

Tapping ideas & suggestions for your animal companions



Tapping Ideas & Suggestions

For your Animal Companions

Guideline Book

With Marie Holliday

Tapping ideas & suggestions for your animal companions

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1) Introduction

Whilst the E Books are invaluable study and referral guides, one area I am consistently asked about is *what to say*. This is the most difficult area for people to tackle; *what words do I use, how do I know what to say* and this is where this guide will help.



It has been set out in a manner that will give ideas and suggestions on some very common issues such as Anxiety, Pain, Sickness etc.

All of these tapping suggestions you can use for yourself and/or your animal companion.

2) How to use the Tapping ideas and suggestions Guideline Book with your Animal Companion

You can follow some ideas and suggestions here to at least get you started until you feel more confident in using your own words and phrases.

The sections are split up in each area for example 'Anxiety' so that they are easy to follow and have example phrases to help you:

- A. Set Up Phrase
- B. Examples of Reminder Phrases for that issue/problem
- C. Reminder Phrase used with an example for you to follow
- D. Positive Set Up Phrase (with example)
- E. Finally, Include tapping with Love and Gratitude (with example)

I have included a Positive Set Up Phrase in each section.

Positive Set Up Phrases are effective when introduced after you have cleared out any negative emotions, feelings, and problems first. Many people want to add positive affirmations in very quickly. This doesn't work as effectively and a great analogy is when a computer has a virus. You will only put new and positive information back in your computer when you are sure the virus has been eliminated. This is a similar when tapping. Clear out any negatives, you can then add in positive reminder phrases and set up phrases.

The Positives are only normally introduced when a person is on a SUDs scale of 6 as a minimum and less for example on a SUDs of 4 or 5; of course with an animal you will have to guess their SUDs or assess the best you can.

Additionally, I have included Love and Gratitude tapping examples as a final suggestion for each section. Love and Gratitude are very powerful and whilst much of this is a more advanced level in EFT, it's worth trying to introduce them and discover if you are comfortable with the style and use of this language. Use near the end of a session when you have dealt with eliminating any negative issues.

3) Anxiety (including stress)

A. Set up phrase

KC *"Even though I have this problem (describe the problem/issue specifically as it is NOW) I deeply and completely love and accept myself" x3*

B. Examples:

- anxiety (panic) attack
- anxious feeling
- stressed out feeling
- anxiety about my new home
- anxiety about the vet
- butterflies in my tummy feeling

C. Reminder phrase

Take out the short phrase that describes the problem and tap around the points eg:

KC *"Even though I have this anxiety about going to the vets, I deeply and completely love and accept myself" x 3*

EB *"Going to vets"*

SE *"Going to vets"*

UE *"Going to vets"*

Then going through all the points with this reminder phrase

On completion assess how your companion looks/feels

D. Positive Set Up Phrase

KC *"Even though I am anxious about going to the vets, I don't need to be – he's a great vet, he has helped me soooooooooooooo (exaggerate the word) much over the years, he's a good vet, in fact a great vet, I love and accept myself and love and accept him-he's great and I am great" x3*

EB *"great vet"*

SE *"helped me so much"*

UE *"he's great"*

UN *"he's super in fact"*

Ch *"I feel great"*

CB *"I am stress free"*

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UA *"I am free of anxiety"*

Etc Go through all the points tapping on similar phrases.

E. Love and Gratitude

Example:

KC *"Even though I have this anxiety about going to the vets, he's a good vet who has always helped me and I am sending Love everywhere in my body that's anxious and worried – and sending Love to my lovely vet for helping me, I am so grateful to him – I deeply and completely love and accept myself"* x 3

EB *"Going to vets"*

SE *"Sending him love"*

UE *"Anxious and worried"*

UN *"Nervous about this and sending love"*

Ch *"Grateful to my vet, sending love"*

CB *"Still worried though"*

UA *"Sending Love throughout my body"*

Etc. Keep going through the tapping points with phrases from the set up phrase

4) Arthritis

A. Set up phrase

KC *"Even though I have this problem (describe the problem/issue specifically as it is NOW) I deeply and completely love and accept myself"* x3

B. Examples:

- this hip pain (leg pain etc)
- stiffness in my hip
- can't get up properly
- can't walk properly
- stops me doing things

C. Reminder phrase

Take out the short phrase that describes the problem and tap around the points eg:

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KC *"Even though I have this terrible stiffness on my back end, I deeply and completely love and accept myself" x 3*

EB *"Stiffness on back end"*

SE *"Stiffness on back end"*

UE *"Stiffness on back end"*

Etc going through all the points with this reminder phrase

On completion assess how your companion looks/feels

D. Positive Set Up Phrase

KC *"Even though I am in pain and uncomfortable, I choose to be pain free and comfortable, I deeply and completely love and accept myself" x3*

EB *"Pain free"*

UE *"Feel comfortable"*

SE *"Pain free and very comfortable"*

Etc Go through all the points

E. Love and Gratitude

KC *"Even though I have this pain and I am uncomfortable, I am sending Love to every part of my body and where there is pain I send so much Love, I am grateful to my body for showing me there are problems and things aren't right here, I love and accept myself" x3*

EB *" sending Love everywhere in my body"*

SE *" replacing pain with Love"*

UE *" I am Grateful to my body for showing me this"*

Etc Go through all the points

5.) Breathing Problems (breathless, respiratory problems, coughing)

A. Set up phrase

"Even though I have this problem (describe the problem/issue specifically as it is NOW) I deeply and completely love and accept myself"

B. Examples:

- feel short of breath

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- panting too much
- out of breath
- constricted breathing or difficulty breathing
- terrible cough or annoying cough

C. Reminder phrase

Take out the short phrase that describes the problem and tap around the points eg:

KC *"Even though I have this tight chesty cough, I deeply and completely love and accept myself"* x 3

EB *"tight chesty cough ""*

SE *"tight chesty cough"*

UE *"tight chesty cough"*

Etc going through all the points with this reminder phrase

On completion assess how your companion looks/feels

D. Positive Set Up Phrase

KC *"Even though I am short of breath, I choose to breathe freely, easily and each breath I take is stronger and stronger, I deeply and completely love and accept myself"* x3

EB *"breathing freely"*

UE *"breathing easily"*

SE *"breathing is stronger"*

Etc Tapping around all the points with similar phrases

E. Love and Gratitude

KC *" Even though I have this breathing problem, I choose to send Love to my lungs and fill them with Love, there is so much Love travelling through my body and helping my lungs and breathing; I am so grateful my body has shown me this problem, I am ready to heal, thank you, I am so grateful. I deeply and completely love and accept myself"*x3

EB *" sending love everywhere in my body"*

SE *" filling my lungs with love"*

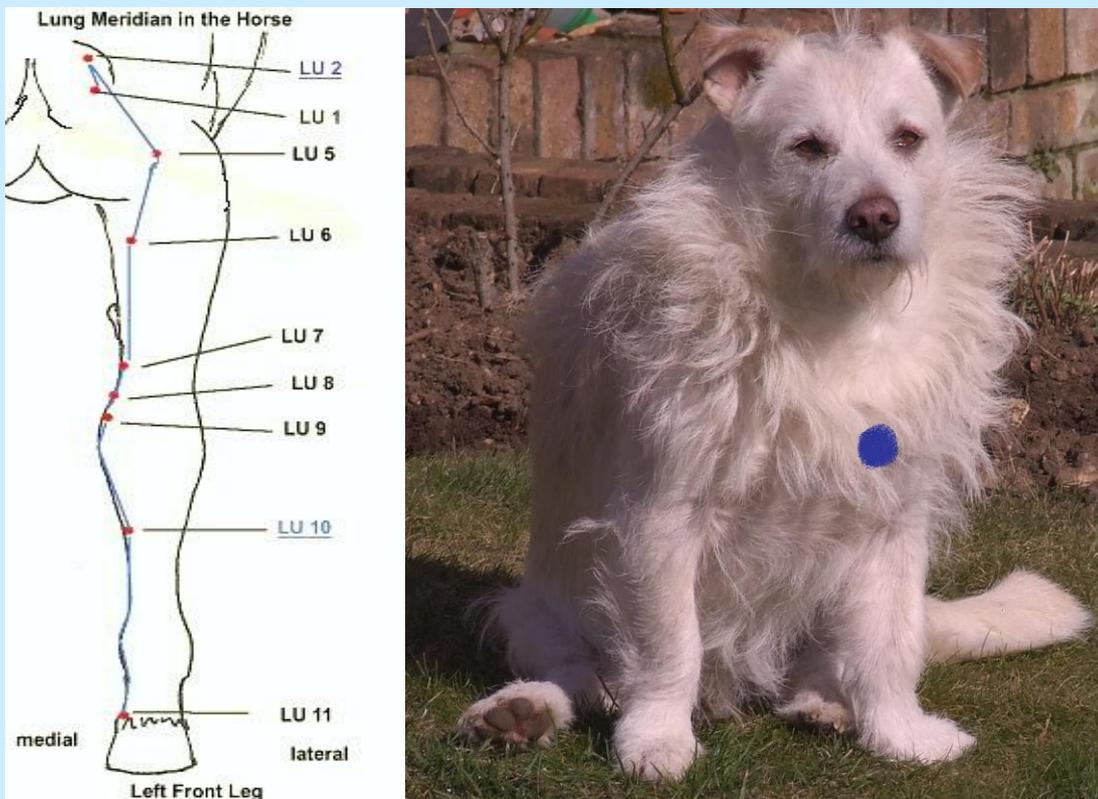
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UE “ I am grateful to my body and lungs-things weren’t right”

UN “ I am ready to heal, I am grateful”

Useful acupoint for respiratory problems and coughing

This is a useful point I have added in here. I discovered this point accidentally as it helped one of my dogs when I used to tap with the flat of my hand for coughing and respiratory issues. LU2 acupoint on the Lung Meridian is shown here on one of my dogs and there is a horse diagram illustrating the point. **NB** See important Disclaimer Page 18



6.) Fatigue

A. Set up phrase

“Even though I have this problem (describe the problem/issue specifically as it is NOW) I deeply and completely love and accept myself”

B. Examples:

- tired all the time
- really fatigued feeling

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- don't feel like doing much
- so tired, don't know what's wrong with me

C. Reminder phrase

Take out the short phrase that describes the problem and tap around the points eg:

KC *"Even though I have this listless tired feeling, I deeply and completely love and accept myself"* x 3

EB *"listless tired feeling"*

SE *"listless tired feeling"*

UE *"listless tired feeling"*

Etc going through all the points with this reminder phrase

On completion assess how your companion looks/feels

D. Positive Set Up Phrase

KC *" Even though I feel so tired, I choose to have lots of energy, so much energy I don't know what to do with it all; I am completely energised now and I deeply and completely love and accept myself"* x 3

EB *" So much energy"*

SE *" So much I don't know what to do with it all"*

UE *" I am completely energised"*

E. Love and Gratitude

KC *" Even though I am so lifeless and listless, I am sending Love all through my tired body to energise and boost my energy levels everywhere I need it, sending so much Love everywhere and I am Grateful my body showed me that not everything was right with this tiredness and I am ready to heal, I deeply and completely love and accept myself"* x3

EB *" love is replacing this tiredness"*

SE *" sending so much love everywhere in my body"*

UE *" I am grateful my body recognised this tiredness"*

UN *" I accept any healing with love and gratitude"*

7.) Heart

A. Set up phrase

“Even though I have this problem (describe the problem/issue specifically as it is NOW) I deeply and completely love and accept myself”

B. Examples:

- heart not functioning correctly
- racing heart
- beating too fast
- leaky heart valves

C. Reminder phrase

Take out the short phrase that describes the problem and tap around the points eg:

KC *“Even though I have this enlarged heart filling my chest, I deeply and completely love and accept myself”* x 3

EB *“enlarged heart (or filling my chest) “*

SE *“enlarged heart”*

UE *“enlarged heart”*

Etc going through all the points with this reminder phrase

On completion assess how your companion looks/feels

D. Positive Set Up Phrase

KC *“ Even though I have this enlarged heart which feels so big, it is shrinking easily and safely without harm to me or my body, it’s at a normal size now and good for my body and health; I deeply and completely love and accept myself ”* x 3

EB *“shrinking easily and safely”*

SE *“so comfortable in my chest and body”*

UE *“ back to normal size, it feels so good”*

E. Love and Gratitude

KC *“ Even though I have this enlarged heart which is shrinking back to normal, I am sending love deep into my heart; my heart does so much for me and this is the least I can do by sending love and gratitude to my heart which has helped me so much in my life; I accept any healing in complete love and gratitude as I deeply and completely love and accept myself”* x3

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EB “ *sending love to my loving heart*”

SE “ *grateful my heart has helped me so many years*”

UE “ *thank you heart for all your love*”

8) Itchy Skin (including allergies)

A. Set up phrase

“*Even though I have this problem (describe the problem/issue specifically as it is NOW) I deeply and completely love and accept myself*”

B. Examples:

- itchy skin
- allergy to that dried food
- red skin feels hot and itchy
- dry skin makes me scratch

C. Reminder phrase

Take out the short phrase that describes the problem and tap around the points eg:

KC “*Even though I have this skin irritation making me scratch, I deeply and completely love and accept myself*” x 3

EB “*skin irritation (or making me scratch)*”

SE “*skin irritation*”

UE “*skin irritation*”

Etc going through all the points with this reminder phrase

On completion assess how your companion looks/feels

D. Positive Set Up Phrase

KC “*Even though I have this itchy skin, I choose for my skin to be cool, calm and feel that my skin feels soothing and I deeply and completely love and accept myself*” x 3

EB “*my skin feels good*”

SE “*calm smooth skin*”

UE “*Itch free skin feels so good*”

E. Love and Gratitude

KC *“ Even though my skin is so itchy, I am sending love to every single part of my skin and it feels calm and without irritation as love heals everything; I am grateful I can send all this love where it is needed in my body and I love and accept myself”* x 3

EB *“ sending love to every part of my skin”*

SE *“ love is healing everything”*

UE *“ I am grateful I have all this love to send “*

9.) Nausea, Sickness and Vomiting

A. Set up phrase

“Even though I have this problem (describe the problem/issue specifically as it is NOW) I deeply and completely love and accept myself”

B. Examples:

- sickly feeling
- sickness in my stomach
- sensation of nausea
- feel like vomiting
- feel so sick

C. Reminder phrase

Take out the short phrase that describes the problem and tap around the points eg:

KC *“Even though I have this going to be sick feeling, I deeply and completely love and accept myself”* x 3

EB *“going to be sick “*

SE *“going to be sick”*

UE *“going to be sick”*

Etc going through all the points with this reminder phrase

On completion assess how your companion looks/feels

D. Positive Set Up Phrase

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KC *"Even though I feel so sick, I choose to be without this sickly feeling, I choose to feel as I normally do without this sickness; healthy and normal and I deeply and completely love and accept myself"* x3

EB *"feel normal and healthy"*

SE *"without sickness"*

UE *"without this sickly feeling"*

E. Love and Gratitude

KC *"Even though, I know I have this sickly feeling; I am grateful to my body for showing me something isn't right and I send love to my stomach and wherever it's needed, I accept this loving healing as I deeply and completely love and accept myself"* x3

EB *"sending love to my stomach"*

SE *"sending love everywhere it's needed"*

UE *"I am grateful to my stomach and body"*

NB: An important note that UE (Under of Eye) is on the stomach meridian so can be a very useful point for any stomach, sickness related issues

10.) Pain (Discomfort, Aches)

A. Set up phrase

"Even though I have this problem (describe the problem/issue specifically as it is NOW) I deeply and completely love and accept myself"

B. Examples:

- dull ache (describe a pain, ache etc, how you feel your animal is experiencing it)
- bad pain (describe where it is)
- discomfort-it's so uncomfortable for me (to sit, stand , lay down etc)

C. Reminder phrase

Take out the short phrase that describes the problem and tap around the points eg:

KC *"Even though I have this pain in my lower back and it's so uncomfortable I can't lay down, I deeply and completely love and accept myself"* x 3

EB *"pain in my lower back "*

SE *"pain in my lower back"*

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UE *"my lower back is painful"*

UN *"can't lay down"*

Ch *"its so uncomfortable"*

Etc going through all the points with this reminder phrase

On completion assess how your companion looks/feels

D. Positive Set Up Phrase

KC *"Even though I have this low back pain, I choose for my lower back to be free of pain and be pain free; it's a great choice to be pain free and I deeply and completely love and accept myself." X3*

EB *"free of pain"*

SE *"my lower back is pain free"*

UE *"pain free back"*

E. Love and Gratitude

KC *"Even though I have this lower back pain I am sending love to my back, love eliminates pain and discomfort and love feels better than pain and discomfort; I am so grateful that I know and understand this; it's a truth. I deeply and completely love and accept myself" x3*

EB *"sending love to my lower back"*

SE *"love eliminates pain and discomfort"*

UE *"I am so grateful in this knowledge and understanding"*

11.) Stomach problems

A. Set up phrase

"Even though I have this problem (describe the problem/issue specifically as it is NOW) I deeply and completely love and accept myself"

B. Examples:

- upset tummy
- sickly tummy
- tummy pain
- bloated tummy

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C. Reminder phrase

Take out the short phrase that describes the problem and tap around the points eg:

KC *"Even though I have this distended stomach, I deeply and completely love and accept myself" x 3*

EB *"distended stomach"*

SE *"distended stomach"*

UE *"distended stomach"*

Etc going through all the points with this reminder phrase

On completion assess how your companion looks/feels

D. Positive Set Up Phrase

KC *" Even though I have this bloated tummy, I choose for my tummy to feel comfortable, flat and free of discomfort; I deeply and completely love and accept myself" x3*

EB *" comfortable tummy"*

SE *" tummy without bloating"*

UE *" free of discomfort and bloating"*

E. Love and Gratitude

KC *"Even though I have this bloated tummy, I send love and choose to love myself with or without this bloating; I prefer to be without bloating and replace that with love; I am grateful to my body and stomach for showing me all was not well; I deeply and completely love and accept myself" x3*

EB *" I send love to my stomach"*

SE *" this bloating is replaced with love"*

UE *" I am grateful this bloating showed me something isn't right and I took notice"*

12.) Surgery (including Operations and Recovery)

A. Set up phrase

"Even though I have this problem (describe the problem/issue specifically as it is NOW) I deeply and completely love and accept myself"

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B. Examples:

- worried about this surgery (operation)
- pulling my stitches out
- can't eat food (before my anaesthetic)
- not recovering so well (from my surgery)
- feel wobbly on my feet

C. Reminder phrase

Take out the short phrase that describes the problem and tap around the points eg:

KC *"Even though I have this cut from my operation, it's going to leave a big scar, I deeply and completely love and accept myself"* x 3

EB *"cut from the operation"*

SE *"going to leave a scar"*

UE *"cut from the operation"*

Etc going through all the points with this reminder phrase

On completion assess how your companion looks/feels

D. Positive Set Up Phrase

KC *" Even though my operation went well, I am left with a scar and yet my operation was life - saving; this scar is showing me all is well now when I have been so unwell; the scar is showing me all is well now in life, it has healed and I have healed and I deeply and completely love and accept myself"* x3

EB *" all is well, my scar has healed"*

SE *" this life saving scar"*

UE *" this scar changed my life"*

E. Love and Gratitude

KC *" Even though I was left with a scar I send so much love to this scar, my life was saved and I send love to my scar and I am grateful to my scar and all the help I received to save my life; this scar represents this love, I am grateful and deeply and completely love and accept myself"* x3

EB *" I am so grateful, my scar is a reminder to be loving and grateful"*

SE *"my scar holds love and gratitude"*

UE *" my scar shows the world and myself what I went through"*

UN *"and came through with love and gratitude"*

13. Useful tapping phrases and the Power of Words

There are so many tapping phrases that can be introduced and used powerfully and effectively in tapping. Words are powerful and as such can heighten the tapping process. Here are literally a few suggestions where you can add or remove or change the words and parts of the body which may inspire you to be creative with words in tapping.

I choose for them (it) to function correctly

I choose for them (it) to be healthy

I choose for them (it) to heal

I choose for my blood to flow easily and freely

I send love to my heart

I send love to my lungs

I send love to (part of body)

I send love anywhere that needs healing

I choose a healthy strong heart (or other body part)

My heart (or other body part) knows how to function correctly

My lungs (or other body part) know how to function correctly

I am full with love

A large heart filled with love-only love

My body has complete knowledge of me from the day I was born

Each cell in my body knows everything about me

My body knows every thought and deed I have had

I ask for help with this (issue/problem)

I ask my body for help with this (issue/problem)

I ask every cell in my body to help me with this (problem/issue)

I ask every cell in my body that has the knowledge of functioning correctly from birth-to help me with this

I ask my higher intelligence to help me with this (problem/issue)

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I need help with this, I can't do it myself; I ask my body, my mind and my higher intelligence to help me with this

I am so grateful, thank you

I love myself even with this issue/problem

I send love to every cell in my body and those cells will carry this love round to every part of my body

I am grateful and thankful to my body for showing me that things have not been right

I understand that now...thank you and love replaces everything

I am loving & grateful, Thank you

14. Important Disclaimer

By purchasing this course, you are indicating you understand and accept the following:-the art of using Emotional Freedom Techniques with animals and for yourself and it is not a replacement for a medical diagnosis, treatment or training for your animal companion or yourself.

Marie is neither a medical practitioner nor a vet, and does not offer medical advice, diagnose, treat or prescribe for medical conditions.

Contact your pet's medical care-giver for all health concerns. This is not a professional qualification. Here is an extract from the Veterinary Surgeons Act 1966.

Healing and the Veterinary Surgeons Act 1966

Healing - channelling healing energy through the hands from a universal source of energy - should not be used as a substitute for veterinary care and attention.

Please note that Paragraph 18 of Part 2F of the RCVS Guide to Professional Conduct, provides information including that all animals must be seen by a veterinary surgeon, and that the vet must be content for healing to be given by the laying on of hands.

With any concerns that you may have about an animals' health or wellbeing, your first port of call must be a veterinarian. Only a vet may make a diagnosis, or prescribe.