

INSERT

IMAGE

OR PHOTO

HERE

SIMPLE SURROGATE TAPPING AID FOR ANIMALS

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 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

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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"