

SIMPLE SURROGATE TAPPING AID FOR ANIMALS

Marie Holliday Founder of EFT Animal Courses & Official EFT Animal Practitioner Course



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INSERT PHOTO
OF ANIMAL
RECIPIENT
HERE

Animal Companions name _____

Issue/Problem _____

Guess 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 are taught in the EFT with Animals Course.

FOLLOW THIS SIMPLE 3 STEP PROCEDURE

1. **ASK YOUR ANIMAL COMPANION FOR PERMISSION.** Simply ask and trust the answer. If 'Yes' continue with the EFT Set up Phrase X 3 times whilst tapping on the Side of Hand 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?

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

TIPS & GUIDELINES



Insert your companion's 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 animal's 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, an animal guardian may give permission of course either.



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 Side of Hand point shown here in the illustration (arrow is pointing).

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.



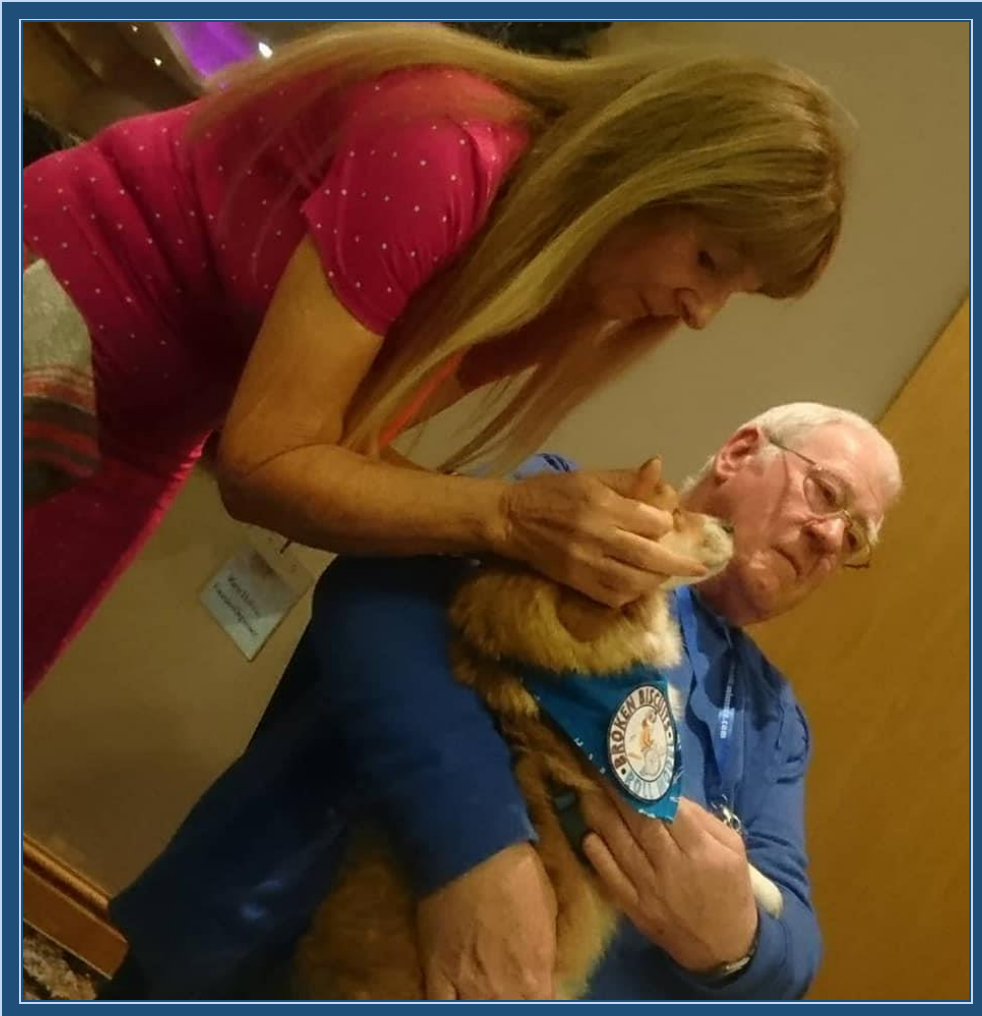
TIP: It is very powerful to send Love to an animal, sending love, gratitude and even forgiveness. Example: "Even though Fluffy feels so frightened, I am sending you so much love Fluffy and that this may help you feel less frightened and not alone-I love and accept you Fluffy."

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Marie Holliday is an EFT Master Trainer of Trainers and has secured EFT with Animals as an Accredited course working towards official EFT Animal Practitioner or as a General Interest Course, live online. The courses include 5 x Comprehensive Illustrated Manuals.

Full information is available [here](#).

Or if you are interested in learning EFT, then full details of the courses can be found [here](#).



Learn multi-surrogate techniques & how to tap 'physically' with animals on Marie's courses [here](#).