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The EFT Academy

present

Surrogate EFT for Animals

by Gwyneth Moss MA, EFT Master

BONUS MATERIAL



Gwyneth Moss MA, EFT Master

Gwyneth holds a Cambridge Physics degree, a Cranfield MBA and certificates in Neuro Linguistic Programming (NLP), Hypnotherapy and the Human Givens approach to Psychotherapy.

Gwyneth is passionate about finding the most practical and effective tools and techniques to quickly and easily help her clients achieve personal growth and success. Drawing upon her “good northern common sense” and her scientific mind and education, Gwyneth brings simplicity and grace to every session and workshop in which she participates.

In this teleclass, Gwyneth will teach us how she uses EFT to surrogate tap for animals. This simple-sounding, yet astoundingly powerful, protocol will help your four-legged friends find better balance and more peace in their human environment. And it may open your heart and mind in ways that you would never have expected to bring you healing as well.

Surrogate EFT for Animals

by Gwyneth Moss MA, EFT Master

<https://efthelps.com/>

It still surprises and shocks me that I am writing under the above title.

Though I had read reports of EFT surrogate and remote healing, I stuck close to the boundaries of rational science and left such work to the intuitives. Now, for some of us, especially those who are Reiki trained, the concept of healing at a distance is nothing new. And those with a homeopathy background are accustomed to treating animals. For me with my scientific upbringing and Cambridge Physics degree, it always seemed a step too far to use EFT at a distance for an animal.

Students were always asking me though if they could use EFT for animals and I wanted to teach how to manage group work and to demonstrate that in “borrowing benefits” there need be no link or common issue between the borrower and borrowee. So I combined these requirements and it was with more than a little uncertainty that I built into my EFT Practitioner workshops a group exercise designed to teach:

- Working with Groups
- Setting up Borrowing Benefits
- EFT for Animals
- Surrogate Work

I need not have worried as the results have been little short of astounding and have led me to explore surrogate work further.

I'd like to share three very special and moving EFT experiences. These were the results of the first three times I ran the exercise - which has been repeated a dozen times since and always with immediate and dramatic outcomes for the animal.

In each of these three amazing cases, a group of 12 tapped together for a pet known only to one of them. The one who knew the animal role-played the animal and I acted as therapist leading the “pet” through EFT. The others in the group tapped along with us, repeating the words we used and borrowed benefits for themselves as well.

For the set up phrases, we used whatever words came to the person speaking for the pet or to me as therapist and then added something about the pet being loved, safe and cared for. Each of these cases took about 15-20 minutes of tapping and there was a great deal of humor, as well as strong emotion, experienced by the whole group.

Oscar's Shaking Tail

In September, the group tapped for Oscar. Sue Ashdown was offering a temporary home to Oscar (the cat of a friend of hers) who, due to changing circumstances – leaving her boyfriend, was unable to look after him. Sue was worried about Oscar – his tail and whole rear quivered and shook. He stumbled as he walked and sometimes fell. Her three other cats would not eat with him and he was generally in poor condition. The vet had told her that it was a neurological condition and nothing could be done for him. We tapped as a group with Sue leading us and speaking as Oscar:

"Even though my tail shakes, I'm a good cat and Sue and Dawn love me."

"Even though I don't know where I live, I'm a good cat and these people care about me."

And more, Sue was "guessing" at Oscar's emotional state and events that had happened to him in relation to his owner and his owner's ex-boyfriend who did not treat Oscar well.

"Even though that man wanted to get rid of me..."

"Even though that man was bad to my owner and I couldn't protect her..."

The words "came from nowhere" Sue said with surprise. After about 15 minutes of tapping, Sue felt a deep sense of calm and we tapped a round of "I am Sue" to separate her energy connection with Oscar.

When Sue got home from the workshop she found that Oscar's tail was no longer shaking, he was walking better, still stumbling slightly but not falling, the other cats were much more relaxed with him and he with them and they were all eating together. Three months later Sue confirmed that the improvements were sustained.

Kitten the "Scare-dy Cat"

The second group of 12 tapped for a middle-aged cat who goes by the name of "Kitten." Kitten's owner is a friend of Moira who role-played Kitten and, once again, I acted as therapist and the group tapped with us.

Kitten was a "scare-dy cat;" very nervous, startled at any movement and spent most of her time hiding upstairs. We started tapping with:

"Even though I'm scared of footsteps, I'm a good cat and Moira loves me."

Then I asked Moira if she knew what had happened to Kitten when she was a kitten. Moira didn't know and so she made up imaginary events.

"Even though that man hurt me and I bit him and I couldn't escape, that was then. This is now. I'm with good people now. I'm safe now."

“Even though footsteps remind me of that man and I’m terrified, there are good people around me now and they love me.”

We tapped together as a group for about 15 minutes until Moira felt a sense of deep calm. I asked her to picture Kitten and she pictured her snuggled up all relaxed. When she got home, Kitten’s owner said, “I don’t know what’s got into the cat, she’s so much calmer.”

Weeks later, Moira confirmed that Kitten is still much calmer, doesn’t startle at footsteps and now spends most of her time downstairs instead of hiding under beds. It’s interesting that when she inquired of Kitten’s owner as to Kitten’s early experiences she found out that Kitten had been the runt of the litter and was raised in a chaotic household and her experiences had probably been more of neglect than of cruelty. So even if Moira’s imaginings were off track, the tapping did the trick.

Poppy: Destruction and Disruption

The third case is the most moving. Sue Hanisch told us of a tragedy. Her brother and his wife have four young children, four cats and, until recently, a vibrant and intelligent Border Collie named Shadow who was like a fifth child.

One morning in the summer, Shadow was hit by a car and was so badly injured that she had to be put to sleep. The raw and painful grief of the family was such that they believed that no dog could ever replace Shadow.

Then they heard from a neighbor that a Jack Russell 6-month old puppy, “Poppy,” was to be returned to the rescue center because his new owners could not handle him. The family felt sorry for the puppy and agreed to take Poppy. Well, Poppy proved to be more than a handful and chewed the carpet, terrorized the cats, jumped and barked and was constantly on red alert.

Sue told us that this was a turning point for the family. Poppy’s young life had brought hope and if Poppy had to be returned to the rescue center, the children would be inconsolable. However, Poppy’s behavior was causing havoc.

So Sue role-played Poppy and I led the group in tapping. We started with the behavior:

“Even though I bark and jump, I’m a good dog and they want to love me.”

And then we went onto Poppy’s insecurity:

“Even though I’ve been in three homes and I don’t know where I belong and nobody wants me and I have to be noticed, the children love me and want me to stay.”

Then, “Even though I’m scared I’m not good enough, it’s OK. This family loves me.”

As we tapped, Sue was feeling Poppy’s emotions and feeling some shift. But it wasn’t until it came through me to offer:

“Even though I can’t be Shadow, I can be Poppy and Poppy is Poppy.”

At this point it was like an electric shock went through Sue and, as we tapped, that subsided to a deep calm and she tapped a round of “I am Sue” to de-role herself.

Sue visited her brother a week later. The front door was opened and left open (previously Poppy would have rushed out barking and jumping). As Sue walked into the kitchen, she found Poppy curled up in a basket, a quiet little angel. A month later Sue has reported that Poppy has all the natural enthusiasm of any puppy of six months and that there is no more destruction and disruption. The cats are now friends with Poppy who, in her young fun way, is helping the whole family to heal.

First Position Surrogate Tapping

Since these first three cases, we’ve completed a dozen group tapping exercises for animals, including cats, dogs and horses – generally with dramatic and immediate results.

The role play helps the person to tune into the animal when I refer to them as the animal name and ask them questions like “And what makes you need to bark like that Poppy?”

My experiences as the therapist leading the tapping group are that:

- Anyone can do this. Those who have role played animals are not gifted psychics or spiritual healers. They are ordinary people learning EFT.
- The person role-playing the animal does not have to be the owner of the animal; some of the most dramatic cases have been through a friend or neighbor of the owner.
- Through role playing and tapping, the person goes into a state of consciousness in which memory and emotion are experienced in a manner that is unlike acting or guessing.
- Once the major emotions or events are cleared with tapping, the role player experiences a deep sense of calm.
- Given the strong emotions experienced, we’ve always de-rolled the role player with a round of “I am Me” tapping.

Role play is what I have termed “First Position Surrogate” as the person speaks as “I” and feels the emotions of the animal. If you want to use EFT to help an animal or pet this way, I’d suggest that you find at least one other person to tap with you. The one who knows the pet can then tune into the feeling of the pet or simply speak from the pet’s perspective of what they know or imagined happened. If in doubt, guess. The other person then acts as EFT therapist, asking questions and leading/guiding through the EFT process.

Having one of you manage the process frees the other to manage the content and to be open to what comes without having to think about the words. If you can find other people to tap with you, that’s even better. Though there is no proof, my gut feel is that these three cases were turbo-charged by the action of the group. Once you sense the work is done, the person speaking as the animal needs to de-role themselves by repeating and tapping with “I am Me” and saying their own name.

First position surrogate tapping requires the tapper to step into the subject's consciousness. Many would say that for human subjects this would be unethical. However, that is the scope of another article and one of the reasons I've limited my exploration of surrogate tapping to animals.

Second Position Surrogate

We've also investigated "Second Position Surrogate" where the tapper has a dialogue with the animal while tapping. This can be done by tapping on a "Magic Buttons Bear" or a soft toy (or even a photo or drawing of the animal).

An example: While tapping on a soft toy:

"Even though you get really scared, Maggie, and you pee on the kitchen floor, you are a good dog, Maggie, and we love you."

Or "Even though something nasty happened, Maggie, and you were punished and couldn't defend yourself then, you are a good dog, Maggie, and we will be kind to you."

In this case – after several rounds of tapping for what was known or imagined of Maggie's experiences before being rescued and re-homed – the tapper pictured Maggie as calm and relaxed when he had previously seen her in her usual anxious and edgy state.

Second position uses a connection between tapper and subject and an imagined dialogue. It is easiest when tapping on something such as a tapping bear or some representation of the subject. The tapper has to be careful not to lead the dialogue too soon towards a required outcome which can happen if they're overly attached to the outcome such as:

"Snow, you can go outside again now and be a happy cat."

Resistance or underlying issues need to be given the chance to emerge and be recognized, then tapped through.

Third Position Surrogate

In third position surrogate tapping, the tapper simply tells the story of all they know or imagine about the animal while tapping on themselves and having the group tap along. For example:

"Even though Snow is such a sad cat without Blackey and just sits and stares out of the window, Snow is a good cat and Mrs. Jones loves Snow."

"Even though Blackey was taken away and never came back and Snow couldn't say goodbye, Snow is a beautiful cat and Mrs. Jones loves Snow very much."

Again, in third position surrogate, the tapper will come to a point where they imagine the animal looking calmer, brighter or changed in some way.

This is the least intrusive of the three surrogate positions since the tapper is talking about the subject and not getting into the subject's consciousness. Using surrogate tapping this way side steps issues of permission as the tapper is simply telling a story of what they know. It may be that this position is also working more on the tapper's emotions, beliefs and feelings about the subject. Cases where third person surrogate work has had little or no effect are where the tapper is over-invested in or attached to the outcome for the subject.

Borrowing Benefits

In all these cases, the group were given Borrowing Benefits instructions to choose a specific event, ache, pain or specific situation in which they anticipated difficulty (such as an interview). That was then put to one side while they tapped with the animal tapper. Animal stories contain universal emotional themes:

- Separation from mother and siblings
- Knowing who you belong to
- Confusion about what is wanted of you
- Rejection of your best efforts
- Bullying by bigger or older animals
- Loss of an owner or companion animal
- Humiliation and cruelty
- Being trapped or powerless in the face of a threat
- Abandonment

These themes resonate strongly with the tapping group and tears are not uncommon. The stories are highly emotional; especially since we don't judge or blame an animal like we would a human in a similar situation. And it's moving how easily and quickly the animal comes to forgiveness. In the case of a highly aggressive Alsatian that had been subjected to cruelty and humiliation, through the role player we witnessed an intense hatred of mankind turn within a few tapping rounds to compassion and a willingness to serve. (The rescuers of the dog in question were later told by the police recruiters that he was "too good natured for police work.")

Emotion is thus strongly tuned in while tapping so it doesn't surprise me that after the exercise each group member reports a significant change in whatever they selected to work on. These groups are highly beneficial for both the humans tapping and the animals being tapped for.

My Conclusions

From this work with animals my conclusion is that there is a real and powerful effect in surrogate tapping which is worthy of further investigation. In tapping for animals we can be humbled by their stories and how completely they forgive.

Animals do not lie. Neither do they judge or criticize. Nor can we attribute results to placebo. Change is real change and not simply compliance. In exploring surrogate work with animals we're exploring the energetic connections between all things. Who knows where this will take us?