

Three Step Surrogate Tapping for Animals

By Gwyneth Moss



Step 1, Talk About

"Even though Tibs is terrified of the vacuum cleaner Tibs is a good cat and Susan loves her and looks after her"

Tell the story. Just talk about the animal and everything you know about the behaviour, symptoms and history. Make things up "I wonder if something frightening happened to Tibs when she was a kitten..." Tap continuously on yourself as you tell the story

Step 2, Talk To

"Even though you are frightened by the vacuum cleaner you are a good cat Tibs and Susan (or I) loves you and keeps you safe"

Speak to the animal about their fears or experiences and again make it up. Tap on yourself or on a tapping toy or on a photo or drawing of the animal. Make it up and incorporate responses from the animal as if they were speaking back to you.

Step 3, Talk As

"Even though I'm terrified by the vacuum cleaner I'm a good cat and Susan looks after me and keeps me safe here"

Step in to the animal's paws or role play. Speak as the animal and let the words come through you stream of consciousness. Allow yourself to feel the emotions. Keep your words simple and let what emerges surprise you. Let go of your analytical mind. If possible have someone else be the practitioner so that you can get deeply into the role play.

Start with "Talk About" so that you tap for your own emotions and attachment to the outcome: then flow into "Talk To" to begin to connect with the animal and then into "Talk As" were you step into the animal's energy and let the tapping do the work.

See the website for articles, audios and dates of EFT for Animals days.