

EFT Serve Online Questions & Answers 17^h July 2021

1. What is Surrogate Tapping?

Surrogate Tapping is when you tap on behalf of another person and the recipient is substituted, where either you as the therapist tap on yourself for someone in your life or for someone that has requested it of you, or you as a therapist tap on another person who is the surrogate. It is also known as Proxy Tapping.

Surrogate work is not imagination. It is connecting with their true experience. It is possible that there is mirroring there, chances are what is going on for them is going on for you. Tap on that first and come in as an empty vessel. One should have the intention of doing the highest and best for the client and not fixing. One can't do Surrogate Tapping to change someone's behaviour for your own intent. Surrogate work is invisible work done from space of unconditional love.

Sometimes people have no function of their arms or they are amputated, have an inability of speech, they can't speak or have an inability of hearing, Surrogate Tapping is the right way to go with them. The other case is when they are too ill to tap on themselves. It can also be used on animals and pets. It is so because for many people their pets and plants are like their family members and their babies and if something happens to their pets and plants they get very deeply affected. The important thing with surrogate work is always the intention. And the intention is to do what is the highest and best for others.

2. How does Surrogate Tapping actually work?

The truth is we are all connected in this space known as the universe. Have you had it when you thought of someone and they called you or

texted you? You can call it telepathy or being on same wave length, but something is happening that is indicating that a thought goes out about a person and then you get an effect, a response coming from the person. This happens because of our connections. It happens more with people we are closest to in our lives, for example, our parents.

People who have deep connection with another person can sense each other's thoughts, feelings, situations because they are in, what we would call in the Inner Child Matrix as the same field. They are connected in the same field of energy where they can pick up those emotions and thoughts of those people.

There are two methods for Surrogate Tapping.

- The first is to step in to the experience and breathe like the person and feel like the person.
- Second is to describe the problem or situation and tap along.

3. What are the top tips for Surrogate Tapping?

The top tip is to get yourself out of the way. Either if you are a mother or a father and you want to help your child or perhaps, you want to help a family member, heal from a specific illness, you must get your own intention out of the way. Your only intention is to do the highest and the best and whatever is right for that person. If there is any kind of fixing involved, please don't do Surrogate work because the fixing will interfere with the flow of it. In some cases, you have the knowledge of their situation or problem whereas in some cases, you don't.

The most important thing with Surrogate work is to let the work flow. Not filtering is the other aspect of getting yourself out of the way. If you start to filter thinking "*Is it working? Am I doing this right? I don't have the confidence*", the please do not do the surrogate work. First, you have to tap on your self-doubt and get that out of the way before you can be present to someone.

Tune into emotion and experience of the other person or make notes of the information you have about them where you can connect to what is going on for other person. With Surrogate Tapping, you just have to go along with the person.

If someone is analysing or is very much at a cognitive level, then that is not the space for Surrogate work. The space for Surrogate work is where there is openness, a trust, surrender and detachment from the outcome. We are just willing to go with it. The other thing you must not do with Surrogate work is to lead the person. Say you have a client who wants Surrogate work for a family member, who is in hospital you cannot lead in way that has got overly positive phrases and terminology. You have to pace it to exactly where things are for that person.

4. Can Surrogate Tapping be used for someone in hospital?

We did an experiment with a woman we met at a temple who was praying for her mother who was in hospital. The woman told us the symptoms her mother was having. We tapped on them for 10 minutes. She got a phone call informing her that her mother was feeling better. We didn't get a solid feedback so we cannot categorically say that the lady got clinically better.

However, my view is that you have your own experience and not to take my word. Try it out for someone in hospital and check with them. Just because medical symptoms have not got better does not mean it is not useful. It is okay to check it out. Post on the group whether it works. My experience is when there is no attachment it works the best – if there is tension, it does not work that well.

5. Can Surrogate Tapping be used to work with clients who come in for issues related to confidence?

I worked with a client for whom one of the themes he was looking to resolve was confidence. In his case, it did work out for confidence. You can always experiment and reflect back.

6. Can you do Surrogate work to get an ex back?

A client wanted to get her husband back when he had a second marriage though legally married to her. She asked me *“Can you do Surrogate work and persuade him to love me?”* I told her what I can do is work with you on how you feel about the situation with him.

You can also consider doing the role play tapping as it has an element of Surrogate work to it. Breathe like them and feel like them only to understand their perspective and not to make them fall in love with another person or change their behavior to clean the dirty bedroom, for example.

7. Can Surrogate Tapping be used to heal a child or a baby unable to follow the normal EFT Tapping?

Yes, it can be used to heal a baby or child.

This was a live case I did where a couple came to see me because the baby's urethra and penis were not growing at the same rate. So, it was causing a lot of friction for the baby while urinating. The baby was in nappies so any kind of rubbing would cause a lot of discomfort. The parents sat on either side and the mother held the baby as the father translated in Marathi. I asked the mother to hold the baby and tell me how she was feeling about what was going on for the baby. She described the baby's experience. We stopped the baby's tapping and ended up tapping for the mother as the mother was getting very anxious. That was a live example where I noticed the baby calmed down right in front

of our eyes. I never got the feedback on whether the growth happened or not because the baby was due for a surgery. What we worked on was the emotional state of the baby.

Another practitioner also shared in the group her experience on how she used surrogate work for the baby in her womb.

I had a practitioner of mine whose cousin or sister was giving birth and they were having a lot of sickness as the birth process was quickening. She texted me saying the mother is very nervous and afraid for the baby, what can she do? Since she couldn't be in the hospital room, she tapped first on herself as if she were the mother. She breathed and felt like the mother and tapped along. Then she breathed like the baby in the womb and tapped on the baby.

When as a mother you are going through seismic levels of pain, nervousness and anxiety you don't want to repeat "*Even though I am having...*", you don't feel like tapping. Instead she (the practitioner) held the mother's fingers saying phrases silently on the inside.

8. What is the correct method of tapping to follow while someone's in labour?

Don't tap on index finger and ankle other than that you can follow the process normally. You can also do down the spine tapping, finger holds. If they are in a position to take a session and do it directly, it's the best.

Sometimes, it is better to nothing with them as you are seeking a formula – where are they at, what do they want?

9. Can I use Surrogate Tapping to help my child heal?

Quite a few mothers work surrogately for their children as children don't want to do the tapping. It is about helping other quietly without expecting gratitude or rewards. Let the healing power of your spirit run through your hands as you reach to touch another by saying nothing to the person you help. Surrogate work is very much invisible work. It is not visible work.

10. Can Surrogate Tapping be used to achieve academic success?

Yes, you can.

You can also use it for kids going through exam troubles. This was also a case I worked on where a student of mine who had learnt EFT. She had a son who was being kicked out of the Swaminarayan School. She came to me for help. In her case, she was very comfortable stepping in as her son, breathing as her son, feeling as her son, reading as her son and learnt so much about her son in the process and she said *"I love him whether they keep him in school or not"*. For me that was the clincher. It meant no fixing and only acceptance and that's how I knew she is ready to go ahead.

If she had said *"I need my son to pass because without a pass it means I am a bad parent, let fix it..."*, then no we wouldn't be going to do it. She would only tap on her fingers while doing chores, would tap on her fingers as the son –

"Even though I am not feeling so good, I feel like such a failure, I am so nervous, I am not sure I can pass my exams, I am not a good student, I love and accept myself".

She did it informally without sitting in a therapy room. Three months later, he was kept in the school. Later he got into Warwick or LSE for the toughest degree and became very confident. Once someone is getting

the benefit, empower them to do it for themselves if you can as it is much more powerful.

11. Can Surrogate Tapping be done to get a business?

Yes, it does work in this area.

For instance, there was a client whose husband had a baggage handling business and they would have clients Like Virgin Airway, Air India. In any of the business meetings they had with clients, her husband would tell her quietly to 'do that thing'. So, she would begin tapping-

"Even though Virgin Airways is giving us a tough time, suppose somehow we can get the business anyway. Even though we are so unsure"

She would to the complete EFT Tapping with selfish intent yet she was doing it from a place of whatever happens, happen. In a way, she was also becoming the decision maker. She would worked on the client's doubt and concerns while in the meeting, making sure they seal the deal with them and this is how they got the business more than once.

12.Can one use Surrogate Tapping to manipulate others?

The intention is to do the highest and best and not to manipulate others. The truth is you can't manipulate others who are in charge of their own power and destiny. So you will bring every single session with the intention of the highest and best and nothing else.

13.What are the possible dangers of Surrogate Tapping?

The possible dangers of Surrogate Tapping can be- getting too attached or not doing the self-work on yourself.

14. How to protect oneself while doing Surrogate work?

You can do something known as drawing the Figure of 8. I don't think protection is needed. People need protection when there's something sticky in others that stick to them. That's mirroring. However, you can use different methods of protection like Reiki, energy heal or pranic healing.

What I recommend is you imagine putting yourself in one loop of infinity and other person in another loop if it. Imagine drawing a loop going around them and coming to you. Going clockwise and anti-clockwise. It doesn't matter who is in which direction. You can use it for any client and not just while doing surrogate tapping. Gradually, the circles tend to grow apart from each other. The attachment is cut off. The formula is this- if you step into the experience, you need to step out of it.

15. Once I tapped for someone with a lot of negative stuff. I was hesitant then but not this time. Is it natural for this shift to happen or is it related to negative or positive stuff? It can be jarring to know things about them you did not know. Is there process with which you can step out of it?

That's what the shaking off is for. Do your personal peace on that. I used to do cutting chords but now my awareness is becoming like this- you have some underlying beliefs that need self-work. These all are just rescues. Now, I use chord cutting for vows and nothing else.

16. I have communication issues. No matter how clearly I try to convey, I am always misunderstood. Can I use Surrogate Tapping to pass the message along?

You have to work on yourself first normally. Your intention for the Surrogate Tapping is for them to understand you. It's not for their

highest good. We do not do Surrogate work if the intention is for them to understand you, it's not for the highest best and good of the other person. First, work on the self using normal tapping.

On the other hand, for example, if your son comes to you and shares that he feels not understood and is bullied, then you can do the tapping for him with no attachment to his being bullied. If your son comes and says that no one understands him then you can do it for him if you have no attachment to bullying going on or not.

17. My mother has dementia and she can't understand anything. I want to do Surrogate Tapping for her. Should I be tapping on myself or mother? Is it valid to do the tapping?

Yes, it's absolutely okay.

It's for her highest good.

18. A client of mine in ICU for 20 days. He is suffering from acute lung and heart problems and is on ventilator. Can I do Surrogate work for them?

Just to describe because it is a medical problem and do not step in their body. Follow the process but describe the situation. Use the name of person and describe the situation and problem they are facing.

19. Can we do Surrogate Tapping for someone in the same room? Can we use other people for practice purpose?

Firstly, you should be empowering them to do it themselves instead. Your role is to empower them because they are equipped to do it for themselves. Check with your intuition if it is for the highest best for them and you. And if it is, go for it.

20. My father has passed over. My parents couldn't reconcile when he was alive and he asked us to heal the family by means of reconciliation and forgiveness before he passed away. I feel that the tapping is needed for the mother and my intention is to have a normal family. Is it possible to do Surrogate work for him or his soul?

I think it's for you and not for your parents. We can't control them not talking to each other. I know your intention is the highest good but it feels like something you need. The need for surrogate is driven by 'there's no point for regretting'. That's self-intent. The want for something to happen for the mother to forgive is yours not hers.

It is up to the client if they want it or not. Suppose, if the mother were a client coming to see you, what would she say to you. Leave her alone with her non-requirement for forgiveness. The issue is you have no ability to control the situation and keep a harmony in the family. I am sorry but we cannot change her behaviour.

I had a client coming for anxiety. I felt like I was mirroring them. I felt like I was inadequate. I worked on the inadequacies first, and then, for her. Turned out she had acrophobia.

21. I was doing Surrogate Tapping for my brother. Now, I think it's my need to get there and not his. What do I do?

I think you do have a highest intention there. You can work on yourself if you feel that way.

22. Can a family member do Surrogate work for another member?

Yes, they can.

The important point here is to do what is highest and the best for them and focussing more on their input rather than your own input or perspective. For medical problems, it is better if you describe it.

23. Suppose we don't want to step into someone's body. Can we take name and tap on the description?

There are two things you can do. First, let a mentor step into their body and let the mentor give you the information. A god or goddess or a wise man, anyone can be a mentor. Ideally, you ask for their mentor to do that. Ask them who their mentor is. If they have no one you can send your mentor. You have to pick someone who would be the best for them. In reality you would be tapping on yourself as a mentor. There will be a distinction between you and them. This allows for dissociation.

Second, if there's an emotional dynamic, you can work on it first and then go ahead. Or you can just describe it as I mentioned before. Naming and describing are synonymous here.

24. Is there a particular situation where you don't want to step into the person?

Listen to your own guidance. If a person is an abuser, you stepping into them who have abused you in some way may affect your energy system. If there is an emotional trigger there, do not step into the body. With medical issues, always ask to describe the situation. Don't step into the body.

In the case of abuse (sexual or verbal) have a mentor step into the body of the other person (A mentor is someone whose wisdom you believe in, Higher Self, Gods or Goddesses, Angels) and tap on the mentor who in turn taps on the person (abuser) and gives you the answers. A mentor is our highest wisdom. It can be energy or person. You call their mentor

to step into them who will answer to you on behalf on them. You'll be talking to the mentor then asking "Mentor, what they are feeling?"

25. Why should we be tapping on the abuser? Shouldn't we be tapping on ourselves? Shouldn't we be discouraging the client from doing so?

The client wants to do Surrogate Tapping on someone who is an abuser. They can do it on themselves as well.

For example, the mother wants to step into her daughter but the daughter has violent tendencies. You'll then invite a mentor to step in the daughter. The practitioner is only facilitating the process.

You cannot discourage them because then, it would be your belief speaking. You don't know the whole situation. However, you made a decision without knowing the situation and that is not right.

26. One of my cousins is pregnant and wants tapping while in labour. Is it okay if I do Surrogate Tapping for her?

You said that she wants it do herself so let her do it on her own. Surrogate is the second option. Let the client do it if they can first. If not, then you can tune into their energy and start tapping. You can also get them to chat with you and describe you the challenges while you tap along. You can also tune in them, breathe as them and tap.

27. Garry used to say someone who is pregnant shouldn't tap on the head. Do you do it anyway?

I don't tap on the crown for anything negative so it cancels challenges regarding pregnancy anyway.

28. How often and for how long do you do the Surrogate Tapping?

You do it just as often as you'll do to in a normal session. For babies 10-15 min, for teen 40-45 min and for adult 1 hour is sufficient.

29. Do we need to take permission from the person before we engage in Surrogate Tapping?

I have a slightly different view from Reiki/Pranic healing. Permission is not essential. The act of giving Surrogate is of giving highest and best. I am just tuning into the energy and tapping. Not fixing anything and any attachment to any outcome. As long it is coming from a place of pure intention, you can proceed with it. If in individual system permission is required, at your own discretion, go ahead. We cannot use tapping to get someone's ex back but can work with client on their perspective of the situation.

30. How do we do Surrogate Tapping with a baby?

We can ask the parent to hold the child and ask them how they're feeling. Breathe like the mother, feel like the mother and tap on herself for the mother. Breathe like the baby, feel like the baby and tap on self for the baby.

31. Could you shed light on Surrogate forgiveness? When is engaging in Surrogate work not appropriate?

The main thing is when you are giving Surrogate work for someone, if the forgiveness comes organically, then by all means, go for it. But our aim is not to force forgiveness or to do the Surrogate work so that other people might forgive.

32. Can we do Surrogate Tapping for someone who is suffering from asthma?

You have to check in with yourself and see if it is the highest and the best for them. The principle for asthma is the same as the surrogate work.

At the first level, you work on the symptoms- breathing symptoms and how they feel. The next level is when you've got the feeling and there are memories associated with it. Then, the next level deeper than the previous one is this- sometimes, there can be some deep trauma associated with asthma in general. The trauma can be related to the feeling of suffocation they ever had or the feeling that their life is in danger since it has to do with the lungs, breathing and opening, especially, with the ability to breathe. The main thing is to have the intention of doing the highest and the best in mind.

33. One of my clients is hospitalised and is in ICU for more than 15 days now. They are mostly unconscious and thus, there is no communication. They have severe heart and lungs related problem. I want to give him Surrogate Tapping. How do I go about that?

You can tune into how they feel and tap on that. You may also refer to the part of the video where I did the demonstration with Mahika Jain.

34. How to tap for those who cannot communicate, for example, people in coma or quadriplegics, etc.?

If someone is in coma in hospital, you just make a connection through their feet by touching their feet. Breathe as they breathe and feel as they feel. Then, try to get the information from them about what and how they are feeling. And then, you can tap either describing the situation or tapping as them. The same will apply to quadriplegics.

So, if you can physically be there, you can touch a certain body part of theirs to connect with them and do the surrogate tapping like that. If

you cannot be physically present, then you can just tune into their energy or you can even use a photograph of them in the hospital or the coma place and tune into it. Sit with the photograph and ask what are they feeling, where do they need your help, what kind of help they need and then, just follow the EFT Tapping process.

35. Can Surrogate Tapping be done for people who suffer from love affair from their partner as they are experiencing tremendous anger, rejection, insecurity and sadness?

For instance, there's a person X whose partner is having an affair and X is feeling, rejection, insecurity and anger. You can tap for the person X in this scenario.

First, you'll have to check in if they are open to tapping on their own because it will be powerful that way.

36. Can the Chair Method of EFT 3 be used in Surrogate tapping for children and toddlers? If so, how?

You can but I wouldn't want to put a child or a toddler in chair. Rather, I might want to hold the child in my arms simply because it seems too cold to put a child in the chair.

The main purpose of the Chair Tapping taught in the EFT Advanced Practitioner Training is more for an organ or a body part the person is having issues with. If someone is having issues with the child, I'd do the self-tapping rather than leaving the child alone all by themselves.

37. My 4 year old grandson has the auto immune label of ITP. How can I work with him as he's too little to really talk to me? Plus he is in Sweden. But I really want to help him. How do I go about it?

The main thing is to get the information from the doctor, the hospital and the diagnosis. Make notes of them. Read the notes and tap on them while describing his situation. In this case, the preference would be to not breathe into it.