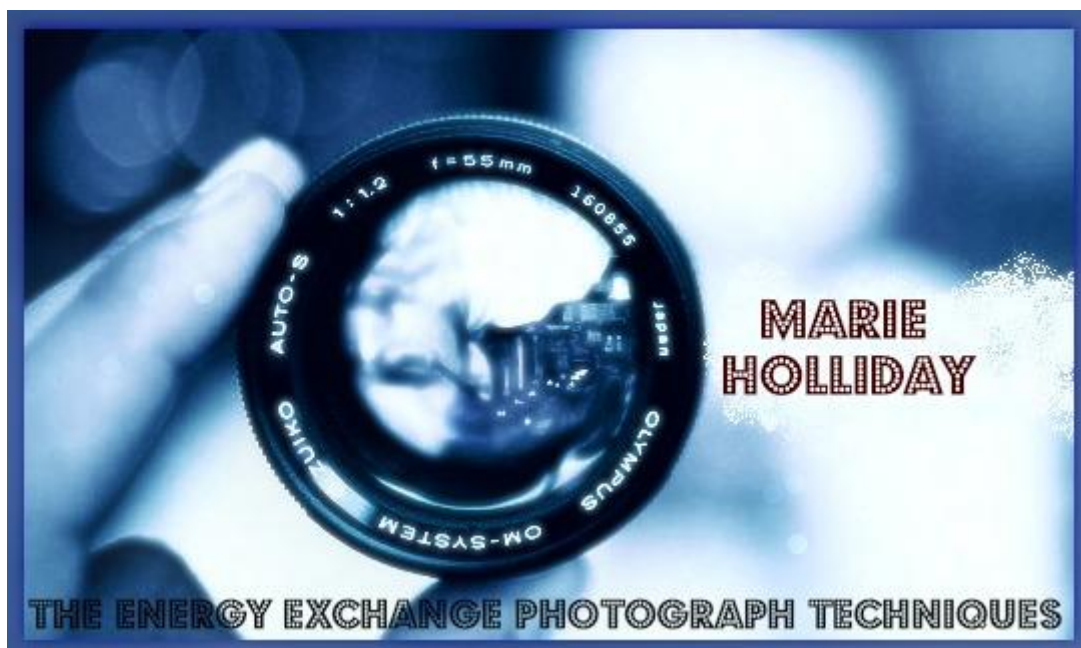


A GENTLE SURROGATE TECHNIQUE FOR PEOPLE AND ANIMALS

The Energy Exchange Photograph Techniques



For People and Animals

Presented by Marie E Holliday



Marie has been using and developing these techniques with photos and EFT for many years and she was invited to present by Master Tania Prince at the annual EFT Masterclass in Manchester 2007. She then developed these techniques using photographs for animals from around 2011 and shares an updated introduction including animals (7/7/2016) of

some of the ways you can use the *Energy Exchange Photo Techniques* demonstrating how to effectively combine working with EFT and photographs for both people and animals. She originally started working with photos quite intuitively and started tapping *on* the photograph itself with interesting and rapid results. She then had incredible testimonials as to its efficacy over the years from all parts of the world for many varied issues including a published article on this work by the Founder of EFT Gary Craig.

She then started to introduce photographs with some of her clients and over the years has discovered many applications with what she calls the *Energy Exchange Photo Techniques*.

Photographs hold Memories

“Memories are only memories to the conscious mind and current events to the unconscious mind”

Photographs can be used for both people and animals

1.) People

Marie has introduced their varied application where the client brings a photo or photos to the session or on the phone or alternatively for your own use.

This involves either:-

- Tapping *on* the photograph itself
- Interchanging with tapping *on self* in the normal way & tapping *on* the photograph
- Tapping *on self* and *looking* at the photograph of self or other people.
- Introducing a *few* photographs to tap with e.g. family photo graphs

She has now used The Energy Exchange Photo Techniques for many client issues over the years and here are a few of the examples:-

- Tapping on a photograph of self for not feeling loved

- Tapping with inner child work & a photo of self when young
- Tapping with Law of attraction/Abundance/Relationships
- Tap on photo of self imagining a difficult dialogue/conversation or interview, low self esteem
- Sending healing, love, forgiveness, gratitude
- Ex pat community where many have left problems behind in another country & distance is an issue
- Divorce, splits in relationships, family/friends, leaving home.
- Arguments, disagreements
- Grieving & bereavement
- Health Comparison photographs for tapping with ill health now and previous photograph in good health
- Using an X Ray to tap with
- Children love trawling through photograph albums where tapping can be introduced
- Photographs of pets with tapping
- Photographs concerning weight issues, smoking, weight, self image including before & after
- Tap on a photograph/magazine cutting, images of a future aspiration or dream
- Occasionally used with Movie Technique where a photograph has held an intense trauma and then tapped in normal way or a client tapped on a wedding photograph calling it 'The fight'.
- Personal Peace Procedure where clients or Practitioners are encouraged to make a journal and put photographs in to tap on.
- Tapping with a Palace of Possibilities Affirmation and a photo or magazine cutting that represents the persons aspiration
- Tapping by phone/Skype and using a photo (s)

Marie finds some of the benefits offered with the Energy Exchange Photo Techniques are:-

- Useful for a situation where a person cannot talk to another person or doesn't want to, they are too annoyed, hurt, upset, grieving
- Not presenting with emotions
- Cannot/doesn't want to see someone physically e.g. living in another country, someone in hospital, cannot face seeing someone, guilt issues
- Takes the pressure off the individual by tapping on a photo of self
- Dis -association
- Offers a different perspective
- Cognitive shift
- May change a belief system, thoughts or a perception really quickly
- Visual for the non visual person

- Can raise intensity and get to core issue quickly
- Photo is easy to check results with SUDs rating , relief, aspects when reviewing it or looking at it another day
- Can be introduced if tapping doesn't seem to be getting anywhere
- Photos are so evocative of a time, place, situation, family gatherings, childhood, teens, births, etc They hold memories of sights, sounds, smells, scenes, good memories & not so good
- Surrogate and distance healing

Interestingly The Heartmath Institute Study using human DNA in files showed that thinking the worse event ever in your life damages DNA but thinking the best event ever in your life, heals the damage.

DNA is non static and can bring destruction or healing to your cells, depending on your thoughts and beliefs.

Changing the picture you look at changes the frequency of the cells.

EFT is used to change pain/trauma pictures into healing or healed pictures as tapping changes the internal picture.

Perhaps if the energy frequency of a picture (photograph in this instance) is changed with tapping then a healthier positive frequency offers a different view or belief with the self same photo. www.heartmath.org

Examples of using these techniques



Use photos for animals, elderly/sick people, sending love, inner child work, children and much more

Let us look in more detail about the use of photographs in surrogate work for animals

2.) Animals

Photographs are a great resource for surrogate tapping for our animal companions.

Why would you choose a Photograph to use Tapping with for your animal companion?

- You may be on holiday
- Your animal companion may be at the vets or in kennels
- You may be abroad, on holiday or at a friends or neighbours home
- Your companion may be quite ill and wish to be left alone and quiet
- You may be tapping at a distance for a friends companion
- You may choose several photos where your companion was healthy and a photo where maybe not so healthy as a health comparison or other relationship problems such as a photo of another animal companion in the household or even the owner's relationship
- You may be at work or away from your companion and want to tap

As for people exactly use the same process as the following for animals:

- Tapping on the photograph itself
- Interchanging with tapping on self in the normal way & tapping on the photograph of your companion
- Tapping on self and looking at the photograph of self and your companion.
- Introducing a few photographs to tap with e.g. several photographs of the animal

NB You do not have to see all the points if tapping on your companion, surrogate still seems to work

However, you could mark a photograph with points if you prefer





Lucy with facial /jaw swelling



Lucy as normal

An example of tapping with your companion could be as follows (Style of Tapping on behalf of Lucy):

“Even though Lucy’s face is swollen, feels tight and painful with the tumour, she chooses to be as normal – without swelling, without pain in this area, just back to normal. Her body knows how to heal and she is sending Love and Healing to every part of her body and every part of her jaw, mouth, face and tumour that needs this.....”

You can then alternate a reminder tapping phrase around the points such as:

EB *“This swelling”*

SE *“Back to normal”*

UE *“This pain”*

UN *“Pain free”*

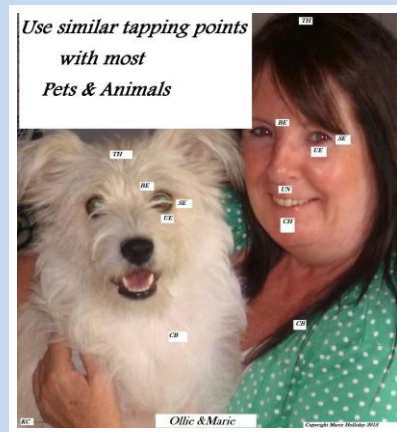
CH *“Feels tight”*

CB *“Feel normal”*

Etc...Etc...

You can tap on the photographs between each one as you wish – and on yourself. You can have several photographs.

NB: If a photograph disturbs you or upsets you then tap for your own anxieties and distress.



Finally, you could use a photograph(s) of yourself and your companion for any issues such as:

Guardian: *“I am so worried about you my little Ollie”*

Companion: *“I know you are mum- I am OK and I am worried about you”*

Then put your worries and concerns into a ‘*conversation dialogue*’ either tapping on the photos and/or on yourself.



Lucy, Barney & Ollie

Another example could be a dialogue about relationship issues if you have several companions such as dogs not getting on:

Lucy: *“Look I am the boss you two”*

Barney: *“We know you are and there is no need to growl and be horrible to us, Ollie is young and gets frightened”*

Ollie: *“Yes I do mum, I am scared of you a lot of times”*

You can then continue the conversation and see how it develops whilst either tapping on yourself, the photo, each one of the companions on the photo or all of them.

You will start to see how creative this Energy Exchange Photograph work is and may come up with many varieties how to use it in surrogate work.

Please contact Marie for further information on eftspain@yahoo.com and EFT training information is here www.eftspaintraining.com

Marie works with EFT for both people and animals and is the Organiser and Founder of [The Animal Energy World Conference](#), and has an Animal Energy World site with Energy Techniques and Communication www.animalenergyworld.com



Marie Holliday is a certified Master Trainer of Trainers & official Supervisor with AAMET International teaching courses at all levels to Trainer status worldwide

Disclaimer: These techniques must not take the place of medical or veterinary diagnosis; prescribed treatments and medications need be continued at all times.

Marie is not a medical doctor, nor has a medical background or veterinary background.