



Tapping for Family Pets

with CJ Puotinen



Dogs, cats, and other pets are members of the family. They keep us company, inspire us to persevere through adversity, help stabilize family relationships, and improve our health.



It's easy to overlook our pets' emotions when we're busy and distracted, but companion animals experience stress, anxiety, fear, sadness, and disappointment just as we do. Fortunately, it takes only a few minutes to give our pets the attention they deserve, especially if we combine our good intentions with

EFT tapping. The EFT literature is full of reports about animals responding to tapping. Tapping on behalf of an animal has a calming effect on the tapping person as well as the animal receiving the tapping energy, it helps improve or reinforce the human-animal bond, and it can improve relationships among other pets.

Puppies and dogs adopted during the Covid pandemic lived with families who were always home, and now that parents are going back to work and children are going back to school, many of these dogs are suffering from confusion, separation anxiety, stress, and feelings of abandonment. Gentle training techniques can help during this transition (search online for training help for Covid dogs), and so can frequent tapping sessions.

Guidelines for Tapping

Define the Problem or Issue

Do your best to describe the problem, being as specific as possible. This can relate to physical discomfort, recovery from an accident or injury, a behavior or training problem, or any emotions that seem to be involved. If you can, take a guess at an intensity measurement, based on whatever symptoms you can observe.

Example: Star, a retired racing Greyhound, has trouble jumping onto the bed or sofa because of arthritis in his hind legs. His owner notices that he looks at the sofa as though he wants to go there, but instead he sighs and lies down on the floor beside it.

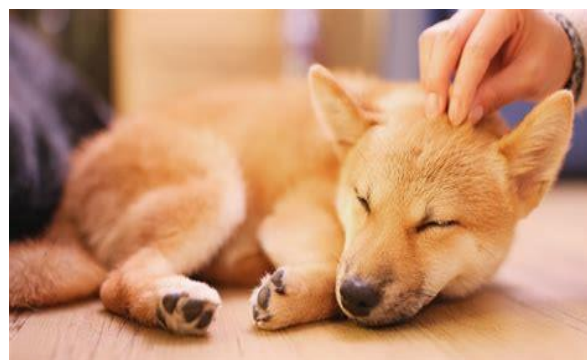
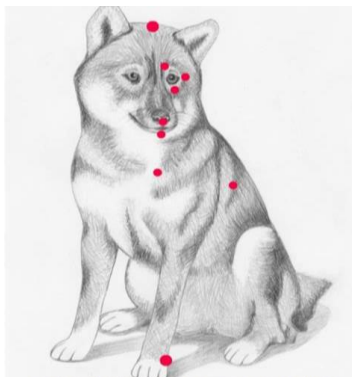
Where and How to Tap

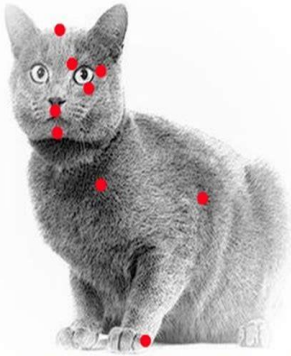
EFT for pets works just like EFT for humans, with a few variations.

- 1) If you and the animal are comfortable doing so, you can tap directly on the animal or simply hold each point for a few seconds.
- 2) If direct tapping isn't comfortable for you or your pet, you can tap the air a few inches above the EFT tapping points.
- 3) Alternatively, you can tap on yourself, making yourself a surrogate or proxy for the animal.
- 4) Using "picture tapping," you can tap on a photograph of the animal.

To Tap Directly on an Animal

If you and the animal are relaxed and comfortable doing so, you can gently tap directly on the animal's tapping points, or simply hold each point for a few seconds.

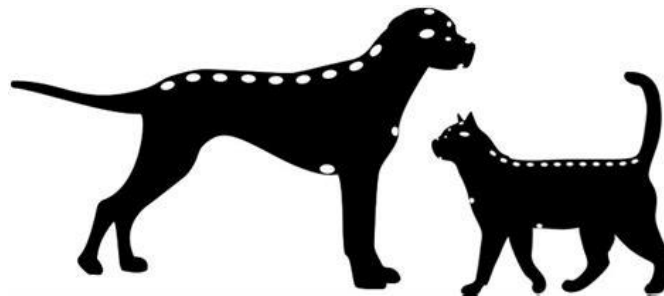




These illustrations show the classical EFT tapping points on a dog or cat.

The pets can be tapped on (or gently touched) starting at the paw (Karate Chop Point) with an appropriate Setup Phrase. Then a Reminder Phrase goes with each EFT tapping point starting with the Top of Head, Eyebrow, Side of Eye, Under Eye, Under Nose, Chin, Collar Bone, and Under Arm.

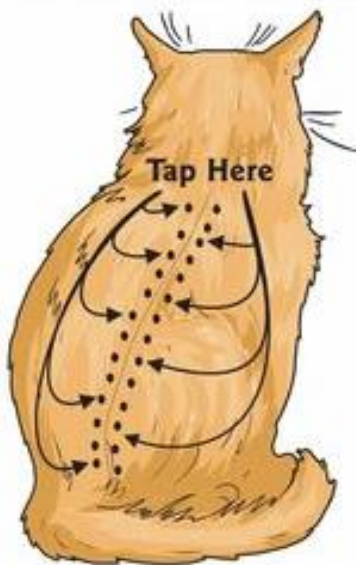
My favorite method is to tap on top of the animal's head with one hand while tapping on the front of the chest with the other during the Setup Phrase.



After completing the Setup Phrase, tap with one hand on either side of the animal's spine, moving down the spine from head to tail while repeating a Reminder Phrase from the Setup.

This usually works well because most dogs and cats enjoy being tapped or touched on the chest and top of head, and then tapped, touched, or stroked along the spine. The spine is an effective tapping area in humans as well,

but it isn't usually used because it's harder to reach than points on the front of the body.



You can tap or touch your pet's EFT points with your fingertips or, if desired, use the eraser end of a pencil or other stick. The tapping or touching should be gentle and delivered with focused attention.

If you have a photo of the animal, try doing "picture tapping" just as we do on behalf of humans. Start your Setup Phrase while tapping a front foot (if it's visible in the photo) (Karate Chop Point), and proceed from there. If you don't have a photo, you can sketch the animal or even draw a stick figure and tap on that. As long as you identify the drawing as a specific animal, it will work as well as a photo – and EFT picture tapping really works.

What to Say

If you're tapping directly on your pet, simply talk to the animal.

Example: Even though you, Star, have trouble jumping onto the sofa because arthritis makes your legs hurt, I deeply and completely accept you. Even though you love being on the sofa, it can be difficult now. Even though you look disappointed when you walk over to the sofa and lie down in front of it instead of jumping up, you're a wonderful dog and we love you.

After saying two or three Setup Phrases, start at the Top of Head point, tap or hold it, and say a Reminder Phrase from the Setup.

*Example: Top of Head – Can't jump.
Eyebrow Point – Sore legs.
Side of Eye – Disappointed.
Under Eye – Miss being on the sofa.
Under Nose – Can't jump.
Etc.*

Surrogate or Proxy Tapping

If your animal is uncomfortable being touched or isn't with you, try Surrogate or Proxy Tapping. In this approach, you tap on yourself on behalf of the animal. The animal doesn't have to be nearby and can, in fact, be anywhere on the planet. The animal doesn't have to be yours, for it can be a wild animal or any animal that could benefit from your intention to help.

While tapping on your own Karate Chop Point, state the Setup Phrase that describes your pet's problem or challenge....

A) as though you are the animal (first person, "I").

Even though I, Star, have trouble jumping onto the sofa because arthritis makes my legs hurt, I deeply and completely accept myself. Even though I love being on the sofa and have jumped to my favorite part of the sofa for years, it can be difficult now. Even though I'm disappointed when I walk over to the sofa and then lie down in front of it instead of jumping up, I'm an OK dog.

B) as though you are speaking to the animal (second person, "you").

Even though you, Star, have trouble jumping onto the sofa because arthritis makes your legs hurt, I deeply and completely accept you. Even though you love being on the sofa and have jumped to your favorite part of the sofa for years, it can be difficult now. Even though you're disappointed when you walk over to the sofa and then lie down in front of it instead of jumping up, you're a wonderful dog.

C) as though you are talking about the animal (third person, "he" or "she" or "it" or "they").

Even though Star has trouble jumping onto the sofa because arthritis makes his legs hurt, I deeply and completely accept him. Even though he loves being on the sofa and has jumped to his favorite part of the sofa for years, it can be difficult now. Even though Star is disappointed when he walks over to the sofa and then lies down in front of it instead of jumping up, he's a wonderful dog.

Star, the retired racing Greyhound, was a therapy dog in an animal-assisted therapy program I participated in years ago in New York. I taught EFT workshops as fund-raisers for the program and invited our therapy dogs, cats, birds, rabbits, and guinea pigs to these events so we could demonstrate how to tap for pets. The pet owners described whatever problem they hoped to improve or change, and class members tapped on themselves as though they were the animal being featured. It was always satisfying when an owner came back to report a change, such as when Star's owner reported that after months of struggling to get in and out of her car, after we tapped for him he had no trouble jumping up on its back seat.



Tapping for Animals Reports

There are many “EFT for pets” tapping reports and resources online. For stories about how EFT has helped dogs, cats, birds, horses, and even pet goldfish, visit EFT Founder Gary Craig’s website, www.emofree.com, and enter “animals” or specific pets in the search box. For more reports, search

online for these topics and you'll be taken to different websites, some of which specialize in EFT tapping for animals.

Here is an article that I wrote for the February 2008 *Whole Dog Journal* (wholedogjournal.com) about EFT for dogs.

Healing Your Canine with Energy Medicine and Holistic Dog Care Techniques

By CJ Puotinen, *The Whole Dog Journal*, February 2008

Emotional Freedom Techniques (EFT)

Gary Craig isn't a trainer or veterinarian. In fact, he doesn't even have a dog. But his acupressure tapping procedure called EFT (Emotional Freedom Techniques) has transformed the lives of countless dogs and their human companions.

EFT is one of several meridian therapies, so called because they are said to release blocks along the same energy paths used in acupuncture. According to Craig, the combination of focused thought and acupressure tapping releases energy blocks that contribute to behavioral problems, anxiety, pain, or illness while simultaneously releasing their underlying emotional causes.

Meridian therapies are often complicated, but EFT is so easy to use that small children teach it to one another. "Don't let its simplicity fool you," says Craig. "It's used by thousands of healthcare practitioners, including medical doctors and veterinarians. In many cases, chronic and acute symptoms have resolved in a matter of minutes."

Animals can be treated directly, by tapping on their acupuncture meridians while focusing on their condition, or they can be treated surrogately, by proxy. That is, you can tap on yourself while focusing on the dog.

Catherine O'Driscoll, an EFT practitioner in Scotland, did this with her Golden Retriever, Sophie, who had suffered from arthritis for several years.

"We helped her with nutrition, herbs, homeopathy, and acupuncture, but the arthritis never completely went away," she says. "Finally, when she was 14, her front paws swelled up and knotted so much that they became deformed. I tapped

on myself for her, and I couldn't believe my eyes. The paws went down as though they were balloons letting out air. It was like a horror story special effect in reverse.

"I didn't trust myself not to have imagined it," O'Driscoll continues, "but Sophie was good enough to manifest the swollen paws a few weeks later while my sister was visiting. I again tapped for her while my sister and husband looked on. Again, we saw the swelling subside in front of our eyes. Sophie lived to the grand age of 17, and her arthritis never returned. She had also become deaf by age 14, but thanks to this wonderful energy therapy, she was able to hear again for the last years of her life."

Christina Bequette, an EFT practitioner in Deer Trail, Colorado, first tried the technique with Stella, a 14-year-old Australian Shepherd/Red Heeler mix belonging to Patty Kemp-Cobb in Carbondale, Colorado. Stella constantly whined and pressed her head and body against Kemp-Cobb. "She had a reputation for biting and didn't like to be touched," says Bequette, "so I expected resistance, but Stella willingly let me tap on her, as if she knew I was there to help."

Bequette focused on thoughts of not being loved, having things to say, and being ignored, and whatever else she could think of that might be a factor. "The best result came after I referred to the issue of Stella feeling invisible despite being recognized for her excellence as a cattle dog. The session lasted about 20 minutes, and to everyone's astonishment, Stella quit whining. Not only that, but from then on she acted much more gentle and loving, no longer snapping or biting when touched. It was quite exciting to her human family, and now, two years later, they still talk about her transformation. Stella is almost 16, and her whining habit never came back."

In 2002, California artist Lee Lawson was bothered by a neighbor's dog, who barked all night, every night, for months. "The neighbor claimed not to hear it," she says, "and so it went on and on and on. Then one night I did EFT on the situation. I focused on being a vibrational match to the barking dog, deeply and completely loving and accepting myself and the dog. The barking stopped immediately. About three hours later it started again and I tapped again. It stopped, and that was the last time the dog barked at night."

Lawson also used surrogate tapping when she got a new puppy for everything from housebreaking (immediately accomplished) to sleeping through the night (which a single EFT treatment took care of). "I even used EFT to get her to pee on

command after she noodled around for 15 minutes in the freezing cold,” says Lawson. “I’d start a single round of tapping for this and she would go before I could finish.”

Dozens of EFT practitioners in the U.S., Canada, Europe, South America, Asia, and Australia responded to my online requests for reports about how EFT has helped their dogs. They described EFT’s success with treating asthma, diabetes, heart disease, arthritis, kennel cough, injuries, and other physical ailments, as well as how rescued dogs adjusted to their new homes; how dogs who began fighting when a beloved family member moved out live in harmony again; how dogs overcame their fear of vacuum cleaners, thunder, and fireworks; how formerly aggressive dogs now stay calm and focused; and how competition dogs overcame physical or training problems to win their events.

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Thank you for your interest in EFT for animals. I hope that you and your pets enjoy the benefits of acupressure tapping. If you have an EFT for pets story to share, I would love to hear from you.

Sincerely,

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