



Surrogate EFT and a Dove in deep shock

I would like to share this simple story and hopefully encourage everyone who uses EFT to try it with animals, birds and wildlife especially the times we can feel helpless and that's where EFT can step in.

A few weeks before Christmas we had been watching the progress of two nesting doves who hadn't taken flight yet and were preparing for their first flight from our fig tree (which was then with thick leafy cover)

They managed their first flight successfully even with our three dogs with keen eyes on them!

Cutting the branches back now the doves had flown the nest, we left the nest there and they revisited their home daily. We watched their progress with great interest.

One day, having coffee on the terrace we saw what looked like the pair of doves flying around some conifers on our land, however what developed next proved otherwise. The dove fell to the ground from the midst of a conifer where it had fallen into it and then fell to the land. It had been targeted by a sparrow hawk and attacked but seemed to escape.

Next as the bird lay there in deep shock, our puppy ran across and picked the dove up in her mouth and as we were shouting 'drop ' and running to try to help the dove, our puppy dropped but then one of our older dogs grabbed the bird in its mouth and started running off with the dove firmly grasped.

He dutifully dropped the dove as we got to him and the dove just lay there barely breathing and possibly injured. We got the dogs in the house to give the dove a chance to escape and she literally fluttered hardly able to fly into some bull rush reeds nearby.

I gently walked towards her tapping surrogate all the time and saying '*I was only trying to help and not to be worried after these traumatic events*'. I moved very slowly and quietly towards the bird which was laid on its back with wings folded across the chest and the breathing was so laboured and shallow I didn't think the bird would survive the shock. So I tapped as if *I was the dove* :

'Even though I have had all these shocks ..and not one shock but three..I can't die of shock...they say birds die of shock really easily but it's only a shock and I am still alive, I choose for my heart beat to become stronger and stronger...beat strong enough so that I may fly away safely and live my new life with my sibling dove'

'I have had such a short life so far and I love it here, it is where I was born, I can visit my nest and I don't want to die yet as I am really safe here...'

'I must be a strong dove because I have escaped that awful sparrow hawk's attack..but he has to live too..it wasn't personal..if I see him again, he will leave me alone because he will know I am too strong for him.....'

...then I escaped not one dog picking me up but two dogs...wow I am such a strong dove..I can feel my heart getting stronger and stronger with every beat...I am so safe here and I am recovering easily and quickly'

'It was only a shock..well three shocks but I am still here and my breathing is getting stronger by the minute'

'I can't wait to fly off and be with my family again and have fun, I am too young to die..I want to live longer than this...and this lady is kind, she wants me to live'

'Heart getting stronger and stronger and stronger..'

I was only a few minutes tapping and the doves' heartbeat was definitely stronger but it was still laid on its side, so I was also concerned for its safety .

I left it for a few minutes warming in the morning sun.

When I went back, I decided to try to help the dove turn into the right position from her side. As I moved forward very gently , she fluttered up a little and sat on the reeds in the sun.

I tapped a couple of minutes more about *getting stronger and flying away ...and not to be worried about me .*

I could see the bird didn't appear to have been injured which was lucky considering being attacked by a sparrow hawk then picked up and dropped by the dogs.

I left it again and went back a few minutes later and it had gone. I was hopeful it had recovered and flown away and couldn't see any signs to the contrary.

Later that day and every day since, the dove visits their nest in the now leafless fig tree .

I have thought that yes maybe this would have happened anyway and the dove would have flown away without the use of tapping but my partner didn't think it would survive and I didn't and I felt better for trying to help and if it had been the birds last moments would the tapping have helped the transition?.

Over the years and living in the country here, I have used EFT many times for injured birds and, an injured rabbit and a door mouse which have been in their last moments of shock and passing over but it does pose another interesting question , *'does it help their passing ?'*

I for one, who loves animals, nature, wildlife and birds choose to believe EFT does help .

In circumstances such as this EFT is so portable why not at least try to help our fellow animal friends, for we are all one energy.

I believe we are intrinsically connected by this energetic field and that it is a missed opportunity for developing our humanity individually and collectively if we *don't* try to help our fellow creatures



Here they are months later in the same fig tree.

It is empowering to at least to try to help , as often we can feel distressed so additionally we Borrow Benefits.

And below are some of the other animals I have used tapping with, including wildlife and insects-and a stray goat from it's herd. I often use Surrogate Tapping, for all animals, in my everyday life. Just try it!

