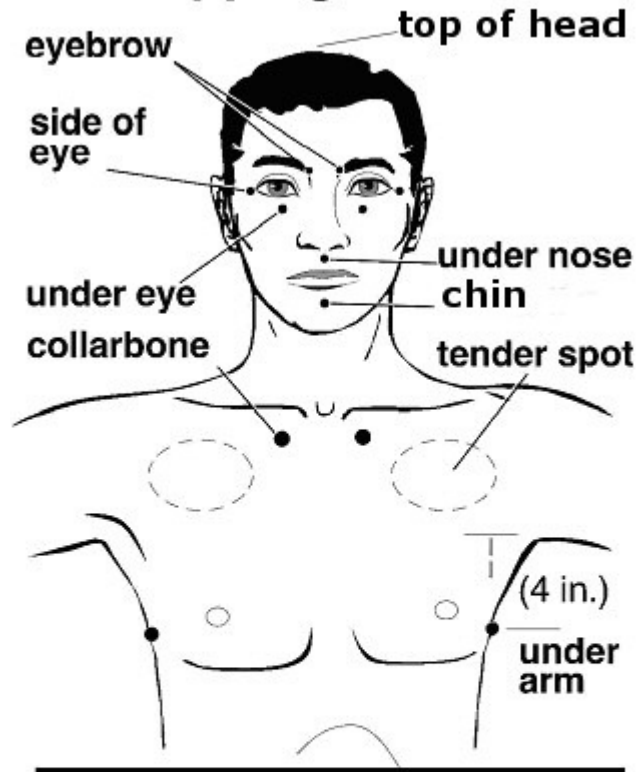


COOL AIDE CLINIC

THE ANIMAL EFT PROTOCOL

Tapping Points



1. Focus Your Intention

Think about the animal and what you would specifically like to release, soothe, relax or change. By focusing your attention on the animal, you are now connecting your energy system with theirs.

2. The Opening Set-Up

Start by tapping on the **karate chop** point. If you're right handed, use the pads of all four fingers on your right hand to tap on the outside of the left hand just below the pinky. If you're left handed, do the opposite. Tap using the same amount of pressure as you would if you were bored and tapping on a desk.

While tapping, say this phrase, "Even though (insert name or description) is (insert statement of problem), I deeply and completely love and accept (name or description) and (insert problem)." Repeat this opening statement three times in all, continuously tapping the karate chop area. This is the main part of directing your attention to the problem.

3. Tapping All the EFT Meridian Points

Then, use a shortened version of the opening statement and go to the top of the head. Tap using the tips of all four fingers on the top of your head. You can use either both sets of fingers, or just one hand. Say the shortened version once with intent while tapping on each point. You will tap each point about seven to nine times. Move down the body saying the statement while tapping each point as you go along, ending at the point under the breast. Take a few deep breaths at the end.

- Begin at the Eyebrow (EB) – Where the bone behind your eyebrow turns into the bridge of your nose.
- Corner of the Eye (SE) – On the bone in the corner of your eye.
- Under the Eye (UE) – On the bone just below your eye, in line with your pupil if you look straight ahead.
- Under the Nose (UN) – Between your nose and your upper lip.
- Under the Mouth (CH) – In the indentation between your chin and your lower lip.
- Collarbone (CB) – In the angle formed by your collarbone and the breastbone
 - Under Arm (UA) – in line with a man's nipples on the side of the body, on a woman, it's right where the bra strap is
 - Under the Breast (UB) – about 4 inches below a man's nipples and directly under the woman's breast.

You can repeat the treatment using the same statement or a different statement. Listen to your intuition while going through the round of tapping. Often something comes to your mind as you do this. Don't question it, just go along with whatever your intuition tells you.

During the second round of tapping, I usually change the set-up statement by removing the last statement about the problem. My second statement will only mention the problem in the very beginning of the statement, not at the end. The reason why I mention that I love and accept the problem in the first statement is because I feel that the problem/issue is there for a reason and we need to honor and show respect for it while at the same time letting it know that it's no longer needed.

Different statements create different changes, so experiment with many different forms of wording and ways of saying something until you feel comfortable. However, try to be as specific as possible in order to get to the root cause of the issue.

Since EFT is sometimes compared to acupuncture without the needles, I think it's important here to mention a recent study that was discussed in a USA Today article in 2007. Researchers placed acupuncture needles purposely in the "wrong" locations on their patient's body and were surprised to find that the patient experienced the same good results regardless of where the needles were placed.

This shows that the placement of your fingers doesn't really matter. EFT seems to work largely because of intent rather than because of the tapping points or the Meridian points. Try not to get hung up on the tapping points. Rather, pay attention to your intuition and the intent behind fixing the problem or issue. The combination of your energy and your intent will create balance.

I suggest you Practice, Practice, Practice, and Tap, Tap, Tap. Tap every day and enjoy the results. If you get stuck or feel like you need help, please contact me for a consultation or a tapping session.

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