

What Are The Meridian Therapies?

Originally developed for people, Meridian Therapies is the generic name given to a group of techniques that all work by tapping on major body meridian points.

Unlike acupuncture, you tap or touch very lightly, sending small shockwaves or soothing pulses with your breath through the meridian system, balancing and re-energizing it and clearing blockages as you do so.

Another main difference between the New Meridian Therapies (also sometimes called Energy Psychology or Meridian Energy Therapies) and acupuncture and acupuncture is that you use your **intention and focus** to direct which particular problem you are working on.

What Is EFT?

Emotional Freedom Techniques TM by Gary Craig of www.emofree.com - is the easiest and most user friendly of these techniques. In a moment, you will learn how to do EFT on yourself.

You will **shift your own energy system** in doing so and relax or release something that you focus your attention on.

What Is Animal EFT?

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

Although of course animals do have a meridian system, many of the points are in places where animals truly do not like to be touched, never mind tapped. The wonderful thing about Animal EFT is that you DON'T tap on the animal directly, but you **tap on yourself** to make the changes happen.

This is called **Proxy Tapping** has lots of advantages:

- You can do it at any time and even anywhere - you do not have to be in the same room with the animal.
- You can do it much more often than an animal would generally permit.
- You can help wild animals, animals that don't belong to you, and animals that you can't really touch much, such as birds and fish.
- Once you have learned the simple technique, you can use it on any problem, on any animal and you don't have to know anything at all about their various meridian systems or points.

So how does Animal EFT work?

When you focus your attention on an animal, you connect your energy system with theirs. When you keep the focus of your attention on a specific aspect of that energy system (a problem, disease, behaviour, 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 and the baby responded by breathing more easily and slower, and finding from somewhere the will to live and to fight on more strongly than before.

Since then, thousands of people all over the world have been absolutely astonished to find that by tapping on themselves whilst holding another living being's problems in their mind, they can make 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 neighbour's dog 100 yards away stops barking after an hour just because you have tapped a round of EFT on yourself, a shiver goes down your spine and you KNOW you made that happen as if by magic, it is a real convincer experience.

So next, here is the Animal EFT protocol for you to try out on any animal you choose.

The Animal EFT Protocol

1. Focus Your Intention

Think about the animal and what specifically you would like to release, relax, soothe or change.

2. Make A Statement Of Intent

Find a phrase or a sentence that describes the problem succinctly and 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 animals' 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 deeply and profoundly love and accept (Sam)." It helps bring you closer to the animal for deeper changes and handles permission issues as well as having positive benefits for YOUR system.

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:

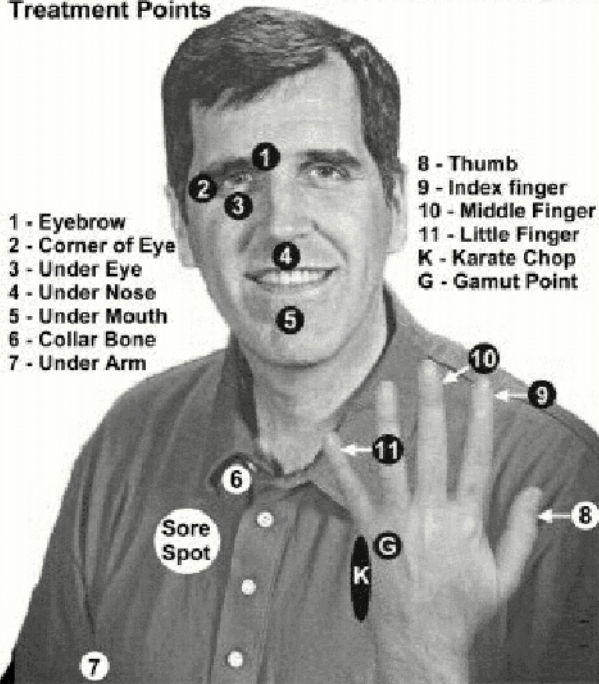
"Even though (insert name or description)(insert statement of problem), I deeply and profoundly love and accept (name or description)."

Repeat this opening statement three times in all, continuously rubbing the chest area just below the collar bone known as the Sore Spot.

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:

Emotional Freedom Technique Treatment 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 you're all the way through, take a deep breath in and out. You can repeat the treatment with a different statement - often something comes to your mind as you do this. Different statements create different changes, so experiment with many different forms of wording and ways of saying something until you feel comfortable.

Start Practicing and Join The Community of Animal EFT healers!

Now, print out and practice the basic Animal EFT protocol.

Try it on EVERYTHING:

- training problems
- house training problems
- health problems
- temperament problems
- relationship problems (what drives YOU crazy!)
- relationship problems with other animals, jealousy, aggression
- attention seeking behaviours, repetitive behaviour 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.

The EFT meridian balancing protocol is excellent for your OWN immune system and state of mind and practice makes if not perfect, much better, much faster.

Try it on your own animals and on wild animals, because when they respond with visible changes in their behaviour to what you are doing with YOUR energy system, you really know that you have done some magic!

Please feel free to pass on this protocol. Further information, articles and support are available from <http://www.AnimalEFT.org> and we would ask you to keep the credits intact when reproducing this article.

The Animal EFT Protocol Credits

Original EFT Design – Gary Craig <http://www.emofree.com>

Article By – Silvia Hartmann <http://www.DragonRising.com>

Illustration By – Joseph Bennette <http://www.Jbennette.com>