

SIMPLE SURROGATE TAPPING AID FOR ANIMALS

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INSERT PHOTO OF PET OR ANIMAL HERE

Recipient Pets name _____

Issue/Problem _____

SUD 1 to 10 _____

To help focus your attention & bring the recipient closer, place the image or photo in the box above. Next 'tap' with the presenting issue or problem specifically e.g. " I am so frightened" or "Fluffy is so frightened". Tap **on** the photo, on **yourself** or use a **combination** of tapping. Look at the photo & keep the best intention at all times in mind. More details on The Energy Exchange Photo Technique and listen to a short podcast for more detail here <http://www.eftspain.com/Owntechniques.html>

FOLLOW THIS SIMPLE 3 STEP PROCEDURE

1. **ASK YOUR ANIMAL FRIEND FOR PERMISSION.** Simply ask and trust the answer. If 'Yes' continue with the EFT Set up Phrase X 3 times whilst tapping on the PR/KC point. Importantly before you start tapping set the highest intention to assist the animal including sending love. You can tap **on** the photo or **yourself** or a **combination** of both. If permission isn't granted then respect the animal's wishes and check back with them at another time.

"Even though (animal's name E.g: Fluffy) has this (EG: so frightened problem), he/she deeply and completely loves and accept himself/herself" OR

" Even though I have this (problem), I deeply and completely love and accept myself"

2. **NEXT TAP ON EACH OF THE FOLLOWING POINTS WITH A REMINDER PHRASE**

EB 'This problem' E.g: "I am so frightened" or "Fluffy is so frightened"

SE 'This problem'

UE 'This problem'

UN 'This problem'

Ch 'This problem'

CB 'This problem'

UA 'This problem'

TH 'This problem'

Tip: You can introduce all the sequence including finger points and 9 Gamut and finish on the top of head or where you normally would if you wish to. Use similar points that you choose for yourself.

3. **TAKE A DEEP BREATH & IMAGINE YOUR RECIPIENT DOING EXACTLY THE SAME.** Tune in to your recipient and ask if there is anything else that has come up, that needs tapping with? If

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there are several issues or problems, just work through the list above until completed.
Finally thank your animal friend for allowing the process to take place and send him/her love

TIPS & GUIDELINES



Insert your pets photograph in the box provided above (or person)

It isn't always important to see all the points as you can always imagine them

You can tap **on** this photo physically on your pets points OR

Just tap **on yourself** – OR **Combine** by tapping between the photo and yourself

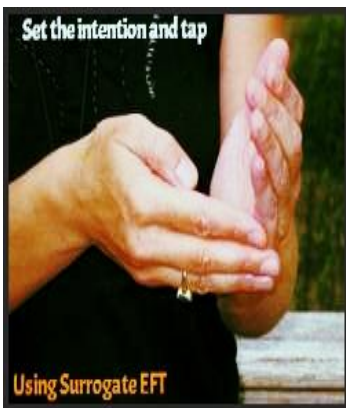
PERMISSION BASED FOR ANIMALS?

Many people have differing thoughts on this and how do I ask an animal for permission to use EFT?

Well very simply-just ask! And whatever answer you receive don't doubt it but trust that this is the correct answer.

Do not be surprised if you occasionally receive a 'No' and respect the animals' wishes at that time and check back with them at a later stage.

Alternatively a pet owner may give permission but I like to ask the animal myself.



SURROGATE TAPPING SET UP PHRASE

There are different ways to tap with surrogate and it is your own preference.

- You can tap and assume you are the animal companion
"even though I have this ----- "
- OR
- You can refer to the animal companion by stating their name
"even though animal's name has this ----- "

Imagine how the animal is feeling and use those words, tapping on the PR point shown here in the illustration.

Keep the language simple and let it flow naturally.

Talk **on behalf** of the animal *or* **talk as** the animal whichever feels most comfortable to you.



TIP: It is very powerful to send Love to an animal, sending love, gratitude and even forgiveness. Example: "Even though Fluffy feels so frightened, I am sending you so much love Fluffy and that this may help you feel less frightened and not alone-I love and accept you Fluffy"