

EFT FREEDOM TAPATHON

DAY 19: UNLEASHING JOY

Unlike happiness, joy is internal – it is not dependent on a person or a situation. Joy comes when you make peace with who you are, where you are, why you are, and who you are not with – and for this reason, it is more beneficial to aim for joy than happiness.

Tips to Feel Joy

- Meditation
- Minimise Social Media
- Journaling
- Practicing Gratitude
- In touch with true self
- Not seeking happiness

Joy Temp. Check

1. What has prevented you from feeling joy?
2. What needs to happen for you to make peace with yourself?
3. Are there any remaining situations you want to make peace with?
4. What remains for you to accept who you are and be in touch with your truest self?
5. If you could feel unbridled joy now, what would your life be like?

3 Examples of not feeling Joy

	What has prevented you from feeling joy?	How did it make you feel?	What number is it at?	Where in the body do you feel it?
1				
2				
3				

Unleashing Joy

1. **Pick one of the examples and make a note of:**
 - a. What has prevented you from feeling joy?
 - b. How did it made you feel?
 - c. On a scale of 1 to 10, what number is it at?
 - d. Where in the body do you feel it?

2. Start tapping on the side of the hand:

*“Even though I was not able to experience joy when _____
and I can feel it in my _____ and
it’s at a number _____ and it makes me feel
_____ I deeply and completely love and
accept myself.”*

3 times

3. Start tapping on the upper body, facial and finger tapping points:

- Eyebrow: I was not able to experience joy when_
- Side of Eye/Temple: I feel it in my _____
- Under Eye: It's at a number _____
- Under Nose: It makes me feel _____
- Chin: It's in my _____ at a number _____
- Collarbone: It makes me feel _____
- Under the arm: So _____

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- Thumb: So _____
- Index Finger: Not able to experience joy because_
- Middle Finger: I feel it in my _____
- Little Finger: So _____

4. Close the sequence by tapping on the Karate Chop:

Even though I was not able to experience joy when _____ and I feel it in my _____ and it's at a number _____ and it makes me feel _____, I deeply and completely love and accept myself.

Once

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5. Take a gentle breath in and out and a sip of water.

6. Then ask yourself, “*What number is it at, whatever prevented you from feeling joy?*” If reduced to a level you feel happy with, you can stop. If you would like it to come down move to step 7.

7. Then ask yourself:

- What is left about what prevented you from feeling joy?
- Where in the body do you feel it?
- On a scale of 1 to 10, what number is it at?
- How did it make you feel?

8. Repeat Steps 2-6 till the charge on what made you feel not joyful comes down.

Summary

- What is joy?
- Tips to feel JOY
- How to unleash joy with EFT Tapping
- Freedom From the Ties that Bind

Next Steps

1. Daily practice
 - 10-minute activity
 - Release Negativity with Tantrum Tapping
 - Immune Boost Tapping
 - Daily finger holds on waking and sleeping
 - 6 Count Breathing with 9 Gamut & Heart Hold
 - Freedom from the ties that bind
2. Check out the portal,
<https://vitalitylivingcollege.info/eft-tapathon-portal/>
3. Download the self-help opening to love worksheet