back then? Now you might have some early events related to this pain come up in your mind, after rounds of tapping.

Get ready for the next step.

## *Step Two: Unblock - Release The Suppressed Negative Emotions And Untie The Inner Knots From Early Events*

### **Setup Statement**

Pick this special earlier event (or pattern) that just got revealed in your mind, and craft a setup statement.

Now you target a new spot on the same stone to hit.

Some of you may know clearly that the event highly contributed to your physical issues. Some of you may have no clue how to relate this event to your physical issues. Either case is OK; you just need to tap on that event. E.g., an accident, or any bothersome memories in the life line.

### **Emotion Intensity Check**

Check your emotion status of this event on the 0 – 10 scale.

Tap on the Karate chop point and say the setup statement three times.

Example:

Even though I have this event \_\_\_\_\_ in my early life, I  
deeply and completely accept myself.

### **Negative Rounds Of Tapping**

Use the hammer (finger tapping) to hit on the new spot.

Tap on this event. You could replay a short movie in your mind about this event. Tap and speak out all your inner talks and emotions while replaying the movie.

Anytime when you find a specified moment in that movie that causes you the highest emotional intensity, pause and pick that moment as a new event to tap. Again, it's a new spot on the stone to hit.

Keep tapping on the emotions or your self-talk for that moment. Tap and bring down the emotion intensity to below three on the scale.

Note that you have to work on one event a time.

Go back and check your emotion intensity about that event, the movie. If you don't have emotion intensity jump up anymore about that event (the movie), that means you removed this particular inner knot from this event.

If there are more events show up along with your tapping, move to the next event and repeat the tapping procedure and tap on the new event. Tap one event at a time. Keep tapping, speaking, and releasing all your inner voices and knots, and bring the score down to below three on the scale.

Each time when you bring down the intensity score on the scale below three, you are ready for the next step: positive rounds of tapping and gratitude exercises.

### *Step Three: Shift - Build A Bridge With Gratitude And Step Over From Fear To Love*

By discovering and releasing a lot of old stuff, we now get the clarity of what triggers us, and what negative feelings, what old thoughts and behavior patterns blocked us for our health. We bring ourselves now from a reactive subconscious mode to a conscious mind status. Now we have choices, and we can decide.

At this step, we start our positive rounds of tapping. We use Choose Method Tapping and Gratitude Tapping to help us to choose, shift, and make positive decisions.

#### **Setup Statement**

Pick the same issue or symptom you have been working on. Craft a setup statement; change the word "accept" into "choose."

Examples:

*Choose Method tapping:*

Even though I still feel this remaining anger for my knee pain, I choose to release the pride and anger. (I choose to let go of my holding on to this anger and powerlessness. I choose to accept it with peace and ease.

I choose to forgive them for what happened and free myself from this invisible jail inside of me. I choose to stop comparing myself to others. I choose to come out from the past and move forward healthily...

At this stage, we also want to introduce a very important exercise: Gratitude exercise. Gratitude is a very positive emotional energy. Gratitude is at the doorway between fear and Love. It closes the door, leaving fear and all low vibration emotions behind us. And it opens the new door ahead of us, leading us into a higher vibrational place where we can feel peace, love, safety, and joy.

Even though we have health challenges and don't feel good, we can always find things in our life to be thankful. Check and make a list of those blessed areas in your life, shift yourselves to those grateful vibrations.

*Gratitude tapping:*

Even though my knee pain stops me from moving around right now, I am thankful that it's not a serious or life threatening issue. I am thankful I have this new place to live, in a wonderful environment and wonderful neighborhood. I am thankful overall my life is very blessed. I have a good family and supportive spouse. (You can make a list to fit your situation.)

### **Emotion Intensity Check**

Check your emotion status of this event on the 0 – 10 scale.

### **Positive Rounds Of Tapping**

Tap on the eight meridian points on the body, speak with positive affirmations. Tap and express all positive thoughts about your physical issues. Speak out your desire to heal your health issue. Speak out your determination to let go of those emotions that drained you and didn't serve you anymore in your life. And speak out your awareness of what blocks you to have healthy energy, and etc.

Tap and check your score on the scale of your emotion intensity and physical symptoms. Normally after rounds of positive tapping, you could bring it down to below three or even 0.

We tap and be grateful, and accept instead of resisting against what it is in our life. We now start to have a new perspective through which to look at our health situations and our life.

When this shift happens, we remove the block and open up our inner body energy flow. Our body starts a rejuvenation process – our body knows how to heal itself.

Sometimes, our health issues could also come from our spiritual and divine purpose. Many professional therapists and health experts went through a lot of health challenges in their life and came out to become healers. My life experience was also proof of this. I will discuss the spiritual part of tapping in the chapter that focuses on Spirituality.

Now we are ready to setup our intentions for our health. Time to take action and move towards the healthy place where we want to go, so that our body can finally work healthily with full function.

### *Step Four: Move Forward - Set Up Intentions And Take Actions*

Some research results show that we humans are more wired emotionally to focus on the negative instead of the positive. That explains why people normally tend to focus on their bad feelings, their problems, or their symptoms and sickness, but not on their intentions – the place they want to go.

Energy flows where intentions go. If we don't know where we are and where we want to go, we either go nowhere or go everywhere. We will be stuck.

Ask yourself these questions:

What exactly does healing journey mean to you about your health? How will you and your body feel and look when you are healed? How will your daily life look by then? Who and what will be there in your mind picture? What core values of yours need to be honored if you want to improve your health issues?

I list the following points to guide you to set up intentions:

- \* Get the clarity of your core values
- \* Set up the big goal first within a certain period of time. And break it down to smaller pieces of goals by a quarter, a month, a week, and a day. Set up a plan to start physical exercises: workout, yoga, walking; or start meditation practices.
- \* Set up intentions daily, about what physical activity and thought activity you can practice to get one step closer to your health goals. Also, check what you have been doing that goes against moving towards your big goals; e.g. judging, impatience.

\* At any of your available and suitable time, use EFT tapping on any negative feelings and thoughts or belief patterns that might come up. Again, always check your feelings behind your symptoms.

\* If you feel stuck in your progress, go back to the previous steps. Tap and find out more old stuff that might still be buried there that needs to come up and be released.

\* When you set up your goals, I recommend you practice this “SMART” approach. The goals we set up need to be Specific, Measurable, Achievable, Realistic, and Time sensitive.

Before we start to do tapping at this step, I want to take some time and talk about our habits and resistance. This is such a common and big block for most of the people who want to take action and end up not moving.

We introduced the concept and the impact of energy in Chapter Three. Everything is energy, so is our Habit. Habit doesn't die itself, but has to be replaced by another state of energy, which means a new habit.

People normally have good will and start for several days and then go back to the old habit and quit their plan. Why it is so easy to go that way? As at the beginning stage, the energy strength of a new habit (by our will power) is too weak to balance the old habit you have been trained for your whole life. You need to retrain your mind to build a new one. The only way to make it happen is a repetition process. You need to keep practicing in your mind and making it shift and stay in the higher vibrational place so that the energy of a new habit can balance and finally outweigh your old habits.

When the new habit is built, your mind will work it out naturally, as the new energy will flow smoothly without resistance.

Our resistance could also come from other reasons. Believe it or not, some people are not aware but in a subconscious mind, and their physical symptoms actually become excuses for them to confront and deal with the fear of changes. Many people would stay in an uncomfortable comfortable zone, rather than step out into a scary place and make changes.

Our physical symptoms are a warning and a reminder from our body that our energy lost the balance at some point. When we have those physical symptoms for a while and when we are used to them, our body could get confused. It feels that we need these symptoms to protect us from losing balance again. Tapping makes many people realize this and get the clarity. No one will choose to be sick. But in a subconscious mind we are just reactive without awareness.

At this step, you can tap on your resistance or anything that stops you. And then focus tapping more on your action taking and your goals. Use the same procedure: setup statement, negative rounds (resistance), and then positive rounds (positive rounds, your intentions). You can even skip the setup statement, and tap directly on the points on your body. It is totally up to your individual situation. Just tap and speak out anything you want to motivate yourself, and what you want to achieve.

Here is the details of our tapping procedure at Step 4:

### **Setup statement**

Pick one of your intentions or goals, craft a setup statement.

### **Emotion Intensity Check**

Check how true this intention sounds to you, or how strong you believe you are going to take actions and achieve this health goal.

Tap on the Karate Chop Point and say the setup statement.

#### **Example**

Even though I have this remaining knee pains, I can start to build a habit to practice meditation and do yoga twice a week to help myself. Or, I deserve a good health, and I want to take actions and do tapping to heal my migrant headache within the next three months.

### **Positive Rounds Of Tapping**

If your intention sounds very true to you, and you feel the aligned energy towards your goal, then tap and speak out your intentions and goals.

Try to draw a picture in your mind and see how your life will be and how you will look like in the future when you heal yourself and live a healthy life.

Tap and speak out all what you see and how you feel from that mind picture. Tap with positive affirmations.

This rounds of tapping, works like to stick in a flag to your destiny place. And you focus on your journey ahead, start to move and get there.

### **Negative Rounds Of Tapping**

Some of you may not feel that the above intention sounds true to you, or with whatever reasons you are still stuck and just can't move out from your old place. Then you need to go back to the previous steps, digging deeper and discovering more inner blockages.

Tap on the eight meridian points, and speak out all self-talks about your current situation. E.g., your stuck status, your doubt or attachment about your healing outcomes.

Example:

I am still stuck; I still have low energy and can't take action. I don't know why I feel exhausted now. There must be something blocks me inside. I am open myself to listen the true voices from my heart.

Check what serves you about not healing yourself. What is the downside for you to heal yourself and finally step out and live your life in the society? Is there any fear? What do you have to confront? Or you may even shockingly realize that you don't feel you deserve to live a healthier and better life.

Keep tapping and getting the clarity what's going on at the subconscious level in your mind. Tap and speak out your concerns, fear, resistance, and all your true self-talks about healing yourself and achieving your health goals.

Repeat the tapping procedure with this 4-step system, and practice all different exercises that help you moving towards your goals. Tap and release until you finally see yourself begin to take actions and move forward.

Every day, you are creating your future reality.

Speak out to the universe of your intentions. So that there will be a focused energy flow formed that goes out. And eventually this energy frequency you spread out will attract things and people coming to your life, to match your intentional flow.

I shared with you in earlier chapter of my experience tapping on health. Here I add a bit more of my stories to show you how tapping works on health, especially at Step Four. As people are normally unaware of their hidden body resistance to healing.

When I tapped for quite a long while, I believed I should have been recovered from my health issue. Yet I still felt low energy level and could not take actions and move on working on my working projects. And later on I realized that every time when I got break-through by tapping and felt more energy level to take actions, some physical symptoms would come back. I then had to slow down and deal with the physical symptoms again. Those symptoms were normally the low energy level from the stiffness in the back of neck, on the shoulders, and from stomach discomfort, and from foggy mind. They drained me down, and I just couldn't get back to the normal energy level as I used to have.

I started to tap on those symptoms and spoke out self-talks in my mind. I don't know why I can't start to move. Every time when I had breakthrough and got ready to go ahead, some symptoms would come back and block me. I am tired of that and it's so annoying. It's been with me for so long. I just don't get it, and I can't take it anymore.

Gradually, the clarity came after tapping. My life moments in those challenging years all showed up, it was demanding from each universal area in my life. And more moments on the earlier lifeline came up. E.g., the stressed moments in my corporate world, the moments from my younger life in the university (staying overnight to prepare for my examination, and etc). And I realized that there was a pattern now. Every time when I tried to deal with multi-tasks in different areas in my life, those symptoms became serious. I had to lay back and rest. I finally become aware that it was my body's programmed reactive. When it got triggered by the overwhelming energy from multi-tasks, my body sent message to me: stop and rest, otherwise you will be sick again. My body saved all the data in my brain, remembering every detail at those moments in my lifeline. It showed me now how I used to push myself to do "Should, would, and ought to" tasks to meet the society and family expectation. My body now was on strike to protect me from the same occasions. That was: Grab too much responsibilities and workloads on my shoulder, so that I could be recognized and acknowledged as a good and successful person.

There was a self-talk like this: My life burdens me, I don't want to work to please others. And I do, I will be sick. Being aware of this inner resistance to healing was a huge break through for me. It opened up my tapping route to the root knots now.

I then started to tap on my emotions and self-talks about those moments, those burdens, those overwhelmed feelings in different stages of my life. I realized how I suppressed my own needs, desires, and feelings and only focused on helping and pleasing others. How guilty I would feel if I didn't do all and made everybody happy. If things didn't go smoothly and well, that's all my fault. And I would be criticized. I have to keep giving even when I have nothing to give anymore.

After releasing a lot by tapping, I started to regain the clarity. The past is gone. The work I am doing now is not a burden but my favorite things to do in my life. It's my passion and my life purposes. I only need to spend the enough energy for whatever task I am working on at the moment. I don't need to habitually feel stressed and overwhelming anymore. It's OK and safe, and I will stay healthy to work again.

Finally, I see myself thrilled in my mind picture by helping people. I see a healthy and energetic image of me in my future movie. Now I have the aligned energy with my goal, my life purpose. I began to move.

Of course, during the procedure working on my health issues, I also did a lot of research, went through trainings, learned, tried, and practiced different exercises to help my overall wellness. I share with you all of these in this book too.

Please go to check Appendix 3: Overall Wellbeing Exercises and Tips.

Even those exercises are similar for every area in your life, I like to discuss a bit more here about the impact of your mind picture and language to your health.

Watch yourself in your mind. What kind of pictures do you see daily about your future life with health? What are your intentions and goals for your health?

For example: if you say: I don't want to be sick. I want to lose weight. What image shows up in your mind? I bet it's a sick and heavy image of you, right? Now you know that our mind doesn't process by words but pictures. It's very easy to test it on yourself.

So be cautious of your daily language. Check and see if you have these languages all the time in your life: "Poor me." "I don't feel well." "I don't have any energy to do anything." "I am tired." "I am always sick, it has been like this in my whole life." "I am scared." "I am nervous." "That's just me." "It's my genes, what can I do?"

Train yourself to be able to "hear" your energy, be aware of your vibrations.

Even for now you still see yourself in the mind picture as scared, struggling, sick, feeling heavy and depressed about your future? It's still OK. Now you know after setting up your intention, you know you have a gap there. And now you have a tool which can help you to fill this gap. You just have some work to do. Tap and release; your mind picture will be changed when your inner world is changed.

Today, let's make a mind movie and draw a vision board for your future health.

See yourself in your mind getting there achieving your health goals. How do you feel when you get there? Do you feel light, happy, more energetic and healthy, confident, and successful? Remember this feeling, record this mind picture. Starting from today, play a new movie. A movie about how you become your own champion, get recovered, stepping out, living your life, with meaning, joy, and freedom.

Again, no matter how you feel, what you see, and what you believe, you are right. You will get how you feel, what you see, and what you believe. Your mind picture will get you there, where it shows in the picture.

EFT might not cure some health issues or diseases directly, but it does help for a speedy recovery or as supplemental approaches. For some other health issues though, EFT

amazingly heal them for good by just tapping and releasing, e.g. physical pains or a lot of other symptoms.

Here I'd like to introduce briefly some common health issues EFT can help:

Physical pains; different kinds of headache; chronic fatigue; kidney and stomach issues; sinuses & allergies; asthma ; heartburn ; insomnia; eating disorders; body weight; breathing difficulties; or even some diseases under medical conditions.

From what I learned and experienced, I list some emotion and thought roots that may commonly stay behind our physical symptoms:

Stomach related issues (stomach butterflies, digestion problems): worry and anxiety, restored criticism, fear of being judged, self-honor and self-worthiness issues.

Headache and physical pains: fear, anxiety, stress, and wanting for love, childhood issues, early traffic accidents, stress, over-burdened life responsibilities, self-pride.

Heartburn or breathing difficulty or heart related symptoms: heart-broken emotion from love wounds, loss of love (people and animals), sadness, hatred, un-forgiving, betrayal, or life burdens.

Chronic fatigue, allergy issues, the first chakra immune issues: many childhood issues e.g. house foreclosure, homeless experience, loss of love, divorce, insecure, feeling the world is not a safe place.

I made a video series, using the 4-Step EFT tapping system to deal with each universal life issues. In the video of tapping on health, I attach the tapping script and did the demonstration on headache. You can check it out and follow along with the video tapping with me together.

## **Conclusion**

It's all about the loss of the balance of our body, mind, and spirit. When the powers are taken away from different energy centers in our human system, our organs can't function 100%. Both oriental and western energy systems have proofs of this theory.

Tapping helps us to clear up and remove the inner knots, and open up our energy flow. Through this practice of our thought and physical exercise, we move to higher vibrational places. And our body could go back to functioning fully and healthily again.

If you are called to healing, and believe you will be healed, then your health for sure will come back to you.

## Chapter Six

# Relationships

## *Tap And Meet The Needs Of The Little Winning Kid Inside Of Us*

### Applying The 4-Step Eft Tapping System To Relationship Issues

We start with our most pressing issues – our feelings and self-talks about relationships. Negative emotions are the indications about something inside us that does not align with our true self and our intentions.

From the place we don't feel good and don't like, we will discover what we are wanting and what is missing, so that we can let go of the old stuff and set up intentions.

Let me give you the following checklist so you can start:

- \* When you think about your relationship, what picture do you have in your mind of yourself? How do you look and how do you feel? What's your self-talk about this relationship issue?
- \* What exact relationship issues do you have? Do you have issues with your spouse, your partner, your children, parents, other family members, or colleagues and other people in the society? If you have their images in your mind, how do they look? What are your feelings about them?
- \* Do you see any life time patterns in your relationship? What always happens to you in your lifeline which normally drags you down?
- \* Do you have any early memories of a good relationship which lifted you up and made you happy?
- \* If yes, what happened, so you don't have this kind of relationship right now?
- \* Do you feel you don't fit anywhere, even with your family? What are your self-talks in your mind? What are you telling yourself when you are exposed to those moments that you feel disconnected? What do you believe about yourself?

\* If you are looking at yourself in the mirror, what do you say about this reflected image?

\* Now try to see another picture in your mind – your younger version of yourself. How does this little boy or girl look and feel? How old is he or she in the picture? Who and what are also in the picture?

\* Do you have any early events in mind in your life that you believe contributed to your relationship issues? If so, pick several most bothersome events. Get ready for the tapping

When we tap on relationship issues, we always want to stick to our emotions, the feelings to ourselves and to others.

Now let's start to do tapping.

### *Step One: Check And Discover - Find Out Patterns And Reveal Old Events*

#### **Setup Statement**

The first step, we want to say “YES” and accept what it is in your relationship issue, instead of judging it and resist against it.

Pick one of your most pressing issues. Remember it is like to pick a right stone to hit. It could be some behavior patterns or feelings towards somebody, including yourself; e.g. anger, sadness, powerless.

#### **Emotion Intensity Check**

Check your physical symptoms (pain, stiffness) and your emotion intensity to the symptoms on a 0 – 10 virtue scale (0: the least intense; 10: the most intense)

Tap on the Karate chop point and say the setup statement three times.

Example:

Even though I feel \_\_\_\_\_ about \_\_\_\_\_, I deeply and completely accept myself.

#### **Negative Rounds Of Tapping**

We start to use a hammer (our finger tapping), to hit on the stone (this pressing issue).

Tap and peak out all your negative feelings and self-talks towards the persons with whom you have relationship issues. Note that this person could be yourself also. As normally people who have relationship issues judge themselves harshly and don't love themselves very much.

Tap on the eight meridian points on the body. Tap and speak like this:

“I hate it, how could he have betrayed me like this. It hurts too much, and I will never forgive him.”

Or:

"I have myself. I am an idiot who messed up my life like this. There must be something wrong with me."

Speak out all the feelings and self-talks in mind. Tap, speak and release them.

Keep checking the emotions. Does your emotion intensity go up? Stay at the same place? Or go down? Check and see if you can find any patterns behind your relationship issues. Does your emotion intensity (E.g., anger) go up when a certain type of people show up in your life, or when some occasions happen?

Now tap on this pattern, speak out the true self-talks:

“This pattern that I feel \_\_\_\_\_ when I \_\_\_\_\_, I feel so angry. They don't have rights to invade my territory, and I don't like them control me.”

Keep tapping for more rounds until the intensity score goes down below three.

Now you are a bit calmed. Pause and check, and see if there are any earlier events coming up in your mind. The events could be something happened in your childhood, or in your early lifeline right before you started to have this relationship issue.

This step of tapping gives us some clarity about what exactly bothers us. When you are clear about what's going on in your inner world and what might have contributed to your relationship issues, you are now ready for the next step.

## *Step Two: Unblock - Tapping And Releasing Buried Negative Emotions, Thoughts, Beliefs From Earlier Events Behind Relationship Issues*

### **Setup Statement**

Check on one of the special earlier events that got revealed right now, the event you believe that contributed to your relationship issues. Have a picture of that event. How old were you? How did you look and how did you feel in that picture? Who was there? What happened?

If you are a first timer for tapping, and if you have traumatic experiences in your early life and don't feel ready and comfortable yet dealing with your deepest old emotions by yourself, be cautious and take it easy at this step. Don't go to tap on the root event right away. You need to consult with EFT professionals and get support. But you can pick one of the recent events that get revealed that is bothering you the most at this moment. Note that any event showing up right now in our life means that the specified energy knots from this event is ready and wants to leave our body system.

Pick this special event and craft a setup statement.

### **Emotion Intensity Check**

Check your emotion status of this event on the 0 – 10 scale.

Tap on the Karate chop point and say the setup statement three times.

Example:

Even though I have this event \_\_\_\_\_ when I was \_\_\_\_\_, it bothered me so much as I feel \_\_\_\_\_, I deeply and completely accept myself.

### **Negative Rounds Of Tapping**

Tap and speak out all your inner talks and emotions about this event. When you tap, watch that event in mind like a movie.

Normally the intensity will go up first when you start to tap, and go down after releasing the intense feelings.

When you become calmed, and the intensity goes down to below three, watch that event movie again in mind, check emotion intensity at each second in that movie. Pause and tap on your feelings if there is any moment causes you high emotion intensity.

Tap and release, bring down the emotion intensity from each moment of the event below three on the scale. Keep checking, until there is no more single moment from that movie causes you intense emotion anymore.

There are many events in our lifeline could have contributed to your pressing issues. You need to tap one moment and one event at a time. And repeat the tapping procedure and release emotion knots from more events.

You will notice the huge difference in your life when you release major 10-15 events in your lifeline. When you get the clarity about what bothers and triggers you, you will then see through things, people, and your relationship issues from different perspectives. You will not judge yourself and others like you did before. Your life starts to change.

EFT tapping helps most people realize that any good relationship starts from the relationship with self. Without self-connection, we have lost the divine power inside of us, which keeps us in the higher vibrational places feeling safe and loved.

Many adults, even though living in an adult physical body, are actually still trapped in a child's mindset that dates back to their 0-10 years old age. Some old emotional hurts, bothersome memories, or serious traumatic experiences were deeply buried and stuck, and became our inner energy blockages. Kids' minds don't work with logic and reasoning. Anything that happened to us, a look, a word, could all possibly have become traumas and gotten stuck inside of us.

When we tap on our relationship issues, we will always find a whining little kid living inside of us. The little kid is trapped in an invisible jail cell, crying for attention and wants to have his needs met. They may need adults comforting or listening to them; they may want hugs and love for safety and protection; they may want acknowledgment so that they can feel good about themselves.

If the child doesn't have his/her needs met, as adults he/she will keep carrying these inner emotional blockages and stay in a needy mode. Not knowing this fact in their conscious mind, they now turn to the adult world and keep looking for what they missed and needed from their parents. They will go to their spouses, partners, or other family members and people in the society for what they want. If any similar situation or people show up, like in their childhood events, these serve as triggers and they click into the "kid mode" right away. They react to the triggers with the same behavior patterns again and again and can't escape them.

In real life, we see this pattern again and again, applying for both married couples and single people.

A lot of our childhood events are love related wounds. Heart wounds separate us from self-connection – the connection to the divine source energy which flows out from the heart energy center in each of us. Our heart is a powerful organ; it is the place where our human emotions meet our divine love emotion.

Even if we can talk about our feelings from our childhood issues, that doesn't mean we have released them. Even if we choose to feel numb, or to suppress the feelings of this little child and don't talk about them, it doesn't mean these inner blockages are gone and they won't

impact our life. Fear of releasing the emotions for this inner child will only mean you remain in an unsafe place. And releasing these emotions won't make you weak. We are all human. The power actually comes from our vulnerability as humans but not from our pride or ego.

Here is a list of examples of the common trigger behaviors or emotions in many relationship issues:

- \* Over-defending
- \* "Poor me" and victim attitude.
- \* Never feeling loved and cared for, never protected.
- \* Powerless: sad and angry, feeling the powers being taken away
- \* Anger and hatred, fear of being controlled
- \* Shame and guilty, that's my fault.
- \* Chronic fear and worry; insecurity; needs a lot of attention all the time.
- \* Need to control to be safe. My way is the way.

We have an EFT jargon called PR - Psychological Reversal.

Tapping will help us to reverse them back. When we tap, we will catch those special moments; we will give our inner child our attention, listen to his/her voices – the emotions and thoughts. We help the kid get his/her deep needs met – the unconditional love that every child wants. We help him/her grow up and integrate into our adulthood mindset. The old blockages trap us in a needy and emotional response mode and stay in the past. Tapping brings us out from the past and brings us back to the present moment.

When we tap on relationship, we sometimes use Surrogate Tapping to tap for the inner child. We use the same procedure to tap and speak out the feelings and self-talks of the child.

Examples:

I am only \_\_\_\_\_ years old, how could they could treat me like this? Why did this happen to me. I felt so scared and sad. Nobody was there for me, not even my parents. I bet they didn't love me. I am not a lovable person.

I spent quite some time staying at the first two steps about relationship issues. As we do need to do a lot of tapping to get the clarity about what triggers us, so that we could be ready to clear them up and shift.

Whenever your emotion intensity goes down from each event or moment to below three, you are ready to move to the Step Three.

### *Step Three: Shift - Build A Bridge With Gratitude And Step Over From Fear To Love*

We now get the clarity of the truth. We are aware of our triggers and old thoughts and behavior patterns that are blocking our way in having a good and harmony relationship with ourselves and others.

We can start positive rounds of tapping at this step.

We use Choices Method Tapping and Gratitude Tapping to shift and move.

#### **Setup Statement**

Pick the same issue you are working on. Craft a setup statement, just change the word “accept” into “choose” or “be grateful.”

Examples:

*Choose Method tapping:*

Even though I still feel this remaining \_\_\_\_\_ feeling about this relationship issue, I choose to release all accumulated \_\_\_\_\_ feelings towards this person \_\_\_\_\_. I choose to let go of the repressed feelings and this old wound.

When you are aware of what blocked you, you know that you have choices; you can choose and decide what kind of life you want to live. vibrations.

*Gratitude tapping:*

Even though, I still feel this remaining \_\_\_\_\_ feeling about this relationship issue, I am thankful for the lessons I learned from my experiences. I am grateful that I am finally called to healing so that I could move on to start a new life.

Gratitude is at the doorway between negative and positive feelings. It closes the old door, leaving fear and low vibrations behind us. And it opens the new door ahead, leading us to a higher vibrations place where we can feel peace, love, safety, and joy.

#### **Emotion Intensity Check**

Check your emotion status of this event on the 0 – 10 scale.

### **Positive Rounds Of Tapping**

Tap on the eight meridian points on the body. Speak out now all your positive intentions, your positive affirmations.

“I choose to release; I choose to let go; I choose to have a new belief; I choose to open myself to healing; I choose to forgive; I choose to leave the past behind and move on. “

We tap and are grateful. We are thankful that we can shift now and start to have a new perspective to look at our wounds and our life. With this inner shift, our life already starts to be changed.

Now get ready for the next step.

### *Step Four: Move Forward - Set Up Intentions And Take Actions*

Let's check the following list first:

- \* What does a good relationship mean to you?
- \* Have a picture in your mind about yourself living a life with an ideal relationship. What does it look like for you? How do you look and what are your self-talks about yourself in that picture? How do you feel, and what and who are there in the picture?
- \* What core values need to be honored in your relationship? Do you still have any unmet needs from your childhood or early life? What more old events do you need to tap on and clear up so that you can move?

We now shift out from the old heavy zone and step into a much lighter place. Theoretically, we should be able to move forward and achieve our goal. In real cases, it often happens that we somewhat still feel stuck and can't move as we thought we would.

So at this step, we will check and see if there are any leftover knots still buried there, blocking us for having a healthy and ideal relationship.

You can always use these three mind pictures to test your relationship status at this step.

- \* A picture of yourself: what's your self-talk about your relationship?  
How do you look and feel about yourself now?

\* A picture of the younger you at childhood age: how does that little kid look and feel in that picture? Does he/she still need you to help meet his/her unmet needs?

\* And a picture of the person with whom you have a relationship issue. How does he/she look to you now? What are your feelings and self-talks about him or her, after all the tapping and releasing you did?

### **Setup statement**

Say a positive statement about each picture. If, make it a setup statement.

### **Emotion Intensity Check**

Tap on the Karate Chop Point and say the setup statement.

Example

I feel good about myself, and I like my image in front of people.

Or,

I can accept him/her now. He/she will not drive me crazy about \_\_\_\_\_ anymore.

I am confident in myself. I trust I can release more and eventually have an ideal healthy and happy relationship I want for my life.

Check on the 0-10 scale, how true the setup statement sounds to you.

If you feel that doesn't sound very true to you, and you still have fairly high of your negative emotion intensity and self-talk in those pictures, you need to pause and go back to the previous steps. You need to tap on more hidden knots buried inside and clear them up.

Note that negative emotions are always the indications that something inside us is still not being aligned with our intentions or the life we were born to live. And any triggers remind us that something inside us is not yet healed.

### **Negative Rounds Of Tapping**

Repeat the tapping procedure. Tap on the eight meridian points on the body, and speak out all the possible left-over negativity, the wired limiting beliefs, and the inner resistance to change, etc.

Example

“I don’t feel safe to change myself. It’s scary to become a new person that I am not familiar with.” “Maybe I don’t deserve to improve my relationship and live a better life. I am used to it.” “I guess I have to please people in any relationship so that I can be liked and loved.” “If I change, there will be too many conflicts coming up between him/her and me. And I don’t think I can handle that.” “I don’t think there will be any difference. Why bother, people won’t change anyway.” “I do want to build a good relationship, but I don’t know how. I was never taught so in my life. “I am afraid I am going to offend people, and they will be mad at me.”

Keep tapping, and dig out more old events and release them.

It takes the time to make changes for life. EFT tapping works the same way. As we discussed in the previous chapter: Habit as an energy doesn’t die itself, it has to be replaced by a new habit. The only way to build a new habit is to re-train our mind through repeated practices. We have to bombard it until the new habit energy can finally outweigh the old habit energy. In this case, you just need to use the "hammer" - our finger tapping, to hit on those inner stones. Otherwise, those old knots in the system just won’t go by itself.

It's said that a new habit takes about 30 days to be built. That’s just because the new habit energy is not strong enough at the beginning stage to balance the old habit energy. The new habit will happen when it can freely flow finally without resistance from the old habit. Finally, it becomes a nature thing for us to do, but not a task burdened us and needs a lot of extra efforts from our will power.

The daily baby step of changes will eventually help you come out from your current place and move you to a healthier and happier place where you feel good dealing with yourself and others.

### **Positive Rounds Of Tapping**

Always pause and check after tapping. Gradually, you will start to see more positive images in all the above three your mind pictures. You will start to feel good about your adult self, your younger version in mind will look happier and healthier, and you will become confident and start to see a very positive picture of your future self and future relationship.

You can start tapping with positive affirmations now.

Tap on the eight meridian points on the body, and speak out your goals, all what you see in your mind pictures about your future reality. You speak out what you want for your relationship in life. You want to send out a focused, intentional energy to the universe. So

that divine guidance can freely flow to you and help you with self-healing and self-connection to our relationship issues.

The more you release, the better you will feel good about yourself and others in your mind pictures. And it will be easier for you to set healthy boundaries for any relationships. You will then get the clarity that you are the boss of your mind, and you have choices for your life.

The day will come when you finally won't be triggered anymore from those people you had relationship issues before. Simple enough, it is just because you are shifted to a higher vibrational place and tuned to a different channel. The old frequency is still there, vibrating at its old place. But they it won't interfere you.

When people around you sense your energy difference, they will respect the new you and will start to behave and treat you in a different way. You will see more nice people and good occasions at this new channel. Your life changes forever.

You will have to experience the process yourself, and understand how EFT helps you decode the secrets of joyful living in relationship aspect of your life.

The first step to improving your relationship is to shift your vibrations and build a good relationship with yourself.

Before I introduce more positive exercises for this chapter, I like to share with you a few real cases from my experiences working with different people.

It happens very often that people tap and release a lot, but still stay in a circle and did not move as they expected. Or the more tapping they do, more negative thoughts come up. Then they feel discouraged, and now believe that EFT works for others but not them.

More negative emotions or old events come up is because we have that many of them inside of us. Not moving forward yet means something deep inside is still buried blocking the flow.

It is a very critical stage now to check the downside facts about the changes. Ask yourself: What serves you if you still stay in the old relationship mode? What is stopping you from stepping out and moving forward? Is there any fear there? What are you exactly scared about if you start to take actions?

After new rounds of tapping and check, many people gain the clarity now about their blockages.

“I don't know how to communicate in an appropriate way with others.”

“I am afraid that I will invade their territory and offend them. Then I will be criticized or even punished.”

" It's not safe out there, and I don't want to confront the complicated society. I would rather stay at the old place by myself."

"I don't trust people. When I go out to interact with people, I am going to get hurt."

"I don't know how to express myself. I better have my mouth shut and keep silent. otherwise I will get myself in trouble again"

"I feel like there is an invisible wall blocking in front of me. I will be in danger at the other side of the wall"

"I don't want to experience the leaving moment in a relationship. It's too painful; I don't want to feel it again. So I better not go into any relationship."

The list could go on and on forever. But then when we tapped more, it brought all kinds of more childhood events into our memories. People are always shocked that they even remember them. Tapping helps to bring the truth back. And we can then tap on those old events and collapse them.

The only healthy way to deal with the old knots is to accept, admit, tap, speak, and release them. We have to go through but not go around our feelings or self-talks. Tapping connects us to our true feelings. Believe or not, many people don't have any emotions or early events showing up at the begging stage of tapping. By feeling our emotions we will experience a short time of discomfort, but we have the technique to make sure people will not be re-traumatize.

It's also very common that people unconsciously take those feelings as a habitual pattern to identify themselves. It is almost like you need those emotions to be who you really are. E.g., A victim mode. I am sad. My life is ruined, and it is over. It's them, not me.

You want to tap on this kind of old emotional pattern or limiting belief about your relationship. Only if you release these blockages, you can then focus tapping on your action taking and your goals.

Other than tapping, please check Appendix 3: Overall Well-being Exercises and Tips. Those exercises work for every area of our life, and can help you shift your daily vibrations and live more happily and healthily.

At the end of Step 4, I like to talk a bit more of the following practices while we start to take positive actions to deal with relationship issues.

### *Gratitude Exercise*

Gratitude attitude is so much more important than we thought it could be, in terms of improving our relationship.

Think about or write down 3-5 small things you can find daily to appreciate yourself, and the person with whom you have relationship issues. You can always find two to three small things at the good side from each person.

In daily life, though, people always ignore and forget to acknowledge themselves. And most people normally focus on what they don't feel good, instead of what and how people make them feel good. When you have negative emotions (energy vibrations) send out towards a person, sure it won't bring the good out from him/her.

Express your appreciation and love for this person, also to your family members and people who surround you. Speak this out loud when you look into their eyes. Mean it when you say it; put your appreciation emotions into it. It's not just a skill.

After you learn and practice how to express your grateful feelings (of course, tap and get rid of your negative emotions and start to forgive all first), you will be surprised by the changes from the person you have issues with, and the changes from yourself.

### *"Yes" Exercises*

Say "Yes" to what it is, instead of holding "tolerance" energy. Note that hatred or angry emotions produce toxic chemicals inside of our body, no matter we release the feelings out to people or suppress them. It does harm to both us and others.

When we are angry, be aware of it and release it as soon as possible before it does any harm to ourselves.

### *Language and Mind Picture*

Watch your daily language you use to yourself, to your spouse/partners, and to your family members and others. Do you often hear yourself talking in a negative way about things and people?

Are you telling yourself in your mind the following all the time?

I don't want to look myself. I look disgusting. I don't like myself. I just don't fit. I am start (young, pretty, confident, humorous, good, successful...) enough. I hate myself, or \_\_\_\_\_ (so many more). I will never forgive for what they did to me. I am not loved. I am not well taken care of. He or she doesn't love me. Poor me, I am such a victim. They are disgusting. I am

mad. It's ridiculous. Such a moron or idiot. He or she is mean. I was mistreated. It's unfair...

Check this in your mind: what pictures do you have about you and your life?

Now you should have the awareness of what energy from this language will bring you back to your life. Only if you still get triggered and feel the way you felt about yourself and others, it means your healing work is not done yet.

Remember: no matter what you feel, what you see, and what you believe, you are right, and you will get it all.

So starting from today, change our language and our mind picture. What will it look like in your life if you can have your ideal relationship in your life?

Remember that picture and that feeling, practice seeing this mind picture every day.

Motivate yourself, to do one tiny baby step a day, to get yourself closer to that place you want to go.

Again, energy flows where intentions go.

### *Mirror Exercises*

Look at yourself in the mirror every day, check your feelings and self-talks towards this reflecting image. Tap and release any negative expressions.

### *Selfie Exercises*

Starting today, take one selfie on the same day every month. Write down your self-talks about the image you see in the picture.

Save the photos and your self-talk about the selfie images.

Every three or six months, check and look at the difference in your images in these photos, as well as your self-talk about your image.

Most of us self-judge too harshly. When we don't like ourselves and don't feel good about ourselves, this creates misalignments as to who we are. It's hard for others to feel good about us either. Again, a relationship starts from self-connection.

We don't see our progress from our daily practice. When time passes, you will realize how far you have come out. We all need self-acknowledgement.

## **Conclusions**

Good relationships start with a good relationship with ourselves and that starts with our connection to our Divine source.

When we tap, we have chances to heal our heart wounds. We can release the negative emotions and get rid of bothersome memories. Remember that a lot of times, people can't forgive is not because they don't want to. But because they don't have the capability to do so. Their love wounds are still there, they still hold on to the old wounds. They are too vulnerable.

When tapping connects us to the divine nature vibration inside of us, we feel loved, protected, and well taken care of. We feel safe, peaceful, and grateful. We will start to be able to love ourselves, and have love to give others. Finally we are able to forgive, both others and ourselves. The relationship flow opens up and starts its circulation, and love will come back to us.

Always have mind pictures of your current self and the young version of yourself. See how the picture changes along with your tapping journey.

Gradually you will be surprised to see a different image showing up in your mind picture. You start to like and love this person so much more. You know this person is not perfect, yet you accept him/her with compassion. You will see the younger and adult versions of you finally merge together, allowing you to become healthy, confident, and happy, feeling safe and content.

# Money

## *Tap To Heal The Money Wounds And Open Up The Money Flows*

### Applying The 4-Step Eft Tapping System To Money Issues

Let's start with your most pressing feelings about money. Normally people have bad feelings about money if they have financial issues. From that discontented place, you can turn that around and know actually what you want and where you want to go.

The following checklist is to help you start:

- \* When you think about money, have a picture of yourself in mind. How do you look and feel about money in that picture? What are your self-talks about money? What are the exact issues? Who is in that picture; only you or are some others also involved?
- \* It's important for you to check what exactly is going on in your inner world about money. Is it more about things, like personal or business projects? Or is it about people: yourself, family members, or others? Find out the most pressing emotions. Normally, stress, fear, and anxiety are common feelings when people have financial issues. But there could be anger, powerlessness, and disappointment when there are others involved.
- \* If money brings you pain, do you have any special moments, occasions, or people related to that pain?
- \* If yes, when does that pain normally start? Are there any patterns and triggers? i.e., anytime you see the bills or a paycheck? Or any time when you go shopping and spend money? Or anytime when you think about something in your life?
- \* When was the first time you started to feel this feeling about money?
- \* When you trace your money story back to your childhood, do you have a picture of the younger version of you in mind? How old were you?

How do you look and feel in that picture? Are there any adults there in the picture too; i.e., your parents or adult relatives?

Now, let's start tapping.

## *Step One: Check And Discover - Find Out Patterns And Reveal Old Wounds Behind Money Issues*

### **Setup Statement**

Pick one of your most painful issues or feelings about money, or a behavior pattern. It has to be very specific; you can't tap on "my financial issue" as that is too general. You need to tap and hit on a stone instead of hitting on the whole mountain.

### **Emotion Intensity Check**

Tap on the Karate chop point and say the setup statement three times.

Example:

Even though I have troubles with this money issue \_\_\_\_\_, I feel so \_\_\_\_\_ about it, (fill the blanks with your real situation) I deeply and completely accept myself.

By saying this, we are telling our mind to stop judging ourselves, about this money issue, and about our negative emotions towards money. Normally, we are not aware that our bad feelings about money itself already built an inner wall inside of us that blocks the money flow from coming our way.

Check your emotion intensity on a 0 – 10 virtue scale. (0: the least intense; 10: the most intense)

### **Negative Rounds Of Tapping**

Tap on the eight meridian points on the body. Speak out your bad feelings about this money issue.

Examples:

"This fear and anxiety, it has been going on for long, I just can't get myself out from it. So scared, I feel powerless..." "What if \_\_\_\_\_ happens, I can't imagine it."

Tap and speak out all the negative feelings and self-talks in your mind about money. Tapping connects you to your true feelings. Those feelings and self-talks could have been

suppressed and buried for so long. You are even not aware of them, and that became the inner blockages for your money flow. Tapping brings them up. When you speak them out while tapping, you actually release them.

Keep checking the emotion intensity. Is it going up, staying at the same place, or going down? Keep tapping for several rounds, or until you bring the score of your emotion intensity on the scale down to below there.

Keep checking to see if any more self-talk comes up. If there are any people involved in your money issue, speak out their names and express your feelings towards them. Note that the people here could be yourself too. It's very common that people who have money issues harshly judge themselves.

#### Example

“I am so disappointed to myself” “I don't want to admit and say so, but I do think I am a loser.” “I totally failed, as the situation still hasn't changed.” “It looks ugly and I feel ashamed.”

Many people are so used to use their willpower to control their feelings. They believe when they speak out those true self-talks, they will be taken to the negative place and become negative people. They are positive people. And usually it's true.

However, people are not aware that human willpower in cautious mind and true self-talks in sub-conscious mind are not always aligned. Our inner-talks at sub-cautious level decides the outcomes of our life. Tap and speak those negative feelings and self-talks actually help us release them and move them out from our system. We just need to tap and speak in the same time.

After rounds of tapping, there might be some special bothersome earlier events showing up in your mind. You might get some clarity about your beliefs regarding money. You believe you were programmed from your family and your life experiences. That reminds you what could have possibly contributed to your current money issues (patterns of feelings). Some people believe, subconsciously, that receiving money (or help) is selfish and that makes them feel guilty. Some others believe that they aren't worthy of the money reward or abundance. “That's not for us; it's for those people.”

Now you are ready for the next step.

*Step Two: Unblock - Tapping And Releasing Buried Negative Emotions, Thoughts, Beliefs From Earlier Events Behind Money Issues*

## **Setup Statement**

Pick one of the special earlier events that got revealed in your mind, watch it like playing a movie. How old were you in that picture? How did you look and how did you feel in that picture? Who was there; what happened?

And think about your belief regarding money behind this event, craft a setup statement.

## **Emotion Intensity Check**

Tap on the Karate chop point and say the setup statement three times.

Example:

“Even though I have this \_\_\_\_\_ event, and I believe \_\_\_\_\_,  
(fill the blanks with your real situations) I deeply and completely accept myself.”

E.g., I believe it's greedy to think about earning good money)

Check your emotion intensity about this event, and how true this belief sounds to you on the 0 – 10 scale.

Normally the intensity will increase when you start to see people or things in that event movie.

## **Negative Rounds Of Tapping**

Now start to tap on the eight meridian points on the body. Speak out your inner talks and emotions about this event movie or this belief while tapping. Tap until you bring down the emotion intensity score on the scale, normally it could go below three.

Now replay that event movie again in your mind. If you find a specific moment in that movie which caused the higher emotional intensity again on the scale, you pause and go back to tap on that moment. Speak out all the emotions and self-talks for that special moment. Tap and bring down the emotion intensity to at least below three on the scale. Very often we can bring it down to 0.

There could be many events that happened in your life contributed to your deeply rooted beliefs about money. The early events revealed from your memories could be something not seem related to the money issue.

Example

“It's my responsibilities to take care of everybody except me myself. If they (my siblings) have any issues in life, that's my fault. I will feel guilty

if I don't give them money. I should always give but not receive. I guess I don't deserve to be loved and to be well taken care of. I don't deserve good things in my life."

Early events came up in mind with reasons; they contributed to your money issue in certain ways. With those beliefs buried inside, the money flows get blocked and can't flow freely.

You need to tap on one event, and one belief at a time, and then move to the next one.

Always pause and test, to check whether or not your intense feelings are gone. Keep checking how true these belief statements are for you on the scale:

Example

"Receiving money as a reward is selfish; getting help shows that I am weak."

Continuously return to check your emotions and your beliefs about money. More old moments will come up. Keep tapping one by one on what comes up and release it. It takes the time to tap and clear up our wired money beliefs since the roots are deeply rooted. And they are not only involved you yourself, but far more people in your life. Your family, your tribe for generations, and the whole society, all contributed to your money issues.

It's so true that money issues in our lives are not only about money. All life areas are related and impact each other. Layers and layers of emotional or thought patterns will be brought up and will surprise you. You probably never related some events with your money issues before, or you thought you were already done dealing with those events. The fact is: they are all there going nowhere and will come back to trigger you if you don't deal with them and remove the knots from the root level.

With that said, I suggest you check yourself regarding the following while you work on the money issues:

- \* Is there any area in your life where the energy is not flowing right now, such as health, relationships, or even spiritually? Sometimes, because of our fear, our wanting to control everything also stops the flow of blessings from the universe, our source energy. Money flow becomes blocked.
- \* Observe your daily habits. Are you the one who never has enough time for anything but work? Can you relax and have fun sometimes out of your busy schedule? Do you feel that you are never good enough (or you are not perfect enough yet), so you are not ready to be rewarded (yet)?

- \* Are you always more motivated to work on other people's projects first, but things for yourself the last?

These questions bring up a lot of self-worthiness and perfectionism issues behind money.

Do you feel you are fully connected to what you do at different moments in your daily life; i.e., meal time, play time with kids, relaxed time on weekends or vacations? Do you distribute your energy partly here and partly there? If yes, have you ever thought why? How much energy are you fully carrying with you today at this moment? What distracts you?

It costs us when we distribute our energy to those places where our busy mind takes us. By doing so, our body and mind are not aligned and focused, and they do not function fully.

Do you have any clutter in your house? Do you make your bed every day? Do you do any physical exercises regularly?

How is your overall relationship with everything and everybody including yourself? Do you feel that you don't fit anywhere even with your family? Do you have a lot of negative feelings in your relationships?

The above questions don't sound related to money issues, but they reflect your overall life energy flow. If you are sick, depressed, overwhelmed by your life issues and get trapped in stagnation, your life energy flow definitely doesn't move freely and smoothly. Sometimes it impacts your money flow too.

If your answer is yes to many of the above questions, you need pause and tap. You want to repeat the tapping procedure, tap, speak, and release all your negative feelings and self-talks to those areas.

So far, we have released quite a lot of negative emotions and beliefs about money. Whenever if you clear up any events or emotion intensity down to below three, it's time to start shift and do positive rounds of tapping.

Get ready for the next step.

### *Step Three: Shift - Build A Bridge With Gratitude And Step Over From Fear To Love Vibration About Money*

We use "Choice Method Tapping" and Gratitude tapping to tap and shift ourselves to a higher vibrational vibration, with a better feeling about money.

#### **Setup Statement**

Pick the same pressing money issue, and craft a setup statement.

Examples:

*Choose Method tapping:*

Tap on the Karate Chop Point, and say the setup statement. This time, change the word “accept” to “choose.”

“Even though I still have this belief about money \_\_\_\_\_, and I still have leftover fear about my money issue \_\_\_\_\_ (fill the blanks to fit your situation), I choose to release this fear and let go of this old belief. Today I choose to build a new belief about money. I believe that \_\_\_\_\_ (fill the blank to fit to your case). “

When we discovered our limiting beliefs that blocked our money flow, we are aware of our emotional and behavior patterns of money. Now we have choices; we can choose not to react passively with old money pattern all the time anymore.

*Gratitude tapping:*

Tap on the Karate Chop Point, and say the setup statement. Change the word “accept” to “I am grateful.”

“Even though I still have the remaining money issue \_\_\_\_\_, I choose to be thankful for what I have \_\_\_\_\_. I am thankful that I can see my money and life issues from a new perspective. I am thankful for my awakening and my clarity of \_\_\_\_\_. I am thankful for the unknown blessings that are on the way to me.”

“Even though I still have this remaining money issue \_\_\_\_\_, I am grateful that I have money in my life right now to support me on \_\_\_\_\_. I am grateful that I have so many blessings in my life, including \_\_\_\_\_. I am grateful that I am aware of my limiting beliefs and triggers about money, so that I can review my life situation from a different and more objective angle. (Fill the blanks to fit your situation)

### **Emotion Intensity Check**

Check your emotion status of this event on the 0 – 10 scale.

### **Positive Rounds Of Tapping**

Tap on the eight meridian points on the body, speak out all your positive intentions (positive affirmations).

### Examples

“I choose to open myself to healing my old money wounds. I choose to open my mind and look at my money issue from a new perspective. I choose to let go of my wanting to control of my money situation. I choose to trust the universe. I choose to open and allow myself to receive the money flow.

“I have a good relationship with money. I feel good about money. I thank all the money I have right now that support my life. I am thankful that I have money to spend to buy my daily supplies. I trust the Universe. I am safe and well taken care of. I am capable of work with my skills and talents, and earn the money I need for my lifestyle. I am thankful for the unknown blessings that are on my way. Money flows easily to me.”

Gratitude is a vibration stands at the doorway between fear and love. It closes the door, leaving fear and low vibrational emotions behind us. And it opens the new door ahead, leading us to a higher vibrations place where we can feel peace, love, safety, and joy in our life.

Some people feel it's very hard to be thankful while they have money stress. The pain from money could be the most painful feelings among all issues for many people. But we got to understand that it is because we are stuck in that fear energy zone, we could not see a complete and objective picture of our life situations.

In a Fear mode, we are trapped in a depressed place and only think about money flowing out - bill, payments, spending, and debts. We believe money is a one-way traffic and feel like it will never come back after we spend it.

Tapping with gratitude shifts our focus from “lacking” to “having”. In the Gratitude vibration zone, we pay our attentions to what we have and receive, to what we can do now. We appreciate every penny we receive and have, and the money we have to be able to pay the bills. We feel good when we spend and purchase in the market. Someone actually reaps the benefits from the money we spend.

When we tap and be grateful, we shift from feeling painful about money to feeling safe and good about money. When we shift to this lighter place, our love flow is open up also. When this shift happens, our life is already changed.

The flow of money is a non-broken chain in society. Money has two ends – giving and receiving. You need to leave it open at both ends so that it can flow. Sometimes, money flows out more than it comes in, and other times money flows in more than it goes out.

If you believe you have to control this and don't spend at all even you need something, you are blocking the flow. If you feel guilty about receiving gifts or money (deep down you might feel you are not worthy), you are also blocking the flow. For many of us, money is a symbol of love in our life. Money could be a big proof of love relationship to ourselves. If you have self-love issues and subconsciously don't believe you deserve to be loved, money flow could be stopped also. As the Universe just reflects back the energy vibrations you sent out and proves to you your relationship with money.

Love is the biggest life flow. If you are jobless right now and don't have money to give, you can give out your love during the period when you try to settle down your next job. If you have time, you can do some volunteer work, just follow your heart.

Ask yourself, if you have no money concerns at all, what is something you would like to do even without being paid? You can use your skills or talents to offer to help people who need them. When you do something without feeling tired at all and don't mind even about the payment rate, then go for it. That normally is where your inner guidance is leading you. Maybe you're jobless just for that purpose - to awaken you. All is related.

You can always find different small things in every area of your life, for which you can be thankful. Appreciate them, both when you spend and receive money. The key is to feel good about money.

The more you are grateful for what we have in your life, the more the Universe will bring into your life for you to appreciate.

Improving our money situation and experiencing financial freedom could be a pleasant journey, but doesn't have to be an awkward experience.

### *Step Four: Move Forward - Set Up Intentions And Take Actions*

When we start the stage of positive tapping, be aware that we have to deal with our inner resistance. Being aware of our buried feelings and old beliefs doesn't mean our mind will be very cooperative and let them go easily. Our habitual thinking or behavior patterns about money stem from a lifetime of mind training. Very often, things still don't happen when we think money flows should start and we should be able to move forward.

Check yourself with these questions:

\* What exactly do you want to have in your money life?

- \* What will your mind picture look like, if you finally have your financial freedom, or if your money issue is gone?
- \* How will you look and feel in that future reality; what and who are in the picture? What values will have been honored by then?
- \* What are your money goals? I mean a very detailed one, not simply “I want my financial freedom.”
- \* What does financial freedom mean to you? What does your daily life look like by then?

When you think about your money goals, how true does your goal statement sound to you?

### **Setup statement**

Pick one of your goals and craft a setup statement.

### **Emotion Intensity Check**

Tap on the Karate Chop Point and say the setup statement.

Example

“I believe I can achieve my money goal like this: \_\_\_\_\_ (fill the blank with your situation.”

Check how true this statement sounds to you on a 0-10 scale.

### **Negative Rounds Of Tapping**

If you have a hard time to believe that you can achieve your money goals, or if you are not making progress, stop and check your inner resistance. Check and find out what your self-talk is behind that believe or thought about money? What happened in your earlier life that supports this thought or belief?

Now this is the time you realize that either your old belief is still there, or you discover that you have some other limiting beliefs or thought blocks about money. Maybe you need to check if there are more events behind this belief and money issue.

Tap on the eight meridian points on the body. Tap, speak, and release. More layers and the clarity of your leftover emotions will come up; i.e., low self-worth and victim mentality.

If you tap and find that this belief or thought doesn't go away, you can ask yourself these question: What stops you? What's the downside of your possible changes? How will you feel if you can unblock your money knots and move forward having financial freedom? Are you

scared that your identity will be changed? Will you feel uncomfortable just because “that’s not me”? Or do you have concerns about how other people will think about you? Are you worried that people might judge you or even be jealous of you? All these could be the resistance, the reasons why you are not moving.

A lot of times, to your surprise, there are fears or concerns keeping you from being “rich” or “money free”.

#### Example

“My whole tribe lives their life the same way in their lifetime, how can I stand out, do better and live my life with more abundance than them?”

“That’s just not me. How will they think of me? They will be jealous and exclude me.”

Beyond all the above mentioned, our habitual thinking and way of doing things could also block or slow down our life changes. We trained our mind to our old habits through repeated practices during our whole life. We have to retrain our mind to build a new habit, again, by repeated new practices.

As we mentioned in the early chapters, a habit is an energy, and it doesn’t die itself. At the beginning stage when we start to practice our new habit, the energy strength is not strong enough to balance the old habit. We will often slide back to our old mind and emotion vibrations, E.g., feeling fear and anxiety about money. As we have been so used to them, it is like they become part of our system. Sometimes we even define ourselves with those thinking habit as who we are.

The only way to make the new habit work (in our case is to build a habit of tapping), is to stick to it and repeat it every day until the new energy can finally outweigh the old habit energy. And we then become used to it again. It says that it takes almost one month to form a new habit of mind.

When it becomes a habit, the new energy will flow smoothly without resistance.

So at this step you just need to keep tapping on these thoughts and beliefs, the resistance; and release them. Then check and observe your thinking or behavior changes.

Many times, our money flow suddenly stopped because of our spiritual calling – our divine purpose. I will discuss that in Chapter 9 – Spirituality.

### **Positive Rounds Of Tapping**

When you tap away the resistance, you can now focus on your goals. You want to speak out your intentional energy to the universe, so that the divine guidance and things and people, could freely flow to you.

At this step, we can do goal or action tapping.

Tap on the eight meridian points. Tap on our intentions and goals, and speak out all the positive actions we will take.

When we set up goals, we use this SMART goal setting approach: Goals need to be: Specific, Measurable, Achievable, Realistic, and Timely.

We set up the big goal first and break it down into smaller pieces of goals by quarter, month, week, and day.

Set up intentions daily, about what physical activity and thought activity you can practice so that you can be aligned with your money goals.

Many people become overwhelmed and quit working on their goals because they don't know how to set up workable goals. And they don't know how to handle their resistance for actions and stick to the execution of their goals.

Persistent and diligent tapping will eventually pay it off. Daily baby step changes will get us out from our current place, so we can get where we want to go.

Our life issues in different major areas share all common roots and are related and impact each other. The overall well-being exercises I introduced for dealing with other life issues also work for improving our money situation in this chapter. Please see Appendix 3.

I like to talk from the money perspective of the following daily exercises to assist you in shifting your mind vibrations and overall physical energy flow.

### *Gratitude Exercises*

Pick 3-5 small things daily to appreciate the money you have to spend for your life.

Express love and appreciation for your family members, your friends or others surrounding you, especially when you get help or gifts from them.

Bless the meals and other daily stuff.

Be thankful for having food on the table and good nutrition for the health and well-being; for the money you have to live our life.

When we are grateful, we are focused on what we have. When we are scared and feel insecure about our finance, we are in a lacking place. Liking attracts liking and lacking attract lacking. The universe will bring back to us more of what we like and appreciate.

Let our positive energy freely flow everywhere in our life.

### *Yes Exercises*

Your judging and bad feelings about money - your inner fighting with your money problems, will build an inner wall and block your money and life flow. "Yes" energy opens up the jammed energy flow inside of us. We do need to train our mind and develop our "Yes" energy.

### *Language*

Check the daily language you use.

Do you always say to yourself and others like the followings?

"Poor me."

"That's my family. I am a victim."

"I am not lucky like those people."

"This is not how I should look, think, and talk."

"Those are not the people I should hang out with; I don't belong to that circle."

"I can't afford..."

"One day when I have money, I will do this \_\_\_\_\_."

"So sad, it just seems this day will never come."

"I don't have money; I am poor; Nobody helps me; I can't do it all by myself."

Do you "hear" your energy? Language is the reflection of your thoughts and beliefs. Your life is what you believe it is.

### *Mind Picture*

Check your mind pictures from the daily language you use normally.

How does it look in your mind of your current and future money life? Do you see yourself sufficient, enough, light, happy, confident, and successful? Or do you see yourself scared, lacking, struggling, feeling heavy and depressed or even failing?

If you don't like the current version of your mind picture, draw a different picture for your life in your mind or make a vision board for your future. If you have financial freedom and don't need to worry about money, what do you want to do in your life? What does ideal life mean to you? Do you "allow" yourself to have money flowing into your life? Very few people are aware that their low self-worthiness at the subconscious level block them to have financial freedom.

Put every detail of the future life you love to have in your mind picture, including people and things. Stop putting your past into your future. Instead, put a better future into your future reality. Tell yourself, "I am co-creating with the universe for my new reality. I started this new journey. I am on the road, and I am getting there. I am one-step closer today and every day."

No matter how you feel, what you see, and what you believe, you will attract them and get them into your life.

### **Conclusions:**

Money is an energy flow. Our money energy has a lot to do with our early life events and the value of money from our family and tribe. The block of our money flow came from our money wounds and our limiting beliefs.

Money is also related to the other flows in our life. Money is not only about money. It is about so much more than money. Check other areas of your life, health, relationships, career, etc. See if any of these flows are stagnant now. If yes, work on them too.

There are two ends of the money flow: giving and receiving. You have to open up both ends to let your money flow move.

Our emotions, thoughts, beliefs, all carry energy. And they can be released and shifted. EFT tapping can bring the buried old blockages up to a conscious level. When we are aware, we have choices. We can release them, and rewrite our money story.

Energy flows where intentions go. Focus on where you want to go instead of where you are now and were in the past. Stop putting your past into your future. Instead, put your better future into your future.

Setting up your financial intentions means you are speaking to and giving the order to the universe. Your intention forms a focused energy flow so that the universe can get your order and deliver your goods.

It's your life; everything is up to you. Which direction do you want to go? What tiny baby steps can you take, or you have already started taken today, moving towards your prosperous tomorrow?

## Chapter Eight

# Life And Career Transition

## *Tapping And Bringing In Clarity And Intuition For Direction And Decision-Making*

### Applying The 4-Step Eft Tapping System To Life And Career Transition Issues

Like always, you start with your most pressing issues. Begin with what you are confused about, or what is bothering you. You turn it around and know what you want and where you want to go. Then you can set up intentions and start to take actions.

Let's review the following checklist.

- \* What is bothering you at this moment?
- \* Have a picture in mind about this issue. How do you feel and look in this picture? What are your self-talks behind this issue?
- \* If you are worried and are fearful of your current issue (e.g. uncertainty), what exactly are you scared about? Is it a chronic symptom? Are there any patterns related to this issue in your life? If yes, what normally triggers you?
- \* If worrying is your biggest issue, how many things on your worrying list are beyond your control? What on the list can you manage if you can find resources and take actions to change?

When you are ready, we can start our tapping process.

### *Step One: Check And Discover - What's Going On In Your Life And Career Right Now?*

#### **Setup Statement**

Pick this most pressing issue you are currently going through at the moment, craft a setup statement.

## **Emotion Intensity Check**

Tap on the Karate chop point and say the setup statement three times.

Example:

Even though I have this problem/issue \_\_\_\_\_, I deeply and completely accept myself.

At this stage, we want to stop our judgment and negative feelings about our not knowing or being stuck. We don't want to fight against what it is in our life right now. Fighting will only create an inner wall and block the flow towards our intentions – the flow of ideas and solutions coming to us.

Examples

Even though I feel totally lost and don't know what to do about this \_\_\_\_\_, I feel so \_\_\_\_\_, I deeply and completely accept myself.

Even though, I am so overwhelmed and scared about \_\_\_\_\_, I know it's beyond my control, but I can't stop worrying, I deeply and completely accept myself.

Even though it's so hard to decide between these two choices, because whichever I pick will cost me, I deeply and completely accept myself.

Check your emotion intensity or truth of your statement on a 0 – 10 scale.

## **Negative Rounds Of Tapping**

Tap on the eight meridian points on the body. Tap and speak out all the negative feelings and self-talks about this issue.

Examples:

“This fear and anxiety. I am worried about my next step. I want to transfer to this new area as I know this is my thing to do for my life. But I don't know how to do it and what's going to happen. I can't see what lies ahead of my path. The uncertainty makes me feel very uncomfortable. As I feel my life will be out of control. “

After several rounds of tapping, check your emotion intensity again on the 0 -10 scale. Normally the score will go down a bit, and you will calm down.

At this point, you will shift a bit from your initial anxious feelings and beliefs, and you will now be more aware of all the "reasons" why you feel that way. Keep tapping and speaking:

“I am scared that I am going to make a wrong decision and fail. Something bad is going to happen. Failure is ugly, and everybody will criticize me. That will be too painful. I don’t want to experience it again.”

After more rounds of tapping, normally people will feel a bit calm and peaceful. And the score for the emotion intensity will go down below 3 or even lower.

When we see a pattern or an old event emerge in mind now after the initial tapping, get ready for the next step.

## *Step Two: Unblock - Tapping And Releasing The Conflicts, Confusion, And Fog In Your Mind Behind The Pressing Issues*

### **Setup Statement**

Now you want to pick this old event or the pattern that just got revealed in mind, and craft a setup statement.

### **Emotion Intensity Check**

Tap on the Karate chop point and say the setup statement three times.

Example:

“Even though I have this event that I know caused my chronic pattern of fear and anxiety, I accept myself as who I am and how I feel.”

Check your emotion intensity and the truth of some statements on a 0 – 10 scale.

### **Negative Rounds Of Tapping**

Tap on the eight meridian points on the body, speak out all your negative feelings, self-talks, or your limiting beliefs about this event.

Example

“This event happened when I was \_\_\_\_\_ years old. I was extremely scared. Nobody was there for me. I didn’t know what to do. I didn’t know what would happen. Nobody taught me the right way to go, but I was blamed when I did it. It’s unfair, I was only kid. No guiding but criticizing. So sad and scary.”

When you tap, you can review this event in mind like replaying a movie of your early life. Keep tapping and checking, and find out any moments from this event movie that might cause you high emotion intensity. Those moments are actually the old energy knots that got buried and stuck inside of your body system. And you never had a chance to admit and release it before in our lifetime. The more honest you are with yourselves, the more you can release and clear up our inner energy field.

Very often, there is more than one event in our past that contributed to the same pressing issues and beliefs. We need to tap on the next event until the score on the scale goes down to almost 0 or at least 3.

You have to work on one thing at a time: one issue, one event, one chronic feeling, and one specified moment. It is a journey. We accumulated all energy knots in our lifeline from what happened to us, and it takes time for us to clear them all up. Diligent and persistent tapping will pay it off. When the major stones on the road are collapsed, all the small stones will be crushed more easily. Eventually, the hill or the mountain will be cleared up and removed; and you can start to move and get to the place you want to go.

It happens almost to everybody that they will be surprised by the clarity that materializes, by just speaking out and releasing their voices of confusions, conflicts, and foggy mind.

Now at this point, you will start to realize that our emotions and thoughts carry energy. By tapping, you can release negative emotions and shift your perspectives to a neutral point to look at your life situations.

Let's get ready for the next steps, to shift and start to move.

### *Step Three: Shift - Build A Bridge With Gratitude And Step Over From Fear To Love*

At this point, you got some clarity about what confused you or what blocked your decision making. Let me ask you more questions as a checklist to assist you to gain more clarity:

- \* If you need to make a decision, what information do you have to have so that you can make your choices and decisions?
- \* What choices do you have on hand right now?
- \* What are the advantages and disadvantages of each choice?
- \* If your issue is to get the clarity of your career or life decision, then start to check these basic "Who are you" questions; e.g., your core values, your dreams, your happy/peak time and down time in your life, your strength and weakness.

- \* If you have the decision to make, does it feel a head decision or a heart decision to you? What's your true inner-talk behind this decision?
- \* What were your dreams in childhood? (Any voices or pictures in mind that tell you what you were going to do when you grew up?)
- \* Draw a life pie, and write down all you feel you must have for your life. (Do this as if you don't have any concerns about anything and have 100% freedom to make choices). And list the "must have life elements" by percentages with the whole as 100%.

With the initial rounds of tapping, you already experienced about how tapping connects you back to your true self by hearing yourself. Your self-talks are the inner voices that reflect who you really are and how you feel. For many people, though, especially for those who are so used to use their willpower, listening to themselves could be quite challenging. As they may have a confused concept about "listening", and forget how to do so.

Listening is a mutual process even when we listen to ourselves. One speaks, and one listens. We need to make sure to hear what our heart is trying to tell us, but not what our analytical brain tries to say with the society's voice.

When we are thinking, we are not fully listening. Our feelings are the voices naturally coming from our heart. We don't need to make efforts (to think) to feel our feelings. Feelings are just feelings. They are there, no right and no wrong. Just like you can't hear others talking when it's too noisy; you can't hear your true self-talks when it's noisy in the background of your mind. You have to quiet your mind so that you can hear those feelings.

We listen, admit, accept, and then let them move out from our body system. So that our life force could flow freely without resistance.

There is the power of listening. Tapping and hearing your true self-talks can be a huge breakthrough for many people in their life.

I bet you are clearer in mind now about what you want and where you want to go. Now let's use Choice Method Tapping and Gratitude Tapping to start positive rounds of tapping at this step.

### **Setup Statement**

Go back to the same setup statement we started, just change the statement from "I accept myself" to "I choose to", or "I am grateful". These positive rounds of tapping shift us right into a place with possibilities. We are the boss of our mind; we can decide. It is a very powerful step, putting us in a much higher vibrational place. you have been working on. Craft a setup statement; change the word "accept" into "choose."

“Even though I still have this remaining \_\_\_\_\_ issue or problem, I choose to let go and release all of my old negative emotions, conflicts, and confusions.”

Example

*Gratitude tapping:*

Gratitude is at the turning point between the negative emotions and positive emotions. It closes the old doors, leaving fear and low vibrations behind us; and it opens the new door ahead, leading us to a higher vibrations place where we have hope, security, peace, joy, and life.

“Even though I lost my job, I am thankful for what happened. As I hated that job for long and I never had the courage to quit my job before. As I was scared.”

Gratitude tapping shifts you from resisting against what it is in your life. It takes you to a new place, feeling lighter and happier and easier to accept. When our inner world changes, our external life starts to change right away. As we now have higher vibration energy to attract what we want - better career or life path or fulfillment into our life.

### **Emotion Intensity Check**

Check your emotion status of this event on the 0 – 10 scale.

### **Positive Rounds Of Tapping**

Tap on the eight meridian points on the body, and speak out your intentions. You can tap with positive affirmations, and tell with a loud voice to the universe about what you want and where you want to go, instead of what you don't want at where you were.

"Today I choose to have new belief. I choose to look at this issue and see my life from a different perspective. I choose to slow down and listen to myself well and understand myself better. I give myself permission to respect myself as who I am and how I feel. I choose to quiet my mind so that I can get the clarity of the ideas of my next steps.

““I still have my remaining fear at this moment. But I am thankful for this change. Now I can open my eyes and see my issue in a different way. I maybe meant to spend more time with my family finally. I have been so busy in the past years and was never there for my kids.”

“I don’t like this sudden change. But I should be thankful for this push. As otherwise I would still be procrastinating and never start my new path that I knew I was meant to step on. ” I am thankful for this change. Now I can open my eyes and see my issue in a different way. I maybe meant to spend more time with my family finally. I have been so busy in the past years and was never there for my kids.”

The more you are grateful for what you have, the more will flow to you for you to be thankful. The more you feel you have choices, the more choices and opportunities will come to you. That's just how energy works.

Keep tapping and check your emotion intensity on the scale. Normally after positive rounds of tapping, people could bring the intensity score down to below 3 or even 0 at that moment.

Now let's get ready for the next steps, starting to take actions and move.

### *Step Four: Move Forward - Set Up Intentions And Take Actions*

Review the "Life Pie" you drew at Step Three, get the clarity of your core values, and your intentions of each "must have" item in life. Have a picture in mind of your future life based on your life pie. How will you look and feel in that picture when you get to the place you want to go - having these "must have" for your life? Who is there with you? What values will be honored for you to get there?

Starting from today, set up the goals in each area on your "must have" list in your life pie. What do you need to do to achieve the goals in these different areas?

Set up big goals first and break it down into smaller pieces of goals. Many people become overwhelmed by a goal too big and too far away from them at the moment then they think about it. Then they quit even before they start.

Use the “SMART” goal setting approach for each item on your "must have" list. SMART stands for Specific, Measurable, Achievable, Realistic, and Time-Sensitive.

Set up the daily intentions also. Ask yourself: what physical and thought activities I need to practice everyday so that I can be one day closer to my goals?

You don't become successful because you focus on success. You become successful because you focus on your goals. Energy flows where intentions go.

What does Success mean to you? You are the one set the criteria to measure your success. It's critical for us all build a solid personal foundation so that we will be grounded firmly but not being blown with the wind flying everywhere all the time. We need to get the clarity of our core values. After tapping, we find back our true self; we accept and respect us for who

we are. Now we set up the standard, the boundaries, and the goals. The rest part is just the execution, just do it to get there.

Work on one goal at a time; keep focus and concentration. You can do multi-tasks if you happen to be capable of handling that. Do embrace each spot on the whole procedure, though, including the last point. As many people have the pattern that they always leave things with loose ends. Then they will get discouraged that they don't seem to finish their projects even after all their hard work. Repeated outcomes of your work reflect the energy patterns from your thoughts - they didn't have a system in their mind.

Everybody has only 24 hours in a day. To be moving more productively, you need to turn time management to energy management. Release all the inner energy conflicts that your negative emotion and thought pattern give you.

Anytime, when negative feelings, thoughts or belief patterns come back, go back to the previous steps, tap, release, and shift.

At this final step, you repeat the same procedure to do tapping.

### **Setup statement**

You can pick your goals, the actions you want to take and set it up a statement.

### **Emotion Intensity Check**

Tap on the Karate Chop Point and tap. You can even skip the setup statement at this step.

On a 0-10 scale, check how true those goals sound to you; or check if you are taking actions and moving every day.

### **Negative Rounds Of Tapping**

As it happens in each universal area in our life, we will always have our inner resistance showing up when we try to take actions and move. Keep tracking your implementation of the actions, and always notice it whenever you feel stopped and not moving.

You tap on the eight body meridian points, speak out all self-talks and emotions about why you refuse to do whatever you need to do.

#### **Example**

"I don't have energy. So many things I need to learn and organize. I am overwhelmed. I will never make it; it's a too big deal to me. I am too busy. I don't have time. I will wait until \_\_\_\_\_"

Does that sound like you?

I like to talk about a very common topic here: Procrastination.

Procrastination is always the indication that there is no alignment between the vibrations you are sending out and the vibrations towards your intentional place. It is like a tug of war going on inside of you; the inner conflicts pull you going towards different directions. Either you still have old stuff (negative emotions and limiting beliefs) that has blocked the way and needs to be cleaned up, or the goal you set does not honor your core values and does not align with your true self as who you are. If it's the latter case for you, then you may need to adjust your intentions.

With what we have learned about energy and EFT tapping, you should be able to find out the inner blocks by yourself now, about why you are still not moving.

If you can't concentrate and focus on what you need to do, or you feel the resistance do the work you are set to do, pause and check: what serves you for not moving? And, what scares you for moving?

People normally are not aware that there are all kinds of different fears blocking them. Fear of failure, fear of success, fear of losing control, fear that something bad is going to happen, fear to be judged and criticized, fear of no capability to manage the new things and new challenges, etc. Tapping works wonderfully here, to bring us the clarity about what exactly scare and stop us? Then, to our surprise, more limiting beliefs showing up, or some of the old stuff are still there, not cleaned up yet as we thought they were.

We discussed in the early chapters about habit. The old habitual thinking is deeply rooted and wired in our system in our whole life time. It won't leave us overnight. Diligent and persistent tapping and other practices will help us build new beliefs and ways of thinking. Eventually, the old patterns will go.

Fear of unknown is always the big block for action taking. Especially when we work on the direction or decision-making for career and life transition. I would like to spend some time talking about an important topic: INTUITION.

When I worked as a career consultant before, I often had the same feedback from those executives before their final steps to make a big career and life decision. They did everything from their logical side, but still can't decide. There is no clear-cut for their choices. Each option has good and bad sides, and will cost them.

Back then, I had no EFT to help me. I would ask them to go back, completely stop thinking and do nothing about their decision-making. If the condition was allowed, I asked them to go on a short trip – do something totally different and stay away from their daily routine.

## Example

Go out in nature, walk in the park, listen to music, play with kids, or just simply go shopping with family. Try anything that could relax their minds and make them feel good.

When they come back to talk to me days after, about their decision or direction, they often had a higher sense of intuition. Then I would ask them to try each choice in their mind and see the pictures about what each choice could bring into their life. If they felt peaceful without stomach butterflies or any inner turbulence, then it's the right decision for them. That worked very well with proven records. I call it The Power of Intuition.

Now with EFT tapping, we have an amazing and powerful tool to assist in decision-making. You can tap on each choice, A and B, or C, speaking out all your self-talk about every choice. Just be honest, speak out and release. You will be amazed by the clarity EFT can bring to you. When tapping connects you to your true self as who you are, your inner power is activated, and your intuition within starts to work.

Our third chakra is located in our abdomen – stomach area. It is our intuition power center of our body. We call it “gut feeling” with reasons.

For some people, though, following intuition is almost impossible.

We humans by nature have the tendency wanting to control things. We want our future predictable so that we make sure we make a right decision and stay safe all the time. We want to figure out what, how, when, and why. It will be especially scary for those who had earlier unpleasant experiences in their life. It's too scary to move ahead to confront unknown. The old story may happen again. The feeling of uncertainty is too painful as there was never anybody there for them. They don't know how to handle the uncertainty; the fear is always there. "I don't want to experience that and be criticized again."

Our old wounds got us stuck in the past at a subconscious level. It's as if what happened yesterday is chasing us today and will even follow us tomorrow. There is funny belief inside us that our wanting to control and not letting go will protect us. The truth is, this wanting to control, just like our other negative feelings, are just feelings and thoughts. They are not real things, and you can't find them in your life. They are illusions, period. When you think and feel differently, your life changes.

Nobody in this world has been to tomorrow yet. This life for each of us is equally mysterious. It is beyond anybody's control.

It's easy to understand that babies learn to walk by walking; by the experiences from falls and injuries even. They don't learn from school instructions. Many of us forget that the same principle works for our adult life too.

When I was called to step out in the world and do this job, I was scared to death. I had a huge fear in my stomach. I didn't want to be seen, to be judged and criticized. What if I fail? Before anybody, I will be the first one start to judge myself. This fear blocked me for many years, I had all the excuses and refused to start.

Nobody can figure out what will happen if you try to do something new. I didn't have any existing instructions. After tapping, I realized that wanting to figure out what the next safe step of life, is similar to pounding our PC asking for some data that was never saved.

Even if I don't move at all, tomorrow will still come to me. The only difference is I will still be stuck in the same place going nowhere. Then I would be very upset to see my life pass by without even trying to live out my purpose. Most of the people live this way in the world.

When I started to write this book, I was very frustrated at the beginning. I was on and off feeling stuck all the time. I was waiting to figure out a good system and structure I can use to guide people moving step by step easily. I don't the system in mind and can't figure it out.

It's not only me but almost everybody experiences this "wanting to figure out" symptom. Many people told me they wanted to start something new. But they don't know why they always traveled a similar circle: start – stuck - quit. After some rounds of tapping with them, the inner voices came out. The followings are what I commonly heard from people:

"I always do good research before I make any decisions, so that I could make sure I made right decisions. But I can't get the information I need this time on this project for me to move ahead. I am waiting for the instructions. I guess in my whole life I always wait for the guidance for my life. It never came. I want to do this, but I don't know how. I am still waiting, that's why I never started. I dare not to go out do this on my own. Nobody will be there for me. I never had anybody being there for my in my life. I will fail and be criticized again. That will be ugly and too painful. I don't want to experience it again. Now this becomes my pattern stuck in my system. I just can't get rid of it. I can't get myself moving."

"How can I go ahead? I don't have resources; I don't have data. I don't know that many people, as I just moved here. I used to have all the resources and support systems. I have to wait for all the information ready so that I can start."

Are we doing something new, some artwork here for our life?

I love one quote I saw and shared on my facebook page before. "When you start the path, the path for you shows up." That was what happened to me.

I gradually start to deeply understand something I always heard before and thought I got it. I am the only version of me in the world. I am the only one who can hear the inner voices the universe spoke to me. I am the artist for my life. Nobody else knows, and no one can have an established one- two-three-step instructions for me. Something new to me means I have never been there before and I need to create it.

Go back to my book writing. I followed my inner guidance, and started to write down whatever my heart wanted me to speak. Gradually and amazingly, the flow started and continued. In the flow, the structure and system I wanted appeared and formed by themselves. Of course, I just needed to organize and sort them out. And later on, I tested them, did the revisions, and improved the system.

During the procedure, I set up my daily, weekly, monthly goals for the writing. Many days, I didn't feel grounded and was distracted. I then just paused and tapped. Released all that were not in line with my goals. Tapping become my greatest tool. I do not exaggerate it if I say without tapping I won't be able to write this book and be at my current place.

I am almost at the ending stage at this moment when you are reading it. It's not the focus on the big goal like "my book project", or "my life purpose", but the focus on the daily baby step of goals took me to today's place.

When I tapped and released the inner resistance, I noticed the moment that I had the energy and the concentration to take actions.

### **Positive Rounds Of Tapping**

Pick your goals and the actions you want to take. You can craft a setup statement or even skip the setup statement here. Tap and speak with positive affirmations. See in your mind only positive picture of your future reality. Feel it in your body with all positive and happy energy. Pre-experience in you mind today of the future reality you want to create. Feel it like you are already there, have already reached at the place you want to go.

Other than tapping, all the overall well-being exercises will work in the area of career and life transition also. Please check Appendix 3 for the details.

I like to discuss a bit more about the following practices for dealing with career and life transition issues:

### *Gratitude Exercises*

Think about anything you can appreciate about your current life and career situation. E.g., you are well educated, you have trained skills, you have savings, you are physically healthy, you have a loving and supporting family or friend/community group

Express love and appreciation daily, and always, to the family member, to people who surround you, especially to those who love and support you when you are under adversity.

Bless the meals, the shelter, and everything you have to live your life. I like this saying: "Bless which that you want."

### *"Yes" Exercises*

Train your mind every day, to unconditionally accept what it is in your life.

You already know how energy works. Say "yes" to everything today without resistance.

Learn from nature, no worry, no rush, no struggle, no tolerance. Just surrender to what it is with ease and peace. Be there at the present moment, living at NOW.

### *Mind Pictures*

Check your mind pictures and make different mind movies

This exercise is really important for dealing with your career and life transition issues.

You are going through changes and creating something new. You can't use your past pictures or the current reality pictures to help you move ahead. Since you haven't been there before, you need to create a mind picture of your future life and career, so that the energy will start to flow towards that destiny place for the next part of the journey in your life.

Draw a new picture, and create your new reality.

Remember that no matter how you feel, what you see, and what you believe, you are right. And you will get there.

### *Check Your Language*

Check your frequent sayings like: "I am extremely busy, I never have enough time. I am always frustrated and exhausted. Life is not easy; it's always difficult. I am totally lost. I am scared. And I am stuck."

Now Check This:

“I have new awareness now. I start to realize \_\_\_\_\_. I start to move now, even slowly. Let me try a different way. Let me see what else I can do. I am not clear at this moment, but I know the answer will come. It always does. I can relax and get my job done. I am glad I am one step closer to my goal today. I am on the way, and I am getting there.”

What kind of pictures do you see yourself and your life in mind by using these different languages?

Your thoughts decide your languages. Your languages decide what mind pictures or movies you will see. And your mind pictures create your future reality.

## **Conclusions**

Everything carries energy. Energy flows where intentions go.

It's up to us. We have choices. In which direction do you choose to go? Have you started yet? Are you moving today?

Down the road, there are two kinds of exercises you can practice every day: physical activities and thought activities.

Whichever activity we do, the purpose is to get rid of any blocks or resistance inside of us, open up the energy flow, and move with the alignment towards our intentions.

In my career path, I found a very interesting change in my role of assisting people. As a career consultant, I provided advice and offered suggestions. I was an expert. As a career coach, I shifted from “telling” to “asking.” I asked questions and had people think and find their answers. As an EFT practitioner now, I just simply check with people about their emotion and thought status, assisting them in listening and hearing themselves. And then by tapping, releasing, and shifting, they get the clarity and intuition. They follow their inner voices and take actions.

Along the way, my role becomes simpler and easier. What I learned and what I want to express here is, **EVERYTHING YOU WANT IS INSIDE OF YOU!** You have the answers from within but not from outside. You just need to let go what doesn't belong and reveal and call back what belongs to you.

You have choices. You can make it if you want. Others are all excuses.

## Chapter Nine

# Spirituality

## *Tap And Connect To Our Divine Nature And Release The Spiritual Sufferings And Struggling Issues*

### Applying The 4-Step Eft Tapping System To Spirituality Issues

Let's start from what is bothering you the most at this moment or for a long time. From the pain point, we know when we don't feel good and what we judge and refuse to accept. We then can release those bad feelings, and shift to peace and ease and accept what it is without any resistance.

I list the following questions to check before tapping.

- \* What are you struggling and suffering from right now? Is it a pattern for you?
- \* What do you want to figure out about your life?
- \* What have you been seeking? What do you feel is missing in your life?
- \* Where do you feel these discomfort feelings on your body?
- \* What makes you feel bored? Do you have a sense of purpose living your daily life? What makes you feel most powerless?
- \* Is there any area in your life where you often have to use your willpower to force yourself to take action, rather than let it naturally unfold?
- \* Do you feel the world is a safe place for you to live? If not, why?
- \* What motivates you for your decisions in life? Do you choose to avoid something bad or do you choose to create something new?

Now let us start.

## *Step One: Check And Discover - Find Out Patterns And Reveal The Early Events*

### **Setup Statement**

Pick one of your most pressing issues at this moment, and craft a setup statement.

### **Emotion Intensity Check**

Tap on the Karate chop point and say the setup statement three times.

Example:

“Even though I am suffering from this \_\_\_\_\_, and I feel so \_\_\_\_\_, I deeply and completely accept myself.”

At this stage, we want to remind our mind that it's OK our life goes this way, and we feel like this right now. We want to stop our judgment and negative feelings about this pressing issue, and accept ourselves unconditionally. When people can't accept and resist against what it is, they create an inner wall blocking the flow towards where they want to go. It also blocks the flow of the divine guidance and the spiritual comfort of the higher power.

Check your emotion intensity or self-talks on a 0 – 10 scale (zero at least intense point and ten at the highest intense point).

### **Negative Rounds Of Tapping**

Tap on the eight meridian points on the body, and speak out all the negative feelings and self-talks in mind about this pressing issue.

Examples:

“I feel sad, extremely sad. This world is not safe; there is tragedy everywhere. I hear more bad news than good ones. I feel like this fear is chasing me. I am anxious and worrying about a lot of things. I feel unbalanced inside. I can do nothing. It is beyond my control, feeling powerless I want to feel peace and ease, but I can't. It's painful. Why do I have to suffer like this? I can't take it anymore. “

You may now notice there is discomfort on your body accompanying these feelings. Tap and speak out those physical discomforts together with your feelings. E.g., It is painful, and I feel the chest tightness and difficulty in breathing.

After rounds of tapping, normally people will feel a bit calmer and less upset. And the score for this exact feeling or statement on the scale will go down a bit. Very often, some old events will now show up in your mind reminding you when this kind of feeling (E.g., fear) started in your life.

Get ready for the next step.

## *Step Two: Unblock - Tapping And Releasing The Conflicts, Confusion, And Fogs In Mind Behind The Pressing Issues*

### **Setup Statement**

Pick this special earlier event (or pattern) that just got revealed in your mind, and craft a setup statement.

### **Emotion Intensity Check**

Tap on the Karate chop point and say the setup statement three times.

Example:

Even though I have that event \_\_\_\_\_ still in mind bothering me, I feel so \_\_\_\_\_, I deeply and completely accept myself. (fill the blanks to fit your situations)

Check your emotion intensity about that event on the 0 – 10 scale and start to tap on that old event.

### **Negative Rounds Of Tapping**

Hold the pictures of that early story in your mind, and tap on the event. When you tap on that event, you want to go through the event in your mind like watching a movie. Play this movie, tap and speak out all your all your negative feelings and self-talks about that event movie. Bring the score down on the scale to below 3.

Tap on the eight meridian points on the body. Speak like the following example:

“My parents didn’t come. They were not there for me. I was alone; there were no adults there protecting me. They didn’t love me. I guess I was not a likable kid. And maybe I don’t deserve my parents’ love. I never felt I was loved. I was not well taken care of..”

Tap until the intensity score on the scale goes down to below three. Then you want to replay that movie. Pay attention to each moment in the movie. If, at one point in that movie, your emotion intensity suddenly jumps up high on the scale, you need to pause and check. Note that the more detailed it goes with the movie, the better result you will get from tapping. See in the movie: Where were you (inside or outside)? Were you sitting or standing? What were you doing? Who else was there? What happened? What exactly did he/she or they do? How did you look and feel after that happened? Did you hear any sound or noise, or see anything (like light or other details)? What's the color of that thing you saw? Where did you feel it in your body?

The emotions at those moments are the "energy knot" that got buried inside and kept coming out to trigger you. There could be several different moments in that event – the movie, causing you high emotional intensity. You want to tap, speak out, and release each of these inner knots until the score on the scale for each specified moment goes down to 0.

When you finally feel no emotional tension come up anymore while replaying the movie, it means the bothersome memory (the inner knot) of this event (the movie) is released.

Go back to check the pressing issue on which you are working. If you find the same issue still bothers you, it means there are more buried knots inside the system that need to be revealed and cleared up.

It's normal that tapping brings up layers and layers of old emotions, which always surprise people. All takes us back to childhood time or the earlier ages. And, all life issues are related. The root of the most pressing spirituality issue you are working on, probably also influences the other areas of your life, like health, relationship, and money.

Note that you can only tap and work on one specified moment, one event, one pressing issue at a time.

Tapping gives us the clarity. When we let go and release more of old energy blockages, we are on the way to gain a rebalance of our inner energy system.

To a point after tapping, you will start to feel that the initial negative feelings become distant and not as pressing as they were when you started tapping. Now you experience that our emotions and thoughts carry energy. It is the powerful moment for us to understand why emotions, thoughts, or even problems are illusions. When we are trapped in the low and heavy vibrational place, our sub-conscious mind will make us believe that we don't have choices.

With this awareness, it's time for us now to move to the next steps.

## *Step Three: Shift - Build A Bridge With Gratitude And Step Over From Fear To Love*

At this point, people start to have a more neutral and objective perspective on their issues. When we tap on our spirituality, we will start to feel a sense of connection with ourselves – the true self that is the divine nature inside of us. Now we will feel that our mind and heart are opening up. And we become more objective towards our life issues. The problems and issues are still there, but it's easier to accept them with peace. We see a bit of hope, and can be a bit more confident. We are more willing to shift from focusing on our suffering and problems, to focusing on the solutions and actions.

When we bring those inner knots to our conscious level, we now have choices.

At step three, we use Choice Method Tapping\* and Gratitude Tapping to start positive rounds of tapping.

It is a very powerful step for us to shift from the negative and heavy side to a positive and lighter place.

### **Setup Statement**

Go back to the same issue that we have been working on, and craft a setup statement.

Tap on the Karate Chop Point and say the setup statement. Now change the words “I accept” to “I choose to” or “I am grateful.”

Examples:

*Choose Method tapping:*

"Even though I still have this remaining issue or problem (e.g. sadness from my loss), I choose to let go and release all of my old negative emotions, conflicts, and confusions."

"Even though I still have this remaining issue or problem, I choose to be aware that it's only a feeling and thought, and they can leave. I choose to be aware that the past does not exist and those things I am scared about are not real in my life today. I choose to be at peace with myself and my life right now."

"Even though I still have this remaining issue or problem, I might still feel suffering or powerless, I choose to accept what it is in my life

instead of resist against it. I choose to trust my God (or Universe) and leave the solutions to the higher power.”

*Gratitude tapping:*

“Even though, it didn’t work out the way as I expected; I am thankful for the positive lessons I learned along the way. I almost forgot all these daily blessings, and I took them for granted.”

“Even though it’s not comfortable to experience what I am going through right now, I am thankful for receiving this message to heal myself. And I am thankful for my growth.”

“Even though, I don’t know why this is still going on in my life; I am thankful and very sure that something inside of me is awakened.”

Gratitude is an energy at the doorway between fear and Love. It closes the old door, leaving fear and low vibrations behind us. And it opens a new door ahead, leading us to a higher vibration place where we have hope, security, peace, joy in our life.

### **Emotion Intensity Check**

Check your emotion status of this event on the 0 – 10 scale.

### **Positive Rounds Of Tapping**

Now you can move to the eight meridian points on the body, and start the positive rounds of tapping. Tap and speak out all the positive affirmation you want to hear about yourself and your life. Doing this, we plant new seeds in our mind, so that we will grow our faith, confidence, and new beliefs.

Examples

“I don’t understand why it happened, and I don't know when the situation will finally change. But I choose to let go of my control and open myself to the guidance.”

“I can’t figure it out the reason for this loss in my life, but I am willing to look at it from different and more completed perspectives.”

“I am willing to open myself to my higher power. I am willing to be sensitive to the possible messages for me from this challenging issue. I am aware that I have lessons learned in the past years. I pray that I can be guided and be able to hear the answers. I ask for help with the

Universe power, to teach me to open, allow, and receive the available resources I need for the solutions.”

“I am thankful for the awareness and the clarity of my direction. I start to have the sense of meaning and purpose now. Maybe it is my higher calling. I know that I am on a new path, I feel alive in my life. I feel excited to this new journey, and I am ready to move forward.”

The more you are grateful for what you have, the more will flow to you for you to be thankful.

Spirituality is a big topic and a lifelong journey for us to pursue. And it’s all about the battle between fear and love, and about the balance of the energy power at different levels.

Our heart is the center of our emotion power. It is the place we can feel all human feelings. And it is also where our spiritual divine energy dwells. Often, our love wounds that happened in our childhood disconnected us with our true self, with the divine source energy in our heart center. Without this self-connectedness, we feel empty, strength less and powerless inside. When we tap, we connect ourselves to our true feelings in the heart. We tap, speak, and release; our emotional energy gets shifted from the lower end of vibrations like fear, depression, and grief, to a higher end with security, peace, love, and joy.

When we move to this safe and peaceful place, we will be able to let go of our control – our wanting to figure out. So that we can be open to the divine guidance, the creativity, and the solutions we need for our life. We become “intuitive”.

When we tap and release all energy that doesn’t belong to us, our authentic version in ourselves will be revealed. With the new awareness, we will make choices and live our life with integrity as who we are without dis-alignment.

I discussed in the previous chapter on the topic of Intuition. I like to talk a bit more in this chapter; it is more from the spirituality point of view this time.

We humans by nature have the tendency to want to control things. We want our future predictable so that we can make the right decisions and be safe. We want to figure out what, how, and when. It’s scary to step into tomorrow without our control.

We worry about tomorrow, just because we’ve never been there before. And it’s unknown. For some people who have not chance to get their heart wounds healed yet, it becomes more scary and challenging for them to let go of their control.

Interestingly, in our subconscious mind we believe that our wanting to control (or our trying to figure out) will work. We believe that it will protect us and make us safe. The truth is, our “wanting to control” is not a real thing but just a feeling or thought, and an illusion. It doesn’t help us to control anything nor to solve any problems.

Our life is mysterious to everybody. None of us has ever traveled to tomorrow before. No one single person in the world can control and guarantee safety for our future. When we try to figure things out, it is as if we keep banging on our computer, wanting the data from it which was never saved.

When we let go of our control, the inner wall we built blocking our natural flow of life force is removed. Our energy field opens up without resistance. And we can shift into a higher mind state where we will feel safe, and we can bring out the most of our imagination and creativity. We will see more possibilities and opportunities, and we will have ideas and solutions show up to deal with our life challenges.

When we let go, open, and allow, we receive the higher power and become the co-creator with the universe – our God. Everybody is an exclusive version of ourselves in the world. Each of us has a job description requiring an Artist's profile. We are all intuitive. Intuition is not a talent but a skill. Everybody's gut feels something at times. Our third chakra, which is located in our stomach area, is our intuition center of our body.

Sometimes people are not intuitive because, for some reason, they don't want to receive those messages from their gut. Fear is the biggest reason getting the way. An intuition takes us to an unknown place, and it doesn't guarantee a 100% safe path ahead.

Intuition is letting go of our control and listening to our gut - the inner voice. Intuition is the result of saying: "I can afford to listen to this information." We need to have the courage to be honest with ourselves.

When we follow our intuition and step into unknown mind state, we will have strong and healthy desires to focus on the creative methods and solutions for what we are guided to do. We will be willing and open to ask for the guidance and answers from the universe. Ask, and it is given. So we will get it.

There are no structured instructions for each of us about how to live our future life. The future hasn't happened yet, and it needs to be created. You can "create" it based on your bad experience. You can "create" it based on your current stagnant experience. Or you can create it, with your imagination. Our mind doesn't know the differences. Our mind will only follow the pictures we provide, and send this picture – "our order" out to the universe to attract back what we "ordered."

Our journey on earth is mystical; we just have to respect this universal nature. A lot of people complain that they can never hear the answers to their prayers. I hope you understand now part of the reasons why.

When we want to control and don't let go, we are getting in our way.

All our life situations happen for reasons. In many cases, those sudden challenges in our life with health, money, or career situations, actually carry hidden messages for us for the divine purpose. From my own and many others' experiences, sometimes we just need to humble down and surrender, going through "the dark nights of the soul" to understand the message and receive the gifts. And we need to be patient and wait for the divine timing to emerge from the life tunnel. I bet all people who went through those experiences will tell you that they are now put into a higher place in the life. They are all grateful for the views they see now at the current position, and for the joy they finally feel now about life. It's a process of transformation from a caterpillar to butterfly.

If you are experiencing some spiritual suffering or struggles right now, you are just perfectly ok. There is nothing wrong with you or your family. You are not punished for what you did, or did not do. You are at the right place. You can just tap away your rejection and tap in 100% acceptance. When you start your "co-creating" project, it will be so much easier for your journey as you will benefit from "borrowing the divine's power".

Hang in there. Maybe your call is bigger than you. You are being expanded and increased now. It's OK to experience some discomforts during this cocoon stage.

EFT tapping takes us to a new place, feeling lighter and happier. When our inner world is changed, our external life starts to change right away. As we have higher vibration energy, we can attract better things and people coming into our life. The things may still not go "our way", but with peace and acceptance within, we are walking on a joyful journey.

Now you should have a very clear picture in mind about your spiritual status and your awareness of where you want to go on your spiritual journey.

It's time to move and take actions.

### *Step Four: Move Forward - Set Up Intentions And Take Actions*

Having a picture in your mind, how will you look and feel if you can let go of struggling and suffering in your life? What do you want to achieve your spiritual mind status? Do you hear any inner voices that keep coming back and nagging you, but you never paid attention or never wanted to pay attention due to your fear? In that future picture, who will be there with you? What values will need to be honored for you to get there?

You may want to take this chance at this step, to review and get the clarity of your core values. I recommend here the same "life pie" approach as I mentioned in Chapter 8: Tapping on career and life transition. You need to put everything that you feel is a must have in your

life into this “pie.” Give a percentage for each item in the pie – what you must have, and make the whole as 100%.

Note that you want to put your spiritual needs into the pie also; E.g., your personal quiet time for meditation or prayer, or any spiritual practices, natural exposures, group activities and events that you need to attend so that you can feel uplifted and recharged. Some people just have more spiritually needs than others.

At this point, you start to be able to listen to and hear your inner guidance. You want to set up some goals for your next steps. It is like to stick a flag at your destiny place so that you could focus your energy and implement your action plans to get there

### **Setup statement**

Pick one of your intentions or goals, craft a goal statement.

### **Emotion Intensity Check**

Tap on the Karate Chop Point and say the goal statement.

Example

“I am aware what exhausted me and caused me suffering or pain. I am determined to start from today do both physical and mental exercises, E.g., \_\_\_\_\_ to help myself. I want to feel peace, balanced, and happy. ”

Check on the 0-10 scale, and see how true these goals sound to you, and how strongly you believe that you can achieve these goals.

When we talk about goal settings here, I introduce you a SMART goal setting approach, which is: Specific, Measurable, Achievable, Realistic, and Time-sensitive.

### **Negative Rounds Of Tapping**

At this point, many of you know what you need to do and what you need to stop doing. But you just don't seem to be able to take action and move. Have you ever thought why?

Something is still blocking inside. And the blockages could be deeply rooted at the subconscious level and more powerful than you thought they were. Without going to dig deeper, you probably will never be able to discover and reach those programmed beliefs or thoughts dwelling inside of your system.

You may find yourself not able to focus and concentrate at the present moment, doing what you need to do. You don't take it as priority or may even don't want to work on your goals.

You have the self-doubts and don't believe in yourself that you can get out from your current place and make changes. You may receive the call to do something, but all kinds of fear stopped you. Maybe you still don't have a clear sense yet of the purpose and the meaning – the intentions of your life. Without knowing your destiny, you obviously go nowhere. Maybe the goals you set up for your next steps have some inner conflicts with your wired inner beliefs from your past. You maybe still using your willpower to do things but ignored something very important to you at deeper levels.

If that's the case, you need to pause and go back to the previous steps. You want to check what exactly stops you from taking action and move forward.

The most common blocks at this step are fear, self-sabotage, and unworthiness issues. It's very common that people believe they are not good enough, and they don't deserve to make changes for a better and happier life. So they just don't make action taking as their priorities.

After tapping, people are often surprised to realize that it actually serves them by continually staying in their current place. We all have resistance to come out from our uncomfortable comfortable zone. For many people, the changes mean that they have to confront a lot of new situations they didn't need to deal with before in the old place. They don't know how to handle those new life situations - the new challenges; that's the downside reasons of the changes. They are afraid of changing their identity and being isolated from their old circles. The newer and bigger version scare them; they are just not familiar with their new but true self, as they could never be their real selves before.

For many, they partly come out to their current place after tapping. But deep at the root, part of them still plug into their old vibration zone, looking at themselves and their life situations from the old perspectives. Whenever they start to take actions, they will have different symptoms showing up and inner voices coming out pushing them right back to the old place. Stomach butterflies, chest tightness, difficulties in breathing, throat constrictions, or brain fogs. They could be the signs that their energy power were taken away and unbalanced, E.g., the heart wounds are still there. They can't speak the truth as who they are. They still restored a lot of self-criticism and with low esteem. There are still inner battling going on between their divine guidance from heart and their willpower by head.

It takes us time to re-train our mind with repeated practices to start a new habit - the new way of thinking at a higher vibrational place. Diligent and persistent tapping will get us there. The beginning stage of action taking is always critical. Most of the people who fail to move is because they couldn't hang on and stick to the new habit long enough to empower the new energy. We have to bombard it with repeated mind exercises.

When you let go more of your inner resistance, you can finally get out of your way. You will have healthy energy and clarity to take actions.

### **Positive Rounds Of Tapping**

Energy flows where intention goes. A life without purpose/intention is a life without energy flow.

Now you can tap on your body points, do action tapping. Tap and speak out all the detailed steps of your actions. By doing so, you input your destiny address into your mind GPS, tapping and all other exercises as your vehicle will take you the place you want to go.

Don't forget to acknowledge yourself whenever you take any progress. You also need to keep tracking about how far you have moved out from your original place. You are the athlete in your life field for your championship.

Be grateful, happy, and proud of yourself for your progress and achievements. Use positive affirmations to motivate yourself. Feel more and more positive energy in your mind along the way.

Changes will gradually happen when you finally unplug yourself from the old channels and plug into the new frequency with a positive growth mindset. You will be able to calm down and feel the inner peace. You will hear your inner guidance and know the direction to go. You don't need to strive over or try too hard, and you don't need to push things happened like you did before. You just set up your goals and send out your intentional energy. You speak out loud to the Universe about what you want instead of what you don't want. The divine guidance hence will give you the answers.

You only need to use the exact energy you need for each task every day. Do whatever you need to do, and just do it. Day by day you will move closer to your goals. Eventually, you will get to the place you are meant to go, fulfilling your purpose and live the life you are meant to live.

*At the end of this step, I like to share with you a few of my tapping experiences on spirituality.*

I suffered and struggled long enough, at one point I finally experienced the breakthrough - the spiritual awakening. I finally realized that I had to come out to follow my life call and do my work. But I had no ideas what to do and how to make it happen. I spent tremendous of time of efforts and invested a lot of money doing research, joining different courses, and learning different skills and tools. Whenever I thought I was ready to move forward, things still did not happen.

One thing was clear, I would not feel suffering or upset if that was not what I wanted to do. I could choose just to quit and then it's finished, simple. I felt painful just because I wanted it, and I knew I had to make it happen. Something inside me did not align with my true self and my intentions.

My calling is so much bigger than I am. I laid back and refused to step into that bigger version of me. The work I do needs me to stand out from the crowds in the front of the public eyes. That fact scared the hell out of me. My Christian beliefs and oriental root value of humbleness push me back to my old place, hiding and staying safe.

The inner game I played was like I told the Universe: "I want it, but I don't want it." A tug of war went on, blocking the whole process.

One afternoon when I sat there writing, a quote from Nelson Mandela, the former president of South Africa appeared on my PC screen. I saw that quote many times before, but it never struck me hard like it did this time.

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us.

We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be? You are a child of God.”

So true, I am just telling myself when I read it, "who do you think you are?"

“Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.

This quote inspired me, and also reminded me to go back digging deeper inside of my system. After doing more tapping, I was surprised that the leftover blockages were still there, even after I worked on them for quite long time. The fear to be judged, the inner self-criticisms, the perfectionist mentality: never feeling good enough, and unworthiness issues kept floating up. "I don't deserve to become that big version of me. How will other people think of me? Those authority figures out there will criticize me, as my father used to criticize me. It's not safe to move out." I finally realized why I could not finish this book until almost one year later than I originally planned. The inner game contributed the most to the delay of this book project.

The journey was not easy, and it was very lonely. Nobody could teach me with concrete instructions; nothing can be planned. I am creating something new that I have never done and never learned how to do before in my life.

Many times what I could do was just staying still doing nothing, except working on quieting my mind. And I had no people to talk to about this, as this is just my call and not that many people can understand. I think that's the most difficult part of the spiritual training I had. Sit still doing nothing when you don't hear any answers. Interesting enough, that training made me calmer and felt peaceful, even without a lot happening at the surface level.

When I released more and more, I clearly noticed that I could hear my inner voices more easily. The answers I need for my next steps, people, resources, and things started coming to me naturally without my hard stretching. It moved slowly and steadily, reminding me the Goofy book story I used to read to my son when he was a baby. "Slow and steady, steady and slow, that's the way we always go".

The diving timing doesn't come under my control, but it is always the best timing. During this one-year period, I had the chances working and helping more people, testing the system of my work, and clearing up more of my energy blocks to myself. Looking back, I now can't be thankful enough for the divine discipline I experienced, and the lessons of obedience and surrendering I've learned.

When I do my work now, I sense a new and open energy flow inside of me. I know there is an alignment between the work and me as who I am. Doing it is being me. I don't feel it's a task - a burden like I used to feel about my work before anymore. I was born to come this world and live this life to find love and joy, and share it with others.

Energy flows where intentions go. I come out now at a place with totally different vibrations, much lighter, more peaceful and joyful. I still feel negative emotions back and forth, but the difference is I won't stay there long at all. Once I realize it, I shift myself out quickly. As I know where I want to go, and the destiny place is in the other direction. It's my choice.

Combining with tapping, please check Appendix 3: Overall Wellbeing Exercises and Tips. Those practices work for every area of our life. In this chapter when we deal with our spiritual healing, comfort, and development, I would highly suggest you go through and practice all the exercises I recommended. As any life issues came from the loss of our physical and spiritual balance, from the power being taken away at different chakras (our energy centers) in our energy system.

If you regard yourself as a spiritual person, you know how amazing and powerful it is from those mind practices, E.g., praying, meditation, nature healings, learning from children and

animals vibrations about unconditional love, deep breathing, and slow body movements including yoga, fasting and detoxing, etc.

We discussed so much in this book about gratitude, but it's never enough talking about it more. Gratitude is indeed like a bridge landing us down from the fear side to the land of love, peace, and joy vibrations.

Our best chance to practice gratitude is the first thing in the morning. I am grateful I wake up with another day. I am breathing. I am safe. I live my life with sufficient. The list of blessings is always so much longer than we thought they are.

### *Yes Exercises*

And, "Yes" exercise in this chapter is also an inevitable step for spiritual comfort.

Only when we surrender ourselves, accepting 100% without tolerance/resistance energy, our energy flow could be opened up and flow freely. And we could live in the alignment with the divine purpose and guidance. We will feel thrilled, finally through our whole self to the world, living our life fully with freedom and joy.

### *Language*

Check your language. What are you telling yourself in your mind every day? "I am so unlucky, I am a victim, I am stuck, it's so unfair, I can't take it, I am so mad, I can't forgive, etc."

Starting from today, change your language to: "Even it's not a comfortable process, but I am learning and growing. I am setting free. I am glad now I know it's my purpose. It is not the way I wanted, but the new direction seems quite cool. I can open myself to give a try. I decide to let go of my control. I am determined to leave it to my guidance. I am one step closer today to my new reality I want to create. I am excited. I am taking action today, and I am getting there."

### *Mind Pictures*

Check mind pictures and play new mind movies

Your language reflects your thoughts. Your mind pictures come from your language and thoughts. Hence all decides your behaviors and your reality.

You can find out easily of the differences of the mind pictures you have when you have different languages from above mentioned.

After tapping, you now have your divine purposes revealed.

You can hold the picture in mind of the intentional place where you want to go. The path you are called to move on, and the life you know you are meant to live, with peace, love, and joy. You want to let go of the old mind picture, in which you still dwelled on the past or staying where you are right now, suffering and struggling about your non-satisfied “reality”.

You now have the vision. You can make your mind picture a vision board, seeing it every day. Anytime when you slip away and habitually staring at the old picture again, be aware of it. Remind yourself that you have new room now. Open the door of that room and come back to visit the new pictures.

## **Conclusion**

Everything carries energy.

All spiritual suffering is because we lost the balance - the powers were taken away inside of our body energy system, and we were disconnected from ourselves and the source energy.

EFT tapping gives us the clarity. By letting go of all the energy we carried which doesn't belong to us, we will have all we need for a joyful living revealed inside of us.

Things happen in life for a reason. Sometimes our sufferings and struggles are the necessary training we have to take - “The dark nights of the soul”. Coming out from the other end of the tunnel, we are spiritually awakened. We step over a bridge from fear to love and joy.

Every path is a creative and adventuring journey on earth. There is no wrong or right path. When you are honest with yourself, when you are willing to trust and have faith in the universe, you have the spiritual freedom. You are then on a right and joyful path.

What still stops you, and makes you feel you have to control? You have tools now, and you do have choices to assist you.

Energy flows where intentions go. Which direction do you choose to move towards today? What physical activities and thought activities can you practice every day to help you move to the place where you are called to go? Have you started yet? Are you moving with a baby step today?

It's all up to you. You come to this world with a purpose. Your mission is to experience life and discover this purpose. You have choices to work it out and live with this purpose.

Today is a new day. And today is the time for you to start!

# Conclusion

## *Before I Let You Go...*

### Thank You For Reading Through The Whole Book.

I hope that you now have a good understanding about energy, about emotion and thought energy and how they impact our life. I am also sure you have the concept and basic knowledge about EFT tapping.

Before I let you go to start your own tapping practice to work on your life issues, I want to summarize the main points of this book so that you have a good review and understand where and how to start.

Everything is energy. Our feelings, our thoughts, our beliefs, and our languages, all carry energy.

All is about the energy flow, and about the balance of our body, mind, and spirit. All life issues stem from the powers being taken away in our body system. We are not talking about the powers to win over others but the powers for us at different levels, body, mind, and spirit, to function healthily and fully.

Energy is always vibrating and needs to move. Our emotions including negative emotions come up because they want to move.

Negative emotions themselves are not harmful. Our judgment and suppression of them actually build inner walls inside of us blocking the energy flows in our different life areas.

Negative emotions are always the indications that something inside of us is not aligned with our intentions – who we really are; what kind of life we were designed to live.

We are in as many places as our emotional energy takes us. When we distribute ourselves all over these places, our energy leaks and costs us.

Life is an energy flow. It flows freely only when our energy field is open without blocks and leaks.

It's OK if there is an inner energy traffic jam in our energy system. EFT can help us discover and release the blocks, and clear up the energy field, and resume our life flows.

Both physical and thought exercises could help us open up our energy flow.

Energy flows where intention goes. Without knowing the finishing and starting points of a trip, we go either nowhere or everywhere. The first step to start our joyful journey is to set up our intentions - where we want to go. And then do the practice to fill the gap between now and the place we want to go - our future reality.

## **There Is A Divine Source Dwells Inside Each Of Us In Our Heart.**

Heart wounds separate us from connecting to this divine source energy and from joy. All is about the battle between fear and love.

Gratitude shifts us from fear to love. In the love mode, we feel being loved, we are well taken care of, we feel safe and can let go of our control.

It's human nature that we have resistance to changes. Habits don't die. We need to retrain our mind and take time to build a new habit.

Everybody is a co-creator with the universe for our life. Connecting to the divine source energy and shifting to the vibrations of love and joy, is like plugging into a supernatural power. It will make us realize that sometimes our struggles, our trials and tribulations are unnecessary, and our problems are illusions.

It's a procedure, and there is no short cut or quick fix about our life issues. EFT does help us though, to get to the roots of our issues and to remove the buried inner blockages.

Everybody only has one life in this world. It's never too late to find your true self, a whole you, and live fully in your life.

I believe we come across and connect today for a reason. If you are also called to step out and live a life you are meant to live, then the time is NOW.

## **Here Are The Immediate Actions I Invite You To Take Right Now.**

### *Step One*

- a. Print out the following pages from the book:
- b. Appendix 1: Meridian points and tapping points chart
- c. Appendix 2, EFT Tapping guidance
- d. The Four Step Method in Chapter 3 – Frame Work.

Review them first and get some ideas. And then put them aside at a reachable place, so that it's easy to grab it when you need them during your self-tapping procedure.

### *Step Two*

Plan a good time and a quiet place when and where you won't be disturbed for a while. Shut all the communication devices; make yourself non-reachable.

### *Step Three*

Pick one major area in your life, the one most pressing issue in your life at this moment.

### *Step Four*

Turn the book back to the chapter with the area you want to work on.

### *Step Five*

Follow the steps from the chapter, meanwhile check with the tapping chart and guidance, and start tapping.

Please don't be harsh on yourself. Let go of the attachment to the outcome from the tapping. Follow your self-talk and feelings; let your true-self guide you.

Please note that we have an online membership site set up and available for you to join. You can connect with me and others in this supporting community, asking questions, watching upcoming tapping videos and scripts. I also suggest that you find one or two tapping partners in the group, and work together with those who are also dealing with similar life issues as you.

You are also welcome to visit our Facebook page: Joyful Journey to receive inspirational quotes, and subscribe to our newsletter from that page to obtain the joyful living tips that I share on a regular base with my email community.

Always feel free to email me with your questions, your challenges, and your progress. I love to celebrate your breakthrough and milestones.

Many people feel challenged to do all this work and make changes by themselves alone. Then go out to hire a practitioner and a coach. On my journey, I always have my coach at the different stages of my life to help my growth. As a coach myself, I know the invaluable results from coaching and mentoring. Without all these wonderful coaches' assistance in my life, I wouldn't have ventured forth; I'd still be grounded at my current place. I am thankful for each of them.

If you want to make it, you can always find a way. If you don't want to do it, you can always find an excuse.

You are not somebody. You are not anybody. You are just YOU. You are worthy; you deserve to live a life fully with joy.

Let me share with you here the wonderful teaching from Caroline Myth\*, about the Seven Universal Truths based on human seven chakras.

1. All Is One
2. Honor One Another
3. Honor One's Self
4. Love Is A Divine Power
5. Surrender Your Personal Will To The Divine Will
6. Seek Only The Truth
7. Live In The Present Moment, And Let Go Of Death

If we can follow these seven universal truths, we can get our life balanced. And the rest will take care of itself.

The time is NOW. Start today. Discover, release, shift, and move.

Let tapping help you to decode the secrets for you, to your path of joyful living

*\*Caroline Myth is an international spiritual leader from America.*

# Afterword

While I am wrapping up the book today, I am sitting on my front porch, enjoying the gorgeous “winter” weather here in FL. In the front, is a pond with flowing water connecting to the local river, to the bay, to the Gulf of Mexico. A lovely breeze touches my face and moves the leaves on the green trees surrounding the house. Birds are singing in the background from a distance. Occasionally, I even hear the sound of ocean waves. I look above; the blue sky is decorated with some amazingly shaped white clouds. The beautiful golden sunlight and the striking colors of flowers make every corner a great picture for any photographer. Our dog Waldo is crawling contentedly beside me sunbathing. It has been our routine since I started this book project.

There is a sound of silence surrounding me. I am soaking my whole self into this tranquil surrounding, feeling I am in a place with different dimensions.

The beauty of the nature touches me deeply. I feel fully connected from within and have a sense of oneness with all. I thank everything in my life, now and then, bad or good.

No matter where you are right now while reading this book, I know we are connected somewhat with a certain energy format. We are all in one, together, none of us is alone or lonely. We never are.

I pray every day that my God - The Universe will keep guiding me, showing me what to share and how to make it and serve more.

As a career consultant, we talk about Job Description. Now I learned from my life that Yes is my job, and How is His – the work of the Universe. I learn that we need to get out of our own way to let Him work.

I practice daily, and dive myself into the flow – open, trust, allow, and receive.

The beginning of a new year invites us to set new goals & intentions, and I would like to invite you to join me in embracing our new intentions for 2016:

Release, Allow, Receive!

New year, new time, new opportunities are around.

**RELEASE - ALLOW - RECEIVE!**

**YES, here we come, 2016! We are ready. It's the time taking actions for the execution of the intention.**

If I may, I humbly invite you to join me walking on this journey together - A Journey to Joyfulness.

I radiate warmth, love, and sunlight to you all.

*Jenny Li Ciccone*

Jenny Li Ciccone

2016, at FL, USA

# Acknowledgement

First, I thank my God for all the blessings in my life, and the Divine guidance to take me on this joyful journey.

**I thank my husband Frank** for accepting me as who I am always. Your unconditional support of my ideas and my dream makes me feel grounded. I am thankful to have you in my life, to learn, grow, share, enjoy, and, to live our life together. I thank my unique, talented, happy, and powerful son Matthew. You are indeed the gift from God. You teach me the life lessons I still need to learn at this stage, the lessons about unconditional love, and about the power of emotions and thoughts. I love you so much and enjoy every second being your mother.

**I want to express my deep appreciation to Cheryl Campbell**, my business coach. You are such a loving and inspirational being, humble and insightful. You see the good inside of me while I don't realize myself. You encouraged me daring to dream something bigger than I am, and have the confidence to take action and fulfill this dream. Your diversified experiences and multi-talents, especially your experience with EFT, provides me all support I need to build my business and write my book. You are my sounding board, backing me up at each moment when I have self-doubts and feel overwhelmed throughout the whole procedure of the book project. How would I do without you?

**I want to thank all 22 experts who participated and supported my 2014 tele-summit - A Journey to Joyfulness in 2014.** Thank you for sharing your passion and the mission with all advocating a joyful living on earth.

**I especially want to thank Dr. Joe Robino** for your constant support, no matter it's the tele-summit or now my book. I appreciate your loving heart and your mission of impacting the lives of at least 20 million children and 20 million adults all over the world, on developing their high self-esteem.

**I also thank Janet Clark** and your team for your help for the successful tele-summit event.

**I want to thank my dear EFT teacher, Debra Lynsey.** Thank you for your wonderful teaching, and for living your life as a road model to whom you teach. I learned that we practitioners, coaches, or healers are not called to serve people because we are perfect and problems free in our life. But instead, we are called to give examples that we are all human, and it's OK for us to be vulnerable.

**I want to thank my wonderful coaches Susan Abram, Belinda Merry, and Suzee Ebeling.** You taught me to build my solid personal foundation for myself first before I go out to help and coach others. You coached me as my road model, and demonstrated the amazing power of coaching for behavior changes. Your guidance enabled me move smoothly into this wonderful coaching journey that I love and that I am called for.

**I want to thank all the experts and spiritual leaders who have impacted my life and changed it forever.** The list is countless, so I say to you all...

With your courage, your inspirational life stories, and all your wonderful work available out there, I can have the rich resources to follow and study. And eventually it comes to a point that I am ready to step out joining you all to fulfill my purpose and help people.

I am Grateful For Every One of You.

**I deeply appreciate Gary Craig, the founder of EFT tapping.** I learned tremendously from your courses with the real life cases. The more EFT work I do and more people I help, the more I realize that your contribution to mankind of this tool is revolutionary. What I learned from your work, no matter technically or spiritually, is invaluable.

**I thank all the wonderful people in my local area in southwest Florida area, Suzanne Blaney, Cindy Carfore, Gwen Peterson, and many more.** Thank you for your open and loving heart to let me do EFT demonstration work in the local communities, to support people who are seeking life solutions.

**I want to thank my coworker in the field, Eva Lukacs.** Your insight as my tapping partner enables me see the perspectives I could not see from my blind spot even as a coach myself. I appreciate your support and your inspirational spirit.

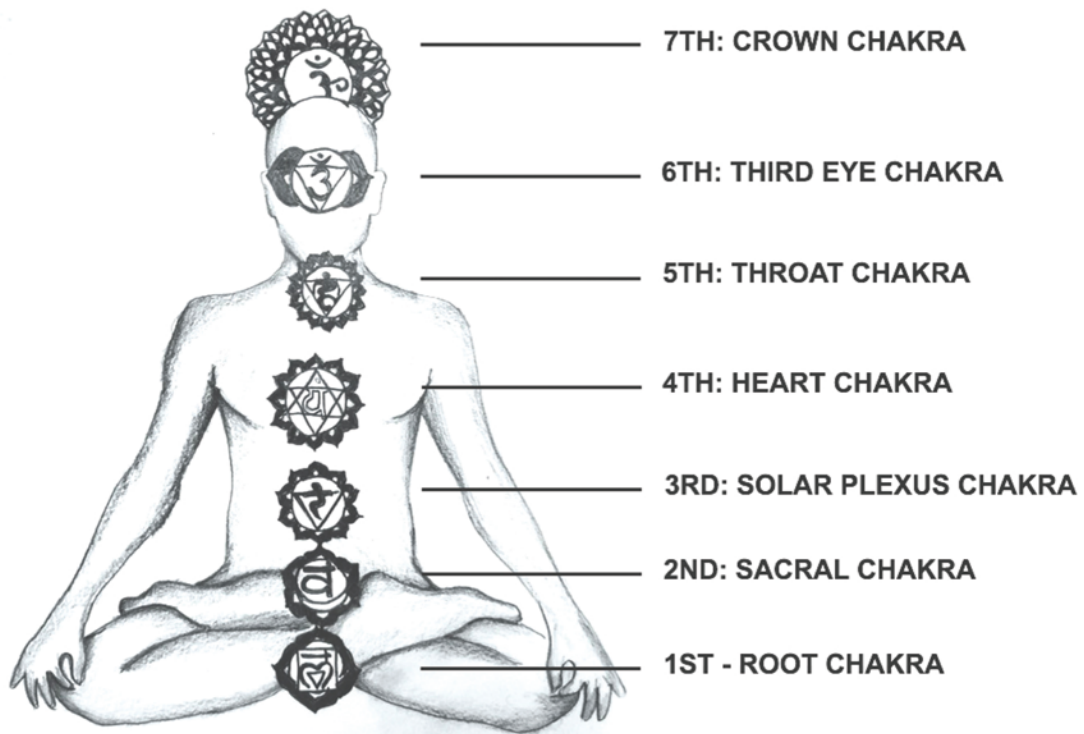
**I also want to thank all of you who participated in my tele-summit, those who follow me online, and I want to thank my clients** and all the people who gave me the opportunities to work with you and share my joyful living tips with you. I appreciate your trust in me, especially when I just transferred into this new field of my career at the beginning stage. Thank you for your openness and your courage to give a try to this silly tool - EFT tapping to help yourself. Thank you for your willingness to be vulnerable and your testimony of the power of human vulnerability. Your experiences and amazing results with EFT is a huge contribution to my work system and this book.

Writing a book is a fruitful result from planting the seeds at the early stages. All of you who I mentioned above helped me planting the seeds for my work and the book today. I am indeed a lucky person to have you all in my life. I know there are so many more I couldn't list one by one here, I appreciate you all. Bless your hearts. And wish you all keep shining with your beautiful lights wherever you go, to reach out and help more people. All together, we can build a better place for all to live on earth.

Appendix 1

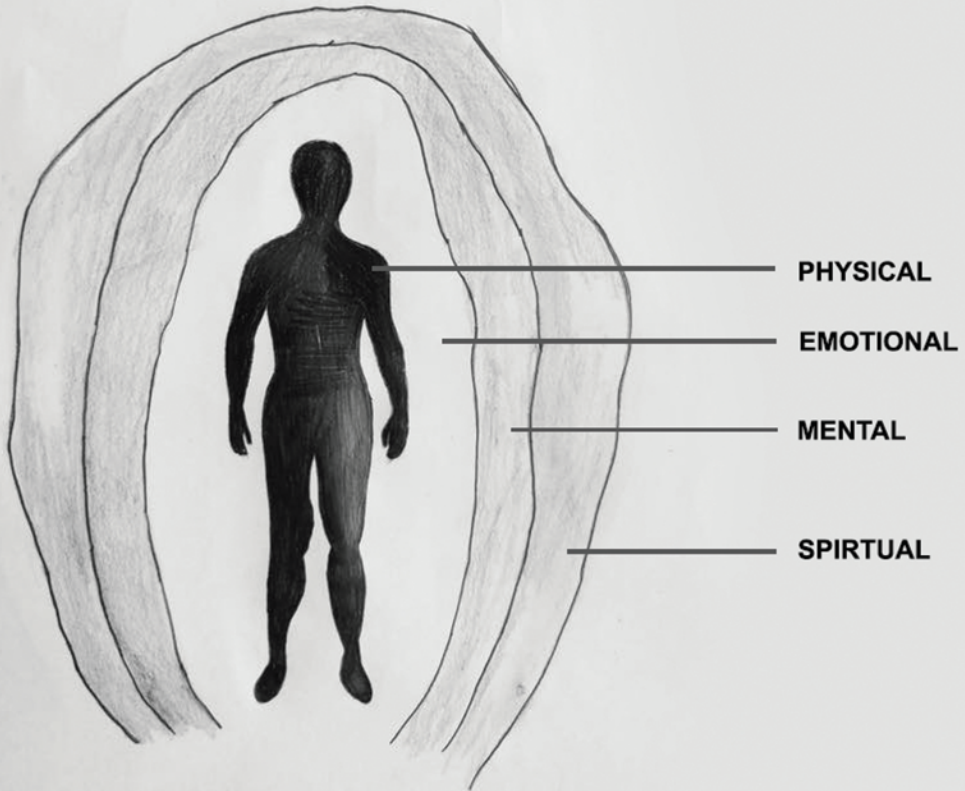
# Chakra Chart and Aura

*Chapter Subtitle*



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## FOUR MAJOR LAYERS OF THE AURA



## Appendix 2

# EFT Tapping Meridian Points *with Diagram*

Note that I use this simple version of tapping with 9 meridian points, to make it easy for you to start.

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

### The Nine Points Are:

#### **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.

#### **EB - Eyebrow:**

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

#### **SE - Side of Eye:**

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

#### **UE - Under Eye:**

Still go along the same bone now under the eye. It's at the center of the bone under the eye.

#### **UN - Under nose:**

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

#### **CH - Chin:**

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

#### **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.

**UA - Under Arm:**

Put your hand under 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.

**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. This is the first point we start tapping, to say our setup statement.

When you tap, you use 2 or 3 fingers by 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 of 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 POINTS



- 1. KC: KARATE CHOP
- 2. EB: EYEBROW
- 3. SE: SIDE OF EYE
- 4. UE: UNDER EYE
- 5. UN: UNDER NOSE
- 6. CH: CHIN
- 7. CB: COLLARBONE
- 8. UA: UNDER ARM
- 9. TOH: TOP OF HEAD

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# EFT Tapping Guidance

## *with Diagram*

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.

### **The whole procedure is like the following:**

- 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 crushed.
- Positive rounds of tapping

Use positive energy to soften, melt, and diminish the stones. Stick in a flag at the destiny place; move on and get there.

### **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 in the blank below to fit your situation):

“Even though I have this \_\_\_\_\_ (problem, issue, belief), and I feel \_\_\_\_\_, 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.

### **Emotion Intensity Check**

Tap on the Karate chop point and say the setup statement three times.

Example:

Even though I have that event \_\_\_\_\_ still in mind bothering me, I feel so \_\_\_\_\_, I deeply and completely accept myself. (fill the blanks to fit your situations)

Check emotions intensity on a 0-10 scale \* Check how hard the stone is.

*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.

*\* 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*

### **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.

Example

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.

*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 a 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 of Tapping**

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

Examples:

*Choose Method tapping:*

Tap on the Karate chop.

“Even though I still have this remaining \_\_\_\_\_ (problem, issue, 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, belief),

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

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 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.

### **Notes before tapping**

- Make sure to drink enough water before, during, and after tapping sessions. Dehydration doesn't help energy moving inside of our body.
- 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.
- Just be honest and real. And always be specific. Tapping on a too general issue doesn't help remove old knots, and will cause first timers more skeptical of the tapping outcomes.
- Always check negative feelings and chase the physical symptoms during the tapping process.
- There is no quick fix for complex life issues or chronic patterns. It's a journey. Great results come from diligent and persistent tapping.

- Tapping and speaking out self-talk at the same time are very important. Expressing our feelings helps us release a bit, but without tapping it won't be able to touch your buried emotions from early events – the root knots.
- So far, we haven't heard any negative effects from tapping. The common "symptoms" after tapping are normally tiredness, sleepiness, sound in stomach, or sometimes itchy on the skins. They are actually the good indications to tell that our body becomes relaxed, and the energy moves inside of us.
- Seek professional help from qualified EFT practitioner or coach if there are complex or deep issues. Ask for advice from 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!**

## Appendix 4

# EFT Tapping for Joyful Living

## *The 4 Step System*

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 to take action and move forward to our intentional place.

### The Repeated Procedure Includes The Following Parts

Without intentions, energy has no direction in which to flow. New reality needs actions and execution to be created.

- Step 1: Check and discover - Find Out Patterns and reveal old Events
- Step 2: Unblock - Release the suppressed negative emotions and untie the inner knots from early events
- Step 3: Shift - Build a bridge with gratitude and step over from fear to love
- Step 4: Move forward - Set up intentions and take actions

Each Step also includes 3 or 4 of the following :

- a. *Setup Statement*: Pick the right inner stone to hit on.
- b. *Emotion Intensity Check* on a 0-10 scale: Measure how hard the stone is.
- c. *Negative Rounds of Tapping*: Hit the stone and get it crashed.
- d. *Positive Rounds of Tapping*: Clear up the road ahead, move forward to the destiny place.

### Here They Are In More Detail...

#### *Step One: Check And Discover - Find Out Patterns And Reveal The Early 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. if you are working on a health issue like chronic headaches, pick a certain spot on the head where the pain is the most intense instead of just saying 'headache'.

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

### **Emotion Intensity Check**

Check your emotions intensity, or in other words, check how hard the stone is.

Tap on the Karate chop point and say the setup statement three times.

Example:

Even though I have this recurring pain behind my eyes, it has bothered me for long and has been annoying, I deeply and completely accept myself. Say it three times.

Rate the emotion intensity of this most pressing health issue using a 0 - 10 scale. Where 0 is the least intense and 10 has 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.

Example

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 - Release The Suppressed Negative Emotions  
And Untie The Inner Knots From Old Events*

At this step, we keep digging out old events or long-term patterns in our life line that behind our physical issues. Tap and unblock the deep knots and release them. So that we won't get triggered anymore.

Repeat the same tapping procedure in Step One: Setup statement, check emotion intensity, and negative rounds of tapping.

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

### **Setup Statement**

Pick this special earlier event (or pattern) that just got revealed in your mind, and craft a setup statement.

Now you target a new spot on the same stone to hit.

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

### **Emotion Intensity Check**

Tap on the Karate chop point and say the setup statement three times. Check your emotion status of this old event on the 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.

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 - Build A Bridge With Gratitude And Step Over From Fear To Love*

By discovering and releasing a lot of old stuff, we now get the clarity of what triggers us, and what negative feelings, what old thoughts and behavior patterns have blocked us. We bring ourselves now from a reactive subconscious mode to a conscious mind status. Now we have choices, and we can decide.

At this step, we start our positive rounds of tapping. We use Choose Method Tapping and Gratitude Tapping to help us to choose, shift, and make positive decisions.

### **Setup Statement**

Pick the same issue or symptom you have been working on. Craft a setup statement; change the words “I accept” into “I choose,” or “I am grateful.”

Examples:

#### *Choose Method tapping:*

Even though I still feel this remaining anger for my knee pain, I choose to release the pride and anger. (I choose to let go of my holding on to this anger and powerlessness. I choose to accept it with peace and ease. I choose to forgive them for what happened and free myself from this invisible jail inside of me. I choose to stop comparing myself to others. I choose to come out from the past and move forward healthily...

At this stage, we also want to introduce a very important exercise: Gratitude exercise. Gratitude is a very positive emotional energy. Gratitude is at the doorway between fear and Love. It closes the door, leaving fear and all low vibration emotions behind us. And it opens the new door ahead of us, leading us into a higher vibrational place where we can feel peace, love, safety, and joy.

Even though we have health challenges and don't feel good, we can always find things in our life to be thankful. Check and make a list of those blessed areas in your life, shift yourselves to those grateful vibrations.

#### *Gratitude tapping:*

Even though my knee pain stops me from moving around right now, I am thankful that it's not a serious or life threatening issue. I am thankful I have this new place to live, in a wonderful environment and wonderful neighborhood. I am thankful overall my life is very blessed. I have a good family and supportive spouse. (You can make a list to fit your situation.)

## **Emotion Intensity Check**

Check your emotion status of this event on the 0 – 10 scale.

## **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 - Set Up Intentions And Take Actions*

Set up intentions. Tap on intentions and actions for the goal. Tap away left over blockages. Tap away resistance. Stick to the procedure and build up new habits for behavior changes.

Without intentions, energy has no direction in which to flow. New reality needs actions and execution to be created.

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

## **Setup statement**

Pick one of your intentions or goals, craft a setup statement.

“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**

Tap on the Karate Chop Point and say the setup statement.

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 blocks 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.

# Overall Well-being

## *Exercises and Tips*

### **Meditation**

These exercises will quiet your mind. The science research shows that when we are in meditation status, our mind is in the frequency similar to being half-asleep and half awakened status. Under this status, our brain is stimulated and works out the best with intuition, creativity and ideas for solutions, as well as our mind and body rejuvenation.

Many people do praying. Pray is more about we talk and Ask. Yet without a quiet mind, it's hard for us to listen, to hear the answers to our prayers. Also please note that Ask doesn't mean to get what exactly what you want. Asking is more about the guidance, the next step direction, the message, the resource, the people, the overall resources you need to move on and live out your life fully as a unique you.

### **Exposure To The Nature Environment; Play With Kids Or Animals**

Go to a park, walk on the beach, hike in the mountains. In nature, we absorb refresh energy, which adjusts us to nature divine energy vibrations. In nature, we feel relaxed and peaceful and have the sense of connection to the Oneness. We learn from the natural wisdom: staying in the present moment. Flowers are never worried about or rush into the next season for blooming.

When we stay with kids and animals, we get click into a higher vibrational mind status right away, where we live in the NOW. We feel relaxed, our problems become illusions fading away from us. We learn what unconditional love is. Our body energy flows freely.

### **Body Movement And Deep Breathing**

Deep breathing can maximize the intake of oxygen, fresh air and positive energy to our cell level, and strengthen our blood circulations.

People practice yoga know what deep breathing is. You use abdomen breathing instead of normal chest breathing that is shallower and shorter breath. Research shows abdomen

breathing via the point we call: “Dan Tian,” which is in the location of one inch below your belly-button, could intake 30% more Oxygen into our blood.

I have a video demonstration of the details of this Abdomen Breathing in our member area. Welcome to check it out.

## Slow Body Movement Like Yoga, Qi Gong, Tai Qi, Etc.

It is very challenging for modern people to slow down and hold on one post and do nothing else. These exercises activate our healthier blood circulations and open up smooth inner energy flow, as we move and stretch our meridian energy lines when doing the exercises. There is much more going on than the way it looks.

Take Yoga for example here. I have practiced yoga for 15+ years, and now I use it as a daily routine, and it teaches me so many life lessons.

We learn to surrender to the current moment - NOW, not to rush to the next moment ahead of us, and not dwelling in the past hanging on with old stuff either.

We learn how to follow our body strength and flexibility; no comparing and competing with others and no attachment to any outcomes.

We learn that our body will get used to the discomfort at the beginning from some posts. And then when our body becomes relaxed, we will start to accept this discomfort without suffering.

From yoga moment, we experience the alignment and the balance of body, mind, and spirit. We understand what it means to live with integrity as who we are.

Doing yoga is like praying and meditating. We have a quieter mind feeling peace and calm, and it is easier to hear the inner voices.

We learn and practice yoga lessons; we say “yes” to everything in our life. We accept what it is instead of tolerating and judging, even it doesn’t always go our way.

## Other Physical Exercises Like Gym Work Out, Sports, Dancing

Like those slow movements, these exercises activate our healthier blood circulations and energy flow. Meanwhile sweating from sports is a great detoxing process for us.

One research shows: after 20 years of following a selected group of marathon athletes, they found no single cancer case among all runners. As runners usually sweat a lot daily. Sweating is a great way to bring out the toxins via our skin and release them from our body.

## Fasting And Detoxing

Fasting help us cleanse our inner body system, so that we can be less burdened physically and give our body some chances to do some recovering work.

Medical research proves that our body are normally in "go-go mode" due to the high level of growth hormone: IGF-1. Fasting reduces the IGF-1 level, so that our body slows the production of new cells and starts repairing the existing cells instead. The damaged DNA thus is more likely get fixed.

When the rejuvenation work is done, our body can fully function again, at all levels: organ, tissue, cells.

## Gratitude EXercises

- Write down 3-5 small things daily to appreciate
- Express love and appreciation daily, to the family members and people surround you.
- Bless the meals

Gratitude practice gets us out from heavy energy and shifts us to a higher vibrational place. We need to train our mind, make it a habit and stay there often.

## “Yes” EXercises

Daily release, reminding us to accept what it is.

You already know that your judging and bad feelings about what it is, are inner fighting with yourself and your life situation.

And they will build an inner wall and block your healthy energy flow in the body system.

"Yes" energy opens up the jammed energy flow inside of us. We do need to train our mind and develop our “Yes” energy.

Please note here: “yes” and “tolerance” are two different energies. Saying “YES” and releasing “NO” is not only helpful but necessary.

## Mind Movie And Vision Board

Our mind works in pictures but not in words. And it doesn't know how to differentiate between the positive or negative words.

Watch yourself in your mind. What kind of pictures do you see daily about your future life with whichever area in your life? What are your intentions and goals for that area?

Can you see yourself getting there achieving those goals? How do you feel when you get there? Do you feel light, happy, confident, and successful? Or do you see yourself in the picture scared, struggling, or even failed, feeling heavy and depressed thinking about your future? If it's the latter one, it's still OK. We know we have a gap there, and we just have work to do. Tap and release; your mind picture will be changed when your inner world is changed.

Remember this: no matter how you feel, what you see, and what you believe, you are right. You will get how you feel, what you see, and what you believe. Your mind picture will get you there, where it shows in the picture.

## Change Your Language, Change Your Life.

Everything carries energy, our emotions, our thoughts, and our language too. And our mind doesn't know how to differentiate the positive or negative of the words.

So be cautious of your daily language. Check and see what kind of languages (words) you use all the time, about your life in the area you want to work on.

Also, check in your mind what pictures you have when you use these words.

Do you “hear” your energy? You will stay in the place where everything matches with the vibration level from your languages and mind pictures.

The good news is, you were reactive with your old habits, but now you are aware of them. You have choices. You can decide what emotional and physical energy you want to have, and what you want to believe about yourselves, and what kind of life do you want to live.

Language is the reflection of your thoughts and beliefs. Change your language, change your mind picture, you the change your vibration. And hence, you change your life.

# About the Author

*Jenny Li Ciccone*



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*

~ Jenny Li Ciccone

Read more about Jenny here: <http://joyfuljourneycoaching.net/meet-jenny>