

Meridian Tapping for Your Best Friend: Your Pet!

By Gwenn Bonnell,

Meridian tapping and acupressure are invaluable to keep our pets healthy and happy.

Ongoing, regular tapping and energy medicine sessions help restore, replenish and maintain the natural balance and harmony of the body's energies to support optimal health and well being, whether you are a human or an animal.

Often we think of using meridian tapping and acupressure when our animals are sick or injured, or exhibiting anxiety, or have habits we want to break. Yes, tapping is a wonderful way to promote healing, relaxation and behavioral changes.

However, spending time each day – or each week – to share tapping with our pet when they are relaxed and healthy will help us connect with our animal and become more aware of their normal demeanor. Not only will we be notice physical changes before they become more serious, we will be better able to judge the effectiveness of tapping in a crisis situation.

Additionally, your pet will be more familiar with tapping, recognize it as something they enjoy and feel safe with, and be more welcoming to that sort of intervention from you when they are ill or injured.

Be sure you are in comfortable and quiet surroundings. If you are traveling with your animal, look for a place that has similar features or the same ambience as home.

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Most importantly, clear your mind and allow yourself to focus on the animal. Focus your intention on supporting the animal's health and wellness, and communicate that to the animal in a soothing manner.

Whether you are using surrogate tapping or hands-on tapping with your animal, or sharing tapping with someone else's animal, it helps to answer the following questions so you are better able to be as specific as possible with your intention.

Since your animal can't converse with you these questions and observations will help you pinpoint what is happening. Sharpening your awareness of the animal's condition will give you clues about what is going on and how your animal responds to treatment.

Keeping a journal to record the condition of your animal, your treatments and their reactions will help you develop your observation skills. The more you notice changes, the better you can help your animal.

Whether you are addressing a specific issue or sharing regular tapping routines, recording the starting condition of your pet, what you did during the session and your animal's reaction will provide valuable information. You will have a history of their health and wellness, a better understand their behavior, and a guide for more successful future treatments.

General Background questions include:

- What is the history of the animal? How old was it when the owner acquired the animal? Was it taken from the mother or did it have a previous home/shelter, or was it a stray?
- How long has the animal been at their current location? Do they move

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often are have they been at the same address most of their life?

- Physical history: Any illnesses, medical procedures or injuries, especially those that did not heal?
- Is there any current discomfort from recent or past medical issues?
- If there is an illness or injury that is not healing with proper veterinary care, what was going on in the owner's life at or around the time the illness began or the injury happened?
- Was there ever any abuse that you know about?
- What is the animal's daily routine? Any recent changes?
- When, how often and what type of exercise does the animal get on a daily basis?
- When, how often and what type of play does the animal have on a daily basis? Indoor and/or outdoor?
- What is their pack status – with other animals in the household and with the people in the household?
- If there is more than one person in the house, who provides them with food, exercise, play time and discipline most often?
- How is their appetite? Any recent changes?
- What are their elimination habits (urinary and bowel)? Any recent changes?
- Have there been any recent changes in the household? Did anyone leave, or is there a new member? Have there been any lifestyle changes for anybody in the household?

If you are addressing a behavioral problem, ask:

- When did this behavior start? Is there a logical reason for the animal to be exhibiting this behavior?
- When is this behavior at its worst? Are there certain circumstances,

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specific locations, certain people or other animals that trigger the behavior?

- Can you break the behavior into specific aspects? If so, which aspect is the most bothersome?

- What, if anything, has the owner done to try and change the behavior?

What is the animal's reaction?

- What is the owner's reaction to the animal's behavior? Any anger, frustration, guilt or fears?

- How does the owner want the animal's behavior to change?

- If the owner put him/herself in the animal's position, what do they think their animal might be feeling and why? What reasons would they have to behave this way? Intuitive answers are fine. If you can't think of an answer, make one up!

- What was going on in the owner's life at or around the time the animal's behavior started?

The answers will help you form specific Setup Statements and Tapping Phrases.

Observing the animal's overall demeanor and condition will help you recognize their normal behavior and notice changes during or after the meridian tapping process.

Look at the animal objectively and notice:

- What is his general demeanor? Is he alert and listening to you? Does he seem happy, anxious, energetic, tired, etc?

- Are her eyes dull or bright? Clear, cloudy or watery? Able to focus easily?

- Is he over or under weight? What is his overall muscle tone?

- What is the condition of her coat? Clean or matted? Dull, lifeless, dry or shiny?

- Are there any bare spots on his coat? Any areas he has been scratching,

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licking or biting?

- What is the condition of her paws and nails (or hoofs)?
- How is he breathing? Fast or slow? Deep or shallow? Any soft or loud noises on the in- or out- breath?
- Is there any panting, snorting or coughing?
- Are there any unusual odors?
- Does she appear to be in any pain?
- Are there any signs of a recent injury?
- Notice how the animal moves: When walking are his movements smooth or does he show any stiffness in his joints? Does he limp or have an uneven gait? Does he prance, or jog, or walk unevenly or gingerly?

Note the animal's reaction during and after a meridian tapping or acupressure session.

Obvious reactions include muscle spasms, curving the spine up or down, licking, salivating, panting, chewing or yawning.

Breathing deeper, lowering their head, closing their eyes and generally being more quiet and relaxed are signals that the animal is benefiting from your treatment.

Other more subtle reactions include changes in facial expression such as softening of the eyes, or relaxing the chin or ears. Even abdominal sounds might signify the release of energy.

Your pet might respond to specific statements, or specific points you are tapping. The more aware you are of their response the better you can fine-tune your treatment.

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Pay attention to your animal's body language, they are speaking to you and letting you know what specific affirmations and points are most beneficial. You can record these reactions in your journal to become more familiar as to what your animal's reactions mean.

If your animal starts licking, scratching or rubbing a specific body part, pay attention – they could be guiding you to where they want to be tapped or massaged, or to where they have a physical problem. This goes back to getting your expectations out of the way and letting your animal guide you.

It also goes back to knowing your animal. My dog Nittany is very specific about where she hurts – she will lick or nip exactly where she has a bug bite or burr. She will even use her paws to direct me where to scratch or massage on her body.

On the other hand, my dog Angel will rub her face after she sits in a pile of ants and they are biting her hind and back legs. By rubbing her face she is letting me know something is going on, but she's not exactly telling me where it's happening on her body.

If your pet holds its breath, raises its head, gets fussy or moves away from you, these could be signs that you need to move away and stop your treatment. Or it could mean that you are getting to a core issue and another round or so of tapping will be relaxing.

That is why it is important to start using meridian tapping and acupressure when your pet is relaxed and feeling good so you have a better sense of what their body language is telling you.

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Give your animal 24 hours to respond because it takes 24 hours for the energy to circle through all 12 meridians.

Remember to get yourself out of the way and allow yourself to follow the signals your pet is giving you. Allow yourself to relax and trust your intuition. Be creative: go with whatever thoughts and ideas come to you, follow whatever makes sense to you that your pet would be feeling.

Use meridian tapping for your own frustration or feelings that this tapping isn't working as well or as quickly as you expect.

Our animals bring us companionship and comfort, freedom from everyday worries, play, laughter, protection, relaxation and peace.

Now you can share meridian tapping with them to return the favor: help your animals move past anxiety, help them heal, help keep them balanced so they feel more comfortable and relaxed, and help them enjoy their life with you.

Sharing energy with your pet strengthens your bond together and is a fantastic way to connect with the unconditional love they share with you.

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An animal lover, Gwenn has training in small animal acupressure and shares what she knows about acupressure and meridian tapping for animals at www.tapintoheaven.com/animals