

# Emotional Freedom Technique

## The Discovery Statement:

“The cause of all negative emotions  
Is a disruption in the body’s energy system”

“This includes fears, phobias, anger, stress, tension, grief, depression, traumatic memories, PTSD, worry, guilt, shame, performance anxiety, self-sabotage, addictions, allergies, and all limiting emotions.”

### **How A Negative Emotion is caused:**

Step 1 - Event - Distressing Memory

Step 2 - The Intermediate Step “ZZZZZZZZT” a disruption in the body’s energy system

Step 3 - The Negative Emotion

This means that the past traumatic memory is not the direct cause of the emotional upset in someone. “There is an intermediate step a missing piece...between the memory and the emotional upset. And the intermediate step...is the disruption in the body’s energy system. It is that disruption, the ‘zzzzzzt’ that is the direct cause of the emotional upset.”

“In other words,... if a memory does not cause a disruption in the body’s energy system then the negative emotion cannot occur. That is why some people are bothered by their memories and other is not. The difference is that some people have a tendency for their energy systems to become imbalanced under such a memory, while others do not.”

The energy system can be balanced by appropriate tapping and internal calm can replace the negative emotions.

Quotes from “the manual, second edition,” Emotional Freedom Techniques.

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# Emotional Freedom Technique for Animals

When people first find out about Animal EFT, they immediately think that it is about tapping ON the animals and ask where they should tap their animals.

There are two schools of thought, “Traditional and “Trans-positional.” When it comes to animal and the meridian system, The Traditional School uses points that have been used for thousands of years on animals in China, and these points are not always associated with a meridian. The Transpositional school recognizes points taken from the human meridian system and has anatomically transposed them to the animals. Here in the West, the transpositional system is what most veterinarians practicing acupuncture or acupressure use. In China they would use more of the Traditional school.

So what this says is if you want to tap the animal you would use the same points as if you were working on yourself. However the wonderful thing about Animal EFT is that you **DON’T** have to tap on the animal directly, you can tap on yourself to make the changes happen.

This is called PROXY tapping and has lots of advantages. I find it more effective to use the Proxy method then working with the animals directly because:

1. You can do it at any time and even anywhere – you do not have to be in the same room with the animal, thus making this a great tool to help your animal adjust to being alone when you’re away on vacation or a trip.
2. You can tap a round on yourself probably more often than an animal would generally permit you to mess with them. Being a Proxy of E.F.T. is especially helpful when dealing with fearful or aggressive animals, or even your cats that would like to grab your hand and play with it as you’re moving it around them.
3. You can help wild animals, strays and other animals you come in contact that can’t really be touched like birds and fish.

4. Once you have learned the simple tapping sequence this technique, you can use it on any problem or concern with any animal and you don't have to know anything at all about their various meridian systems or points.

### **How Does Proxy Tapping Work?**

When you focus your attention on an animal, your energy field is hooking up and merging with theirs. This is done with a clear focus and intention to be a surrogate for them.

When you keep the focus of your attention on a specific aspect of the animal (a problem, disease, behavior, state of mind and so on) and you change YOUR system by tapping on the points, YOU ARE ALSO CHANGING THEIRS through the connection.

This was originally discovered when a lady, distraught because she was sitting by the side of her premature baby's incubator and unable to touch him, treated herself for the baby's problems. The baby responded by breathing more easily and slowly, and finding the will to live.

Since then, thousands of people all over the world have been absolutely astonished to find that by tapping on themselves while holding another living being's problems in their mind, they can make positive changes without touching them or even being in the same room.

I don't expect you to believe this right away, I didn't believe it either when I first heard about it. But I tell you, when you see the results it is very hard to doubt it. My first experience was with my dog that wouldn't stay in the yard, after a few rounds of EFT the dog didn't leave on her own anymore, and the results lasted.

Another time was with the neighbors barking dog that stopped after an hour of barking when I tapped a few rounds of EFT on myself.

I received a BLM Burro that was terrified of being touched. I gave him about a month to adjust it was obvious that he was going to need more help, I tapped fear of people, fear of being hurt, being hurt by people, not trusting, confused with his living situation, being captured. I tapped about 30 minutes on myself as I stood in front of him, when I finished I reached out to him, it was the first time he let me touch him and his trust continued to improve after that.

A shiver goes down your spine and you KNOW you made that happen as if by magic; it is a really convincing experience.

## **TRY IT ON EVERYTHING:**

- Training problems
- House trainings problems
- Health problems
- Temperament problems (Moody, Grumpy, Bully)
- Chewing, barking, digging
- Relationship problems with other animals, jealousy, aggression
- Attention seeking behaviors, repetitive behavior disturbances
- Fears, phobias, self esteem
- Unhappiness, resentment, lack of social skills
- Allergies
- Pain, discomfort, disturbance, disease
- Past traumas, mistreatment, mishandling, misuse
- And anything and everything you can perceive and focus your attention on.

You cannot do any harm with E.F.T. tapping, and it's probably excellent for your own immune system and state of mind. Practice makes, if not perfect, much better and faster.

Try it on your own animals or even with wild animals. When they respond with visible changes in their behavior to what you are doing with your own energy system, you really know that you're supporting healing for those in need.

Use it on rescue or stray animals to help support their emotional experience.

## **THE ANIMAL EFT PROTOCOL:**

### **1. Focus your Intention:**

Think about the animal and what specifically you would like to release, relax, soothe, or change. Make the energetic link up by saying or thinking I am the animals name 3 times. (I am Scooter, I am Scooter, I am Scooter) while allowing your energy field and theirs to blend. This connection can be done long distant or in person.

### **2. Make A Statement of Intent:**

Find a phrase or a sentence that describes the problem clearly to you. You can say "Sidney has this terrible allergy" or "Sam never stops barking" or "This brown horse is distressed" if you don't know the animal's name. This is the main part of directing your attention to the problem.

### **3. The Blessing:**

We surround the statement of intent with the words, "Even Though (Sam) (is hyperactive). I love and accept (Sam)." The words love and acceptance is used to help bring you closer to the animal for deeper change and handles

permission issues as well as filling the negative space with a positive vibration when tapped.

#### **4. The Full Opening Set-Up:**

Place your flat hand on your chest, either left or right, just above your heart. Wait until you can feel the warmth of your hand through your clothes, rub the hand round in a small circle and say the opening statement which is the statement of intent inside the blessing: Or tap the karate points on the side of the hands as learned when working with people.

“Even though (insert name or description of the animal and the statement of problem) I love and accept insert the (name or description of animal)”

Examples:

1. Even though Max is aggressive with other animals I love and accept Max.
2. Even Though Buddy is afraid of people I love and accept him.
3. Even though Holly is afraid to be touched or petted I love and accept Holly.
4. Even though Comet’s hip hurts I love and accept Comet. Even though Comet’s neck is stiff I love and accept Comet.
5. Even though Simon has separation anxiety I deeply and completely love and accept Simon. Fear of being alone, abandoned, afraid, trapped, Simon tears up everything when left alone, may also be words to get more specific than global.
6. Even though Spirit is terrified of thunder storms I deeply and completely love and accept Spirit.
7. Even though Jack is afraid of going in a horse trailers I love and accept Jack.

Repeat this opening statement quietly to yourself or say it out loud three times in all, while continuously rubbing the chest just below the collar bone known as the sore spot, or tapping the karate point.

#### **5. Tapping all the Points:**

We now use a shortened version of the opening statement which is called the Reminder phrase and tap lightly with one or two fingers, about seven to nine times on the following spots (either side is fine) as we say the statement of intent on each point once. Example “Even though Max is aggressive with other animals” we would shorten it to “aggressive”, or “aggressive with other animals” and periodically repeat the entire sentence. “Even though Max is aggressive with other animals I love and accept Max”.

Before you begin the tapping become aware of your feeling or the intensity with the phrase you’re using, Remember you’re the animal, or at least working on the animal’s behalf at this time on a scale of 1 -10 where would you place

this feeling of fear? Does this feel like an 8 or a 10 for this animal? As you continue to tap after each round check in where does it fit now on the scale? If there has been a reduction say from a 10 to a 6 you would repeat the Sequence using the word still or remaining (Even though Sam still has same remaining fear I Love and accept him.

## **Tapping Points**

- Start of the Eyebrow- Where the bone behind your eyebrow turns into the bridge of your nose.
- Corner of the Eye - On the bone in the corner of your eye.
- Under the Eye - On the bone just below your eye, in line with your pupil if you look straight ahead.
- Under the Nose - Between your nose and your upper lip.
- Under the Mouth - In the indentation between your chin and your lower lip
- Collarbone - In the angle formed by your collarbone and the breastbone
- Under Arm - in line with a man's nipples on the side of the body
- Thumb - all finger points are on the side of the finger facing towards you in line with the nail bed.
- Index Finger
- Middle Finger
- Little Finger
- Karate Chop Point - on the side of your hand roughly in line with your life line
- Gamut Point - On the back of your hand, just behind and between the knuckles of your ring and little finger.

When tapping on aggression we may feel or realize it is fear, you would then do a round on fear, the fear may lead to being hurt in the past, and you would then put that in a statement and tap with the new sentence. The process may be repeated as many times as needed and changing the word can also affect the greater balance. Example Fear, Scared, Frightened, Afraid, Worried, Unsafe Terrified, Panic, can be different words that would be used to describe the feeling of an event. Remember when you get the right word with the right meridian it will neutralize the energy disruption that was originally created.

The goal is to get the scale to 0 the external situation or behavior will change as the inner world is now reflected by the scale. You can repeat as many rounds as needed to achieve the neutral emotional state. When you're all the way through, take a deep cleansing and relax breath.

### **Closing using the Gamut Procedures:**

You could do the 9 Gamut Procedures by continuously tapping on the Gamut point which is located on the back of your hand, just behind the knuckle, between the ring and little finger, this helps to balance the right and left side of the brain while helping to integrate what was neutralized through the tapping process.

1. Eyes closed
2. Eyes open
3. Eyes look down to the right
4. Eyes look down to the left
5. Roll eyes in a circle
6. Roll eyes in circle in the other direction
7. Hum 2 seconds of a song (right brain creative)
8. Count to 5 (left brain analytical)
9. Hum 2 seconds of a song

**Release the energy connection** that you have with the animals simply by stating this process is complete. "I now release myself and the (animal's name) from this proxy or surrogation".

EFT in a nutshell:

Memorize the Basic Recipe. Aim it at any emotional or physical problem by customizing it with an appropriate Set up statement and Reminder Phase. Be specific where possible and aim EFT at the specific emotional event in one's life that may underlie the problem. Where necessary, be persistent until all aspects of the problem have vanished. Try it on everything!