

Energy Healing 101



**EFT (Emotional
Freedom
Technique)
Tapping for
Animals**
by Joan Ranquet

EFT (Emotional Freedom Technique) Tapping for Animals

By Joan Ranquet

Other books by Joan Ranquet:

Communication with all Life, Revelations of an Animal Communicator
(Hay House Publishers)

*Energy Healing for Animals, Techniques to Enhance Health,
Longevity & Happiness of the Animals we Love* (Sounds True)

Animal Communication 101: Simple Steps to Communicate with Animals

Hear, Heal & Talk with your Pets to Know What They are Thinking

(Communication with all Life University Press)

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I am so grateful you are interested in Animal Communication. At no time is this to be used in lieu of Veterinary medicine or Training. Animal Communication can be used in conjunction with veterinary medicine and training.

Animal Communication Housekeeping

As Animal Communicators, we must uphold a level of professionalism and discernment. This lays out some good ground rules that I'm sure I'm speaking to the choir on with the following:

- As an Animal Communicator, please have permission from the animal's human, caregiver, veterinarian or trainer before jumping in to see what is going on. This is just good clean karma.
- It is not okay to speak out of school about a session, meaning, we must be like priests in the confessional with the treasured information that an animal and their human companion have shared with us.
- As an Animal Communicator, please always remain neutral. Please always be aware of your own emotional level. Please be aware that as an Animal Communicator and healer, it is helpful to always have a solid self-awareness, check in with yourself and be aware of what healing work can be done on yourself. Our work on ourselves is never finished, as long as we are here in these human suits.
- At no time are you to diagnose. You may suggest an area where there is a blockage, you might describe symptoms, but please do not name diseases or conditions.
- Diplomacy and compassion go hand in hand. There is a person that is attached to the animal you are communicating with. Therefore, in order to make a change for the animal, please be kind and compassionate, use diplomacy and respect as you talk to the person. If you put the person on defense or make them wrong, you are doing more toward not helping the animal. People respond to kindness.
- Always honor the contract between the animal and God/Universe/Spirit and the contract between the animal and their human. Even if we think that we know something more or better about that animal or what the person can do to help, we can't have an agenda about it. It is up to them.
- Don't attach to information. If a person says, "That isn't my animal" quickly move on. Don't try to defend yourself. Use the "Yes, and...." approach. In improvisational theatre, if you were to stand on a stage and say "the sky is orange" and your partner says, "no, it's not", the scene would be over. Saying Yes, and....to clients, keeps the session moving along.

This book is dedicated to the students of Communication with all Life University. They are a collection of brave and wonderful people who teach me every day. Thank you!!

I would like to thank anyone who has walked through the door and taken one of my workshops.

I also would like to thank all the people that willingly pick up the phone and jump in with enthusiasm to the world of animal communication on teleseminars!

And I would like to thank all of my animal companions for providing me with love, laughter and plenty of material.

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Before I go into EFT (Emotional Freedom Technique) Tapping, in this EFT Handbook, I want to break down the potential for Energy Healing, a reminder of how it might work on the system, what to look for in terms of a reaction from our animals, and *then* deconstruct EFT for you. Since I have spent the last few years writing, writing, rewriting and rewriting a book called *Energy Healing for Animals (Sounds True)*, I thought I would just steal sections from that book to help explain all of the above mentioned stuff!

Some of you that are coming to this EFT Handbook, have no idea what you are in for, and many of you may be seasoned tappers! For the latter, this should be a great review! I find myself pulling out my well-worn Gary Craig EFT manual every so often. And, while I was proud to be part of the Tapping World Summit this last year as a bonus, I still listen to all the other amazing speakers, and am fortunate to be friends with a few of them. I regularly sneak a peek at Margaret Lynch's *Tapping Into Wealth* (Penguin), I also look at Nick Ortner's *The Tapping Solution* (Hay House).

I may as well come out of the closet now, I am an educational/workshop junkie myself. If I am not teaching somewhere, I love to be learning!

I was fortunate to learn EFT quite a while ago. I helped many a person and animal in the beginning. I took a class and worked regularly with a practitioner. In 2001, I had been the victim of a crime, and, while I wasn't allowed to be hypnotized until the criminal investigation was over, I found EFT calmed the PTSD I suffered from. I actually found some tapping points to tap on while I was in court, and it just looked like a nervous habit! Meanwhile, I was self-medicating!

The court proceedings started in 2002. At this point, I had been teaching another form of Energy Healing for about 4-5 years, as well as Animal Communication. I regularly utilized the EFT with people

and animals, I never thought about teaching it. Nor, did I think it would become such a mainstay in my world!

I even joke that through my divorce, I practically bruised my face tapping on things about my ex-husband. You could say, tapping has been a solid, silent friend. So, it is about time that I emerge with this friend!

I had mentioned EFT a couple of times in my first book, *Communication with all Life* (Hay House). When it came time to work on *Energy Healing for Animals* (Sounds True), I knew I really wanted to shine a light on EFT, particularly with what my experiences have been over the last 10 years with animals. I started researching who was the best Animal practitioner with EFT. I was really coming up short. Certainly there was someone with more data than me that could be a great interview for my CWALU (Communication with all Life University) Animal Education Teleseminars program. I also wanted the interview for my new book, and I have a resource section in the new book and website – this would be amazing exposure for the main person of EFT and animals! I kept coming up short. Nobody. Nothing. Nada.

In the course of the 3 drafts, two editors later, I discovered (once again), the universe abhors a vacuum – and since I was paying so much attention to WHO is the best EFT for Animals practitioner, and nothing was showing up, I finally thought to myself, why don't I run with this. I am starting to fill this vacuum. But, this vacuum is mighty big and there is room for all of us to be great at this with animals. My hope is that I give it some deserved attention, and, one of you (or all of you) becomes the Rockstar of all things EFT with animals.

I ended up in another certification course for EFT in 2013. It was a year- long course and included coaching. I have since used it more regularly in my practice and have been teaching many other people.

In teaching EFT for Animals, I have watched so many of my students truly excel with this work. It is very exciting and I believe we are on the cutting edge here!

I have broken this little handbook down into:

What is Energy work?

What is EFT?

Case studies

The tapping points

Scripting

### **What is energy healing or energy work?**

I have excerpted the next few pages from my new book, *Energy Healing for Animals, Techniques to Enhance the Health, Longevity and Happiness of the Animals We Love* (Sounds True):

“Energy Healing can help or even reverse the symptoms of almost anything you can think of including, but not limited to, allergies, diabetes, cancer, aging, nerve challenges, insulin resistance, infections and much, much more. I can’t stress enough how valuable it is in true healing. Energy Healing can support the nervous system, cardiovascular system, immune system, endocrine system, digestive system and, of course, the chakra system and the meridian system. It’s also wonderful for challenges including hip dysplasia, arthritis and overcoming major injuries. Energy Healing is

excellent for enhancing post-surgical healing and especially when your animal is fighting for his or her life.

While Energy Healing addresses the physical demands of an illness, injury or condition, it also helps to release any emotional baggage that comes with the illness, injury or condition. If the challenge is simply emotional, Energy Healing will help rapidly as animals can't go to talk therapy. Okay, they *can* with a good Animal Communicator – but you still have to move the emotion up and out! Energy Healing can do that – and so much more.

Psychological barriers such as being afraid to do something again after an injury, i.e., a horse that was injured during a jump or a dog that was in the car when you had an accident, can be addressed through Energy Healing. Grief can be supported through Energy Healing, too.

While animals aren't spiritual in the same way we are, there are some very tragic times when animals have "lost faith" in humans and act out in ways I consider to be symptomatic of a spiritual breakdown. It would appear to be a total loss of faith in something different from them. Then, they don't even trust themselves. Energy Healing can definitely assist in rebuilding a lasting trust and love."

**And later on, more from the same book:**

"We are electromagnetic beings and have a field of energy around us called the aura. There are many complex explanations for this that I'll skip for now, so we can stay on track. For our purposes, we will keep it very simple for now. Imagine that each animal, each blade of grass, each animate and even inanimate object has a luminous body that surrounds and interpenetrates the life force or object and emits its own characteristic radiation.

The various forms of energy in the world around us – chemical, electrical, heat, light, mechanical, nuclear, wind, solar, steam, hydropower – can convert to different kinds of power and energize our world.

The energy systems in a physical body are similar including chemical, electrical, heat and mechanical energies. Any living organism can be a microcosm of either potential or kinetic energy and can be a source of power itself.

Energy in motion is *kinetic energy*. Energy in a stored state is *potential energy*. Potential Energy in several sources can combine to create kinetic energy. Think of a common battery – even once the juice is drained, the battery is still there in mass. At this point, it is potential energy. Once it is recharged by another source, it is still potential energy. The battery is placed in a flashlight – another piece of potential energy. Technically, there are at least two potential energies there – the battery and the casing of the flashlight. Someone needs light, has an intention of getting light and – *voila!* – the flashlight is transformed into kinetic energy. Light! Intention alone is clearly kinetic energy. *Intention and other kinetic energies are powerful together. It's as if it becomes a power source of its own."*

## **AND NOW A WORD ABOUT ENERGY HEALING**

"Many of your readers and most clients will want to ask me about energy healing as it pertains to your animal. There will be a lot of information about energy healing in this book, but I'll start with just the basics for a moment. Energy healing, energy medicine and vibrational medicine share something – a frequency is involved and that frequency is the broadcasting of a wavelength, which is fine-tuned by *intention*. Even if the wavelength is invisible, its effects are not. I have a client whose beloved Labrador at age 13 seemed down for the count after a seizure. The vet discussed options,

but my client asked me about energy healing for the dog. Carefully, we worked through touching as we gently brought the dog back into her own body by helping her to feel her own energy. A listless dog that wasn't eating suddenly gulped down a burger in the dog hospital, stood up and lived three more healthy years.

Energy Medicine ranges from thought forms to a complex series of techniques in the mind to prayer to touching with intention. Energy Healing can be about finding balance in your life and managing time between all the things that are important to you. It can be breath work to lift out old patterns that don't serve you. It can also be a complex series of thoughts and rituals that a practitioner employs on behalf of you and/or your animal. The amazing part of energy work is that it can be done while the patient is present with contact (hands-on). It can be experienced sitting across the room or it can be performed at a longer distance (remote healing). I've worked on many clients who live across the world and never have the joy of meeting the animal we've healed together.

Energy Healing unites the body, mind, emotions and spirit. It involves fine-tuning the Universal Life Force, the energy from within each individual. Chinese Medicine refers to the Universal Life Force energy as *Chi*. Yogic traditions call it *Prana*. *Kundalini* is considered the coiled energy that sits at the base of the spine and is a powerful reserve of energy – of one's true desire.

Spiritual Healing is also Energy Healing. Spiritual Healing requires or elicits faith or belief. Prayer, mantras or chants invoke solace, strength, help, repair; they are petitioning for help utilizing energy work plus intention. A known prayer, mantra or chant maintains a vibration and taps into ancient technology because the prayer, mantra or chant has been invoked by so many that it now carries an energy of its own. All of the people who use those very words are now connected by the spirit

around the prayer, mantra or chant. This continues to contribute to the power or energy behind the prayer, mantra or chant, ad infinitum.”

**This also holds true for EFT as 100,000’s of people employ this technique – so all are gaining by the big investment into this technique!**

### **What is EFT?**

From: *ENERGY HEALING FOR ANIMALS, Techniques to Enhance the Health, Longevity & Happiness of the Animals We Love* (Sounds True):

#### **EFT Emotional Freedom Technique**

“EFT is a healing technique that quiets the nervous system, spurs emotional healing, and helps physical pain as well as performance anxiety. Tapping on the meridian system of the body does it. In Chinese Medicine, each meridian is associated with an emotion. By “tapping” on a series of points through the meridians, the overwhelming feelings and emotions can be mitigated.

Go back to the first part of the book and look at the energy and behavior of the animals in your homes. Animals come in and out of feelings more fluidly than we do. Our feelings about their situation will compound their feelings. This keeps them stuck in a pattern or behavior that we may not want to continue – yet, they are trapped. Tapping is an excellent way for us to even address our feelings about the situation and help the healing for the whole household. “

### **CASE STUDIES**

I have so many stories, but I will tell two that illustrate how dramatically this changed the circumstances for two animals and their humans.

## Shakespeare

Shakespeare was a lovely Warmblood horse that I knew, while living in Florida. I visited and chatted with Shakespeare on several occasions and even became friends with the owner, Karen. We happened to have the same trainer, Chris, so, Shakespeare was never out of my world view at that time!

My trainer Chris and Karen called me one day from the show grounds in Wellington. They said “Joan, Shakespeare is going after ponies in the warmup ring of the jumping show and it is dangerous, you need to get over here.” I said I could do the Animal Communication session from the phone. I didn’t think I needed to drive 30 minutes to do this!

They were emphatic, “NO, you need to get here.” I knew that if Chris, my trainer was saying, you need to get here, I needed to get there. So, I moved my phone clients around and off I went.

When I got there, the situation bordered a horror movie. Warm up rings for horse shows tend to be chaotic, regardless of the discipline. This was scary. Little girls were perfectly perched on their little ponies. Chris, one of the more masterful riders on the planet, couldn’t control Shakespeare. They would jump the jump and then Shakespeare would bolt and lurch, ears pinned, teeth bared like a rabid dog, toward a pony on the other side of the jump. Little girls were screaming and cantering off, terrified.

I said, “I want to do something that is going to seem crazy, and, it is going to look weird! We need to find a quiet barn aisle, or, you need to not care what people think as you are poking your face!!!!”

We found a quiet barn aisle and I got quiet and connected with Shakespeare. Shakespeare told me that in his youth, he was weaned and sent off with some ponies. The ponies were mean to him. He was small compared to them and he couldn’t understand why they picked on him. Eventually, he grew and grew and these particular ponies were never nice to him. His experience as a young horse was

terrifying. He was still protecting himself when he was like the jolly green giant in size, compared to these ponies all these many years later.

So, I showed everyone the points for EFT (Emotional Freedom Technique) tapping. I tapped with my left hand on my own face while Chris and Karen imitated that. With my right hand, I tapped on Shakespeare's face and body. (You will see the points in upcoming videos in this workbook.)

I had Chris, the trainer and Karen the owner repeat after me with the scripting and they tapped on themselves as well.

We started very simply "Even though I hate ponies, I love and accept myself." We repeated that and then as we tapped through the points, we released the old story of being bullied by ponies.

Chris rode Shakespeare out in the warmup ring later that afternoon. Shakespeare was better toward ponies and they got through the show, maybe even placing well. Shakespeare may have been tempted, but he behaved.

Later, Shakespeare lived in a barn across the barn aisle from a pony with no aggression. That was world peace in their world.

## **Champ**

A young girl, Rachel, and her mother had me out to talk to her new pony, Champ. Champ was a champ! Champ had been imported from Germany. Rachel was thrilled. In the initial Animal Communication session, Champ told me of winning everything with his prior owner, a young girl in Germany. Champ has a very professional demeanor. Champ seemed to be adjusting well here in the US. He was a little unsure of his job with Rachel and he thought she was a little anxious.

Rachel's mother assured me that Rachel was not anxious. So, I carried on with the session and found out as much as I could and relayed it to his new owner, Rachel and her mother.

Months later, Rachel's mother called again, wanting another session. Rachel, it seems was now terrified of Champ (an understatement), after he had bolted with her. I can't remember if Rachel had fallen off at that time, regardless, her true fear was of Champ bolting.

When I returned to the dressage barn where Champ lived, he reiterated his confusion with his job and the fact that Rachel was very nervous. All the time.

Finally, Rachel's mother admitted that Rachel did indeed have an anxiety disorder. Not only did she have an anxiety disorder, she was so terrified of riding Champ that she was exhibiting fear in the car ride to the barn.

I asked them if they wanted to try something weird and suggested we go around the corner where no one could see us pounding on our own faces!!!! I also explained this may take more than one session.

We took Champ over to a grassy spot where he could relax. I asked Rachel several things:

1. Where in her body was her terror of riding Champ?

She said it was in her stomach.

2. Did she want to get on Champ again?

She said yes.

3. Did this terror remind her of anything that had happened before, even though she was 12 at this point, there could have been something terrifying that was still held in her being, even earlier in life?

She said there had been a car wreck at one point. The mother said it was nothing, a fender bender. For Rachel, this feeling of being out of control was beyond anything she wanted to experience again.

4. If she could ride again, who was her absolute hero?

Suddenly, this shy, seemingly anxious young girl sat up and instantly said Charlotte Dujardin and Valegro.....(Charlotte Dujardin and Valegro are a double gold medalist team from the 2012 Olympics for the U.K. and have won everything since then at the World Equestrian Games and everything else in between – they are STUNNING.)

I knew I had my work cut out for me as this young girl was even wearing a helmet to the barn to groom her horse, along with a full three day eventing vest to protect herself from her horse, lest he were to get out of control, on the ground. Yet, her vision of riding like Charlotte Dujardin was palpable. I don't like seeing any young girl scared of anything, particularly a horse. I certainly will help a young girl fulfill her dream.

We started the EFT tapping. I tapped on myself with my left hand, she followed the pattern by following me and with my right hand, I tapped on Champ.

I started with the concept that everything was out of control, out of control. At some point, we even repeatedly tapped on the out of control on every point. I kept coming back to that. I then ended it with, and we float, air born, like Pegasus, a team like Charlotte Dujardin and Valegro. I consistently used the Charlotte, Valegro reference through all the points. I also constantly checked back with that stomach. I would throw lines into the script like: Oh, my stomach says no, I can't get back on.

The fact that I knew this energy, defeat, fear, anxiousness, feeling of out of control was sitting in her stomach, I could always use that as a reference point for progress.

As I would feel Rachel and Champ shifting, I would remind Champ, as if I were tapping into his brain, his new job was to always take care of Rachel, and then I would go into the Charlotte and Valegro imagery.

I suggested several things as homework. One of which was, I knew Rachel had done well with a horse, prior to Champ. I suggested that she go ride that horse to gain her confidence back. I also have lots of ideas from my first book *Communication with all Life* (Hay House), of cutting and pasting pictures you have to create the outcome that you want. I asked her to have her parents take a picture of Charlotte and Valegro and put Rachel's head on Charlotte's body and Champs face on Valegro's body.

Within a day or so, after the first session, Rachel's parent's emailed me this brilliantly photo shopped photo of Champs head on Valegro's body and Rachel's head on Charlotte's body:



We continued to tap on the belief that, "everything is out of control" and more things would come up, we would integrate that into the tapping. All but one of the 5 or 6 sessions included tapping on Champ.

And, then, in December, I received this:



Rachel's smile and Champ's pride and ease are spectacularly captured in this holiday card. This beautiful card sat on my table, long after the holidays, as a reminder that all things are possible. I went out to watch Rachel and Champ ride that January.

### Sample Client calls and video

If you'd like to listen to some sample calls, here they are:

EFT Skittish cat, audio:

<https://app.box.com/s/oe0suzmj2849pgk7ysno>

EFT with Jackson Dog with anxiety, audio:

<https://app.box.com/s/dinl32niiq1cihf4tzk>

EFT cat with litter box issues, audio:

<https://app.box.com/s/kpzvvg9fit251qworb39>

EFT dog with liver and behavior issues, audio:

<https://app.box.com/s/ee5py7ts3pzxjhcixt52>

Here is a video of me working with a horse at a Therapeutic Riding Center in Texas:

[http://youtu.be/IBp0OI\\_wel4](http://youtu.be/IBp0OI_wel4)

### **EFT (Emotional Freedom Technique) Tapping Points**

From: *ENERGY HEALING FOR ANIMALS, Techniques to Enhance the Health, Longevity & Happiness of the Animals We Love* (Sounds True):

“There are three ways you can tap on or for an animal with regard to a behavioral or health challenge:

1. Humans can tap on themselves on behalf of their animal, acting as a surrogate;
2. Humans can tap right on the animal in the same general area as you would a human, thus activating or de-activating the meridians and the associated organs;
3. Humans can tap on themselves and their animal with regard to a situation.

When we tap on ourselves, acting as a surrogate on behalf of our animal companion, we tap specifically on the tapping points for ourselves yet speak for the animal.

When tapping on the animals, we mimic the position of where we tap on us, yet we are tapping right on them. When we tap on ourselves, it can be vigorous when we get to more emotional points. We want to be mindful of their degree of sensitivity. Many seeming behavioral issues could be coming from a head injury, so being delicate will be as powerful as using any force.

For cats, this can be a challenge, because they can turn around and say, “Yeah, tap that” with a big old swat! Also, cats and dogs with short noses (pugs, Boston Terriers) don’t have a space to do some of the tapping points. I can do it on my cats, but they are pretty used to me doing weird things to them!

If tapping would be too threatening or irritating on a cat’s face, it is still very calming, and you could use your intention to simply tap along the bladder meridian, that runs along the back, on either side of the spine (as seen in Part I). The bladder meridian has association points all with each of the organs and other meridians. So, you could easily calm or stimulate a lot of the same things as tapping on the specific EFT points of the face.

If you were to do this technique on animals in a shelter, remember how super sensitive and highly stimulated they would be. This is an excellent technique for calming, but I just like to air on the side of safety for all. That said, the specific points around the eye would be very calming.

The Tapping Points (The points mentioned on the left are where we tap but the specific point is on an animal acupuncture chart, not necessarily the exact same meridian for humans).

- Inside of the eye – Bladder 1 – very calming, good for eye disorders, calms nervous system, nasal disorders
- Outside of the eye – Triple Heater 23 – relieves pain
- Under the eye – Stomach 1 – Anything of the face, teeth, jaws, eyes
- Under the nose – Large Intestine 20 – nasal challenges, allergies

- Under the lips – Conception Vessel 20 – Helps relieve fear and anxiety – anything in the mouth
- Collar bone – This would be Pericardium 1 which calms respiratory or heart – on a dog or a cat that is smaller, you are going to be tapping on a lot of the other acupuncture points as well, just due to the nature of their size. Kidney 27 is right around there and so is Lung 1 all seem to have the focus of better breathing and calming. On a horse you could tap broadly, starting at the P1 point and move across the chest. Lung 1 is also associated with relieving grief. K 27 is like a foreman for all of the organs.
- Top of the head – Tapping here is right on the Governing Vessel meridian and this meridian is known to relieve neck and back pain, stimulates the immune system and calms the nervous system. When we tap on ourselves, we generally tap just on the top of the head. On a dog or cat, you could tap on the top of the head and broadly tap back down the neck a teeny bit, to where the occipital bone (head) meets the atlas and axis (top of the neck) and get the benefits of connecting with Bladder 10 which helps depression and fear. By tapping further down, you will also tap on Gallbladder 20 to help nourish the brain and alleviate head and neck tension. On a horse, these points are all right there on the top of the head known as the poll.

One of the trickier aspects to tapping on an animal is whether or not they will sit still! Horses are more inclined to standing still through it because they are used to being tied up. Cats have no reason to sit there if they don't want to and dogs will do it, but if you are trying to calm a puppy down, your hand may become the toy.

When we tap on ourselves with regard to a situation, this can be very powerful. By tapping one round on an issue, you can discover other pieces to the dilemma that hadn't occurred to you. It is fodder for more tapping! Some of the instances that you may want to tap on yourself and see what comes up for you are in the case of an animal not getting better, or a behavior not shifting.

I had been working on a horse that had a chronic lameness. His owner and I changed the diet, took the shoes off, and I was doing regular sessions of scalar wave and we were using some essential oils. What was standing in the way of the expected full recovery? We discovered by tapping on her that she was used to having a story to tell people, and was quite used to having the problem.

Other people may have serious guilt attached to an animal's illness. They may have sadness. They may be mad at the vet because it wasn't treated properly, or the vet was cold when he/she gave the diagnosis. We have a lot of feelings around our animal's condition. Tapping is a great way to alleviate our feelings around these conditions.

Some of the things that I have tapped with people or directly on their animal:

- Fighting bunnies
- A cat that had been recently adopted and not fitting in to the household
- A dog that wouldn't heal
- A cat with cancer
- A horse that was angry at ponies
- A polo horse that was spooking at the goal
- A horse that had been retired and didn't have a job
- A horse that was still grieving the loss of her foal
- A horse that didn't know what his job was and was super nervous all the time
- Separation anxiety with a puppy
- A dog that hadn't accepted the children (who were ages three and five)"

That is what I have written about Energy Healing and EFT. I am waiting for the illustrations for the new book, and that is months away. So, I have made videos to illustrate the points on dogs, cats and horses.

Below are links to videos I have made on the subject:

EFT Tapping and Animals

<http://youtu.be/cKsGnDt9hAw>

Tapping Points on Dog, Cat and Horse

<http://youtu.be/QLjyNzbXCLQ>

### **Signs that the animal is receiving the healing**

From: *ENERGY HEALING FOR ANIMALS, Techniques to Enhance the Health, Longevity & Happiness of the Animals We Love* (Sounds True):

#### **What to Look For When Getting Started**

“Many of these techniques will mention relaxing the animal into the parasympathetic nervous system. The Autonomic nervous system controls most of our bodily functions that we don’t have to think about – i.e. heart, digestion, circulation, endocrine, reproduction, etc. The sympathetic nervous system is responsible for our “fight or flight” responses. The parasympathetic nervous system is our “rest and digest” responses as it’s the body in a more relaxed state. This is necessary for healing. Remember, the inherent intelligence of all bodies: balance.

Aside from feeling good about giving bodywork, or some subtle little touching technique, you will see telltale signs that you are in fact impacting your dog, cat or horse. You are looking for the signs of relaxation, the signs that the animal has stepped out of fight or flight and into a parasympathetic nervous system – which stimulates relaxation.

Some of the signs you will see are a change in breathing, licking and chewing, yawning, passing gas and a softness in the eye. When you know an animal has a lot of armor and isn't giving into the healing, taking nice big loud breaths yourself will remind the animal to breathe. Like humans, when finishing with a massage or healing session, the bathroom is the first place the person or animal heads to afterward.

## **Signs**

For dogs, yawning signals to other dogs (or other beings in the multispecies household) that he/she is relaxed. Inherently, a dog knows to yawn to calm itself down. A cat will yawn for the same reasons and also as if to say: "whatever." For cats, it is a form of dominance to say, "Hey, I am so chilled!" Cats will also squint at you when they are completely relaxed. At first you might think you are making it up!

A horse will yawn consecutively in a healing or training session to release endorphins. This creates a calming effect on his/her own nervous system.

When a horse does what horse people call licking and chewing, they are releasing some pressure, some tension or coming down a notch with their level of anxiety. Licking and chewing can indicate processing while training, also.

For dogs and cats, it looks like swallowing and sometimes even a little lick of their lips is followed up by a good yawn. When referring to licking and chewing with a dog, this is not the same type of incessant licking and chewing of a paw as a result of an allergy or anxiousness. This is licking and chewing the air, so to speak.

And as gross as it is, a great sign of knowing you are getting into their system on some level is when they pass gas!"



The owner, Jen Hlavacek is tapping on herself while the trainer, Shannon Peters is tapping on the horse. The person taking the picture was also holding the phone up with me on speaker phone. I led the tapping round before Magic went out to compete.

### **SCRIPTING**

Any good script has a beginning, middle and end. Your beginning is the story that the animal has told you in the Animal Communication session. You can match it up with the human's story.....the human likely filled you in on details about the animal.

And, you can ask the human how much this animal's story affects them, or is it like something that has happened to them.

Before you start speaking, here are some things to consider and intuit whether or not this applies:

#### **Blocks**

Block for animal – For an Animal, the main block they may experience would be part of their body. Animals have an ability, even more than we do to hide pain, to literally block off a section of themselves.

Block for human – For humans, this is much more complex as it includes emotions. Certainly a human could wall off the feeling of a part of their body. More likely, however, the human has blocked an ability to move forward, to shine or to be considered a healer with their own animal.

Question for both human and animal – is this a match somehow? Could the emotions parallel something else for the human?

Resistance – what if I fail? Woman on phone who had lost the cat before. Spent all her time and nothing came of it – so she wasn't really hearing me with regard to the present cat. Resistance is the opposition to someone or something – in this usage, the self! We have our own little voice in our head, we have great ways of self-defeat.

Resistance for animal – This could be with regard to moving forward in training after a bad experience, this could be a resistance to being noticed for something great.

Resistance for human – This could be with regard to moving forward in training after a bad experience, this could be a resistance to being noticed for something great.

Question for both human and animal – is this a match somehow? Could the emotions parallel something else?

Beliefs – this is an acceptance of the mind that something is real. It is also a confidence.

Belief for animal – a belief for an animal is basically going to be based on experience, i.e. the trailer is scary or crates are confining, there's a boogey man in my litter box.

Belief for human – this could be from a bad experience or a learned, an imprinted situation from our parents, or even from a past life.

Vows – A solemn promise, of any kind! A pledge.

Vow for animal – This doesn't pertain as much with animals, except with regard to feral animals!

Vow for human – We have so many vows that were activated in the womb, and probably from prior lives. We live with vows that were our parents, that we don't even realize we downloaded and are trying to play out!

Loyalties – a lot of us are loyal, at a core level, to our parent's belief systems.

Loyalties for animal – they are loyal to whomever loved them or they have loved, even, like children, they are loyal to those that haven't treated them well.

Loyalties for human – Humans may have loyalties to their feelings, like an animal that has crossed over or how someone else trained an animal, or this past animal didn't heal, why should this one.....

Battles – some of us are so rebellious and wired for a fight at all times.

Battles for animal – an animal may have fighting wired into their dna and will always pick a battle before they surrender.

Battles for human – this is the same for humans as for animals. They may also battle smaller issues, just because!

Secondary gains – There is some hidden agenda here like it feels good, or it is familiar, or I get a lot of attention.....

Secondary gain for animal – if an animal gets a lot of attention for being lame or being naughty and doesn't otherwise, why would they quit?

Secondary gain for human – the human may love the sympathy or the story involved with having a lame horse or a sick dog or a naughty cat.....

Familiarity – Sometimes, people and animals have a safety in the familiar, like an animal may feel safe in a time out or feel loved by having their human attend to their wounds.....

Familiarity for animal – this could be over behavior as well as illness/lamenes

Familiarity for human – this could be for having a problem animal or spending a lot of time getting ready for horse/dog/cat shows and then something comes up and the person just watches their friends compete.....they may feel familiar with always having a problem.....

Once you have the story from the animal, some of the most basic emotions for the human would be:

Guilt

Shame

Sadness

Grief

Depression

Despondency

Frustration

Helplessness

Agitation

Hurt

Joy

Hope

Fear

Worry

Let's say, the animal has chronic allergies, the person may have several feelings about the animal having allergies.....they may have guilt, sadness, helplessness, agitation, frustration. If allergies are stress for the animal, tapping on all of those feelings for the human will release some stress for the animal.

If the person has had an accident with their horse, you could tap on all of the things for both the human and the animal about the particular accident and then check into the fear level of the human about getting back on the horse.

With an aggressive dog incident, this would be very similar, whether your dog was the aggressor or the victim.....the client would have experienced this with their dog and then the person would still have fears about going back out with the dog.

With illnesses and lameness, you would find out the animal's feelings and match it with the humans....again, an extra round of tapping on the human and their frustration, sadness, helplessness.....you get the idea.

Animals feelings come and go a little more easily than humans. It is easy to attach human emotions on to animals, this is a pretty simple list of what animals feel, but it is a good reminder to stay away from the concept of hate or retaliation.....many of these are manmade concepts.

That said, their emotions are big, for the moment and deserve attention. They function from a state of or feel the following:

Seeking

Rage

Fear

Panic

Lust

Care

Grief

Play

Regret

Longing

Jealously

Embarrassment

It is safe to start out with what they are feeling together, then move to what the animal is feeling and then finish with what the person is feeling about the situation. Always try to find an outcome for the animal and their human to focus on that is positive, possible and pleasant!!

As you see the person and animal shift, you can mention that it is time to break the vow, the belief system or the block. Or they are ready to release the secondary gain, the resistance, the familiarity of (blank). It is very important to then have the fantasy or the desired outcome to end the session on.

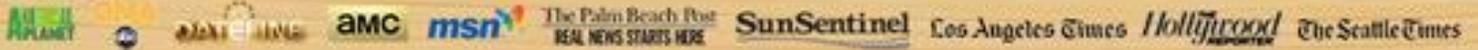


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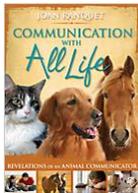


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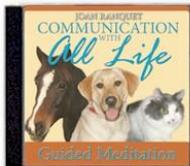


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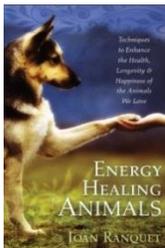
Joan Ranquet - Products & Services



***“Communication with all Life, Revelations of an Animal Communicator,”***  
published by Hay House.



***“Communication with all Life Guided Meditation,”*** CD or Mp3, produced by Audisee.



***“Energy Healing for Animals, Techniques to Enhance the Health, Longevity and Happiness of the Animals We Love”,*** published by Sounds True, out late 2014.



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For more info about Joan Ranquet private or group Animal Communication sessions, trips, weekend workshops, teleseminars, speaking or more, please go to: [www.joanranquet.com](http://www.joanranquet.com).

**Communication with all Life University (CWALU)** has comprehensive programs for deepening your skills in Animal Communication.



**Professional Animal Communication Mastery Program** is for the person that wants to become an Animal Communicator. This includes 4 weekend workshops with Joan, 3 specialty classes: Energy Healing for Animals, Death & Dying and Animal Biz – working on marketing and building your animal business. It also includes Animal Education Teleseminars – with experts from training to healing to energy techniques, Bi-monthly Advanced Animal Communication Teleseminars and Mentor Calls. Requirements are homework and an elective in an energy and body work. (Virtual weekend workshops – via teleseminar available and count as credit toward the Full Time Certification.)

**CWALU Animal Communication Home Study Course, Basic Animal Communication and Energy Healing Home Study Course** is designed for the student to study in the privacy of their own home. Weekly lessons are available via audio, video and/or PDF files for the student to study. This is an introduction to Animal Communication and healing techniques and modalities. This should whet the appetite of the student who wants to work with animals but isn't sure just how, yet. The Animal Communication Home Study Course is designed to be something you can do at your own leisure as well as participate on the live calls.

For information on the above products or services, please go to: <http://joanranquet.com/cwal-university/>

Animal Communicator, Author, Speaker, Founder of Communication with all Life University, Joan Ranquet is an internationally renowned Animal Communicator and bestselling author of *Communication with all Life*, *Revelations of an Animal Communicator* published by Hay House. Joan conducts private sessions, teaches Animal Communication in Teleseminars, weekend workshops and is the founder of Communication with all Life University, a comprehensive certification program for Animal Communicators. She just released an e-book: *Animal Communication 101* and the companion workbook. Her next book, *Energy Healing for Animals*, will be out Summer 2015, published by Sounds True. Ebooks from Joan include *Animal Communication 101*; *Animal Communication 101 workbook*; *Animal Communication 101: How to Enhance Intuition*; *Overall Wellness*; and *End Stages and Beyond*.

Joan Ranquet has started Sacred Connections – Journeys to feed your soul – wildlife and sacred site trips to connect all life! Joan has taken several groups to swim with Dolphins in Bimini and trips to Africa and India are being planned.

Joan has worked with thousands of individual pet owners, dog, cat and horse trainers, barn managers and vets. She troubleshoots behavioral and medical issues, helps stimulate healing in conjunction with conventional treatment, and facilitating clients to deepen their ability to care for and understand their animals.

In addition, she teaches Basic Animal Communication, Advanced Animal Communication internationally, and has an Animal Alchemy series of energy and body work for animals and their people. She speaks all

over the country and frequently donates her speaking fee to help rescue and rehab organizations raise awareness and money.

Most recently, Joan has been featured in The Hollywood Reporter as well as a media flurry that went viral when Joan found Gemma the lost horse. She was chosen by MSN as one of the “Top 25 People Who Do What They Love”. Her University was featured in the Orlando Sentinel. Joan has been featured in dozens of media including Pet Nation on Dateline NBC, The Today Show on NBC, Good Morning America on ABC, Animal Planet, the National Enquirer, The Los Angeles Times, The Sun Sentinel, and The Palm Beach Post. She was the “celebrity animal communicator” in a short documentary on the AMC Channel. Joan writes for The Horse Connection magazine.

Joan attended Stephens College in Columbia, Missouri where she received a BFA in Theatre. Prior to being an animal communicator, Joan worked as an actress and writer in both Hollywood and NYC. She has been working with animals for as long as she can remember.

Today, Joan’s animal family includes Gabrielle, an Arab mare, Rollie, a Thoroughbred gelding, a Warmblood named Anya, a Border Collie mix named Olivia, a lab named Isabella, a Border Collie cross name Delilah, a cat named Francesca and her three kittens: Queen Latifah, Buster Keaton and Henry.

[www.joanranquet.com](http://www.joanranquet.com).