

Helping Helpers:

**Using Surrogate EFT
(Emotional Freedom Technique)
For Emergencies**

Prepared and presented by

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The Ego Tamer**

Helping Helpers: Using Surrogate EFT for Emergencies

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PART I: Please Read This Before Using

Why Rescuers Do Not Like Needing Rescue

I was one of the first women in the fire service during a time women were not encouraged to apply. I also spent a year as a reserve police officer, several years driving an ambulance, and put in my time on the radio in dispatch.

As a young woman, I spent a year in Israel. After picking apples on a kibbutz for a few months, I was invited to join a special team of civilians whose job was to respond immediately after a terrorist attack and assist in restoring order. My particular assignment was administering assistance to English speaking tourists who may have been affected, help treat wounded and “miscellaneous” cleanup.

In all my experiences I learned: ***Rescuers do not like needing rescue.***

We will staunchly insist we are fine and the job is not affecting us. If we have a problem, it’s our co-worker, our boss or subordinates, our family, friends, finances, or anything other than the job.

Receiving help means we can’t take it, and are as weak as the people we are paid (or volunteer) to rescue. The rescuer sees himself or herself as a hero, and heroes help others. If we get into trouble, we should be able to get ourselves out of trouble, or at best we’ll accept a small amount of assistance from a trusted mentor.

It’s not all just pride. A rescuer in emotional distress will be taken off the job and the stigma will last our entire career, or even end our career.

Rescuer suicide rates are very high, but even that information does not influence the rescuer’s willingness to receive help. We see how easily people become victims, and how the majority of victims make little or no attempt to improve their lives, so we put up a mental and emotional barrier to separate ourselves from the victim mentality. A common and persistent inner voice repeats, “I’m not like them. I’ll never need help like them. I’m not a victim.” Most of us lose faith in any God we may have believed in, and begin to trust only ourselves.

I was injured and yet declined emergency assistance in two automobile accidents for this very reason. Although I am fully recovered from both incidents, my refusal to be treated was risky, and I could have been seriously injured and not known it. Had anyone performed “Resistance to Receiving Help or Being Helpful” Surrogate EFT for me (see Part III) I probably would have gotten treated sooner and healed faster.

Leaders in Emergency Response

In the emergency response industry, the best leaders lead from behind, watching for the need and the opportunity to provide it. Critical Incident Stress Debriefings and Post Traumatic Stress Reduction were introduced many years ago, however only recently have some rescuers taken advantage of the help offered.

These “leaders” are still in the minority, and our job becomes identifying and assuming the qualities of the respected mentors and introducing acceptable healing processes.

I recognized the need for my own critical incident stress management one 4th of July weekend when as a firefighter, I responded to the third drunk driver collision of the day. None of the drunk drivers were hurt but their victims were seriously injured or killed.

It was a busy weekend and the police were not yet on the scene. I looked at the uninjured drunk driver sitting on the curb and then looked at the axe on the side of the fire engine. I pictured chopping accident-like wounds in his head and positioning him back inside his vehicle. I didn’t even realize I had my hand on the axe until one of my co-workers stepped in front of me and said, “No, Wende.” He knew exactly what I was thinking because we were all thinking the same thing.

Fortunately, our Captain led us through a debriefing that evening which allowed us to release our negative charge on the entire day. He had us heal each other instead of ourselves which really worked! Then he took us through a lesson in true forgiveness for each of the drunk drivers (see Part IV Surrogate EFT Forgiveness).

Although he was there for us, he didn't seek help for himself. He facilitated but did not participate in the process. Though he was respected at work, his personal life was a disaster, and the following year he took his own life. Had he known how to Borrow Benefits while facilitating Surrogate EFT, he might still be here today.

Warning and Disclaimer

Please read this entire section or you might get yourself in really big trouble and I won't be able to help you.

As tempting as it may be to start healing people who have just had an emergency, unless you are a professional rescuer and know what you are healing, you could seriously interfere with the help we are providing.

For example, if you removed the pain from the patient, they would be unable to give us the information we need to determine the location, type and extent of the injury and could possibly lead to their death.

On the other hand, the state of shock is a condition the body goes into after an accident and is considered a serious emergency in itself. The signs are: 1) rapid, weak pulse 2) cool, clammy skin, 3) rapid respirations, and 4) fatigue and thirst. Shock prohibits the core organs from functioning effectively and if left untreated will lead to death.

Since the victim could die in either case, and people such as yourself really want to help during an emergency, I came up with a way everyone can help at any emergency without interfering with the treatment. These processes also benefit the rescuers and even assist in the efficient operation of equipment.

Just in case you didn't read the disclaimer in small print at the bottom of the title page:

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What is Surrogate EFT?

EFT stands for Emotional Freedom Technique and is the stimulation of acupressure points on the body while identifying and stating the undesired and then desired state of experience. This releases disruptions in the body's energy field and reduces or removes the negative emotions including those body signs and symptoms which are influenced by the negative emotions.

To learn how to perform EFT, please download the free manual at www.emofree.com, purchase the training DVDs and/or attend a workshop. Then return to this manual for instructions on Surrogate EFT.

The word Surrogate comes from the Latin surrogare which means "to ask". The definition for the purpose of Surrogate EFT:

To substitute for or ask on behalf of another; to ask that one thing be replaced with another.

In Surrogate EFT, we ask for help on behalf of another. Many people already use Surrogate EFT with great success. Most commonly people use it for their own children, and for calming people in distress on airplanes. I have many accounts of people using Surrogate EFT and then hearing from the subject person they suddenly felt calmer or had a realization that gave them some relief.

If you'd like more information on using thought for healing others, Stanford University published the Stanford Forgiveness Project where thoughts

of help and forgiveness appear to greatly aid in the healing of their patients. See the link to the article in the Resources section of this manual.

Your Intentions are Key

If your intention is to control a person, or in any way get them to change or conform to your desired state, you may be disappointed with the results of this process.

If your intention is to truly ask for help on behalf of another, you may be amazed at the results of this process.

I personally experiment with possible ways people could inadvertently misuse these processes before offering them to others, so I attempted to use these processes for “evil” and failed miserably. Every time I tried to give my ex-husband or step-mother some malady, the desire to harm even in the name of “help” simply vanished. EFT appears to be the perfect “unweapon.”

Asking for help on another’s behalf will not interfere with their free will. If they are absolutely set against receiving help, their thoughts will prevail over yours. If they have even the slightest hope for help, your thoughts will strengthen theirs. This is the same philosophy we use when performing CPR or trying to stop someone from a suicide attempt. Afterward, people are usually glad we saved them.

Another Surrogate EFT Concept

The moment you have a thought or opinion about anything, you generate an emotional vibration through your body. That vibration can be measured and its effects are proven to transcend distance.

When you think another person is judging you, you not only experience the results of being judged, you judge yourself on their behalf. This is a surrogate experience in your mind.

Every time you interpret another person’s intentions, you are creating a surrogate relationship. For example, if I slam the door when I leave the room, you might think I am angry. Perhaps the door slammed because the wind caught it, or

it was much lighter than I expected, or I used too much force by accident. Unless you ask me directly, you will continue to believe I am angry. Your next interaction with me will include your thoughts of my anger, and you will probably notify others I am angry. In essence, you will create a vibration of anger around me.

It would be no surprise at this point if I started to feel and act angry. So, you are already “surrogate bashing” me with your thoughts of negativity. Now release me with Surrogate EFT.

Surrogate EFT helps us correct our own minds and release the other person from our negative thoughts for them. Once we release them from our own negativity, they may suddenly appear to be happier, brighter and more positive.

Another Surrogate EFT Example

One of the processes I introduce is called Healing the Environment. After an emotionally charged incident, the area is still affected by negative energy. You can walk into a room and feel this energy even though there is no incident occurring at the time.

I have successfully used this process to clear 9-1-1 Dispatch Communication Centers, where intense energy collects constantly. One in particular was so dense I thought there was soundproofing in the walls because voices were so muffled. It turns out the energy was so thick soundwaves didn't travel as well, and after we cleared the energy it was easier to hear in there!

Now the dispatchers clear the energy regularly, and use Surrogate EFT for each other, the responding units, and for incoming 9-1-1 callers. Not only is it a calmer environment, but they all have better relationships with each other.

Borrowing Benefits of Surrogate EFT

Borrowing Benefits is when the person performing EFT on themselves while assisting another person with their issues, regardless of the subject, has some release in their own energy field which leads to a reduction in negative energy for them.

Since most rescuers will be reluctant to “help themselves”, offering us a way to help others and borrow benefits is the most direct way in which to positively affect everyone. Plus, while non-rescuers use Surrogate EFT to help rescuers, the non-rescuers borrow benefits, too. That makes us all rescuers.

For more information about borrowing benefits, go to <https://www.emofree.com/EFTStore/> and order the DVD Series Borrowing Benefits.

Surrogate EFT Basic Process (Do this first!)

Begin by using your preferred method of EFT to relieve any fear or discomfort in trying something new for yourself and others.

Set up phrases: (while tapping on Karate Chop) Even though people might be nervous trying this new method, I completely trust we will use it only with the highest intention. Even though everyone will want to try using this right now, I am confident we can and will read the entire manual before using any of these techniques. Even though it seems Wende Wylie knows her stuff, she is also very amusing, and she’s probably using Surrogate EFT on everyone so we will laugh at her jokes and enjoy this manual.

Tapping phrases:

Eyebrow: This worry about using a new method of EFT.

Side of Eye: This worry we might cause problems instead of help.

Under Eye: This impatience to use it right now.

Under Nose: This desire to start helping everyone right now.

Chin: This relief in knowing we can help anyone any time.

Collar Bone: This confidence we can make a difference just thinking about it.

Under Arm: This trust in my highest intention.

Top of Head: This enjoyment of this delightful manual.

Note: There are many other tapping points, and it really doesn't matter where you tap, or even if you tap on yourself or the other person. If you are injured or in a public place where physically tapping is not possible, you can do it in your mind and it will be just as effective. Let this prompt your own inner dialogs. Keep tapping until you feel release for those involved.

PART II: Surrogate EFT Processes

Creating Calm and Clarity for Rescuers

As rescuers, our job is to bring order to chaos. We arrive in a calm manner and instill confidence that things will be all right now that we've taken charge.

However, on the inside most of us are using some technique to appear calm and relaxed, and things can get very confusing and chaotic again if we don't continue to manage ourselves. Every distraction becomes an opportunity for a mistake or another injury. Every positive thought directed to us contributes to our clarity and good decision-making.

During an emergency, truly, it's the thought that counts.

Begin by mentally placing a blanket of calm energy gently over the entire emergency scene, including the victims, rescuers and all equipment. If this is an automobile accident, include the vehicles involved and the rescue vehicles. If emergency personnel are not on the scene yet, include them in your blanket wherever they are. Include yourself, regardless of your location and send your thoughts into the blanket. Let these phrases prompt your own inner dialogs.

Set up Phrases for Rescuers: Even though there may be chaos, I ask for a blanket of calm energy to gently cover the entire incident. Even though there may be fear, I ask for a blanket of calm energy to create a safe place for all those involved. Even though there is a mystery of what happened here, I ask for a blanket of calm and peaceful energy to wrap lovingly around all of us.

Tapping phrases:

Eyebrow: This blanket of calm removes all fear and confusion.

Side of Eye: This blanket of calm creates clarity for the rescuers.

Under Eye: This blanket of calm brings order to chaos.

Under Nose: All feelings of fear and confusion are dispelled.

Chin: These rescuers are clear-headed and focused.

Collar Bone: Their equipment works perfectly.

Under Arm: Their hands are steady and sure.

Top of Head: Their minds are sharp and accurate.

Creating Calm for Witnesses and Bystanders

You may come across an emergency scene where rescuers are just standing around, appearing to do nothing. Well, that's true. Sometimes there is nothing we can do, and other times we are waiting for another assignment. The important thing is knowing when there is something to do and how to do it, and when there is nothing to do and how to stay out of the way.

The first time I saw a car accident, my friend Cheryl grabbed my hand and yelled, "C'mon Wende, let's go help!" She ran over and began administering first aid to a woman who was injured. I had not been trained in first aid and had no idea what to do, so I stood there doing nothing, feeling anxious and upset the entire time.

If you can make the area around the emergency safe from further incident, you have done a lot. Make sure you keep yourself safe while doing so, otherwise you'll add to the emergency rather than help. Unless you have an assignment, it is best to keep a safe distance from the incident, and your assistance keeping other bystanders safe will be a huge contribution.

If you are walking or driving past the scene and wonder if you should stop, it is completely up to you. The fewer bystanders the better, however if you do decide to stop you can do Surrogate EFT from a distance.

Witnesses are important to locate. If you witnessed the incident or find any witnesses, encourage them to give their report to the law enforcement agency on scene. If they are reluctant, try using “Resistance to Receiving Help or Being Helpful” in Part III.

Set up Phrases for Bystanders: Even though there may be people who are very upset, I ask for a blanket of calm energy to gently cover all the bystanders. Even though people may be traumatized by what they saw, I ask for a blanket of calm energy to create a safe place for everyone present. Even though there is a mystery of what happened here, I ask for a blanket of calm and peaceful energy to wrap lovingly around all of us.

Tapping phrases:

Eyebrow: This blanket of calm removes all fear and confusion.

Side of Eye: This blanket of calm creates peace for the bystanders.

Under Eye: This blanket of calm brings order to chaos.

Under Nose: All feelings of fear and confusion are dispelled.

Chin: The bystanders are helpful and courteous.

Collar Bone: The witnesses are clear-headed and calm.

Under Arm: The witnesses are able to give useful information.

Top of Head: All people involved find it easy to seek additional help if needed.

Let this prompt your own inner dialogs. Keep tapping until you feel release for those involved.

Reversing Shock for the Injured

Even if there are no injured people in shock, the following sequence strengthens the bond of cooperation between the minds and bodies of all personnel involved. In the case of shock the mind may not be effectively running the body, so we act as the surrogate mind and treat the body the same as cooperative equipment (See Part III).

Begin by focusing your attention on a particular person or group of people.

Set up Phrases: Even though there may be bodies in shock, I ask for the most efficient function of all bodies involved. Even though people may be traumatized by injury, I ask for excellent perfusion (circulation of oxygenated blood) in all bodies involved. Even though bodies are energetic fields of consciousness, I ask for the cooperation of all bodies to function properly.

Tapping phrases:

Eyebrow: I ask for efficient cooperation of all bodies involved.

Side of Eye: I ask for excellent perfusion for all bodies involved.

Under Eye: I ask for all bodies involved to return to fully working condition.

Under Nose: All feelings of fear and confusion are dispelled.

Chin: The bodies are restored to their original working state.

Collar Bone: All minds running the bodies are calm and peaceful.

Under Arm: The energy in and around all bodies is clean and clear.

Top of Head: All people who touch the bodies experience peace of mind.

Let this prompt your own inner dialogs. Keep tapping until you feel release for those involved.

Surrogate EFT for Transition or Death

Reports from people who have had near death experiences (NDEs) are amazingly similar. I personally performed CPR over 100 times in my career and have 11 saves. In three of those saves, the people reported the experience of seeing a light, being pulled through a tunnel and meeting with either loved ones or someone they believed was Jesus. Then they were either given a choice or suddenly found themselves pulled back into their bodies.

Two of my saves reported floating around the room watching us work on their bodies. They gave detailed descriptions of the rescuers even though they were never conscious during the emergency. They also remembered conversations near them and even some out of possible earshot.

The others either had no recollection of any experiences or were not available for comment.

Most people hope for a calm and peaceful transition with loved ones surrounding them. That is not always possible at an emergency scene. Realizing everything that is said and done might be remembered by someone who revives, all actions and conversations near or around injured or possibly dead persons should be calm, respectful and positive.

Set up phrases: Even though there may be people in transition, I ask for the calm and harmonious joining of minds to aid in their peaceful journey. Even though there may be people who are in a temporary transition state and may return to this plane, I ask for calm and harmonious joining of minds to aid in their choice. Even though there may be people who are observing from other viewpoints, I ask for calm and respectful thoughts and actions in honor of their lives.

Tapping phrases:

Eyebrow: I ask for peace and harmony for anyone in transition.

Side of Eye: I ask for calm and respectful thoughts.

Under Eye: I ask for loving guidance for anyone in transition.

Under Nose: I ask for clear communication of needs to rescuers.

Chin: I ask for the calm joining of minds for those in transition.

Collar Bone: I ask for calm and respectful thoughts of all involved.

Under Arm: I ask for positive and loving energy for all involved.

Top of Head: I ask for peace and harmony for all.

Let this prompt your own inner dialogs. Keep tapping until you feel release for those involved.

Surrogate EFT for the Injured Rescuer

There's no way I'm a victim. And the only way I'll accept treatment is if my disbelief and denial are handled, followed by my resistance to receiving help. One doesn't need to be a professional victim to fall prey to these emotions. There's a difference between choosing not to heal and denying one is injured.

Begin by making a declaration, “I choose to heal.” Even the tiniest willingness will make a difference.

Set up phrases: Even though I can’t believe this is happening, I ask for clarity and calm. Even though this can’t be happening, I ask for and receive clarity and calm. Even though I refuse to accept that I am injured, I completely accept myself and know I can remain clear and calm.

Tapping phrases:

Eyebrow: I am so embarrassed.

Side of Eye: Rescuers don’t need rescuing!

Under Eye: I can’t believe this happened.

Under Nose: I don’t want anyone to know I’m a rescuer.

Chin: I don’t want anyone to know I need rescuing!

Collar Bone: I ask for calm and respectful thoughts from others.

Under Arm: I ask for and receive positive and loving energy for all of us.

Top of Head: I ask for and allow only truly helpful people to assist me.

Let this prompt your own inner dialogs. Keep tapping until you feel release for those involved.

Not My Fault?

Both collisions in which I was injured were “not my fault”. I was completely stopped in traffic and both times I was rear-ended by someone going over 50 miles an hour. Both times I was upset and thinking about my life. Both times I said I wanted my life to change seconds before the impact occurred. In fact, the second collision I actually said, “I’m in a rut and I need something to jolt me out of it.”

Deborah Miller, PhD submitted a powerful example of self-rescue when she tripped over a vine while walking in the woods. Here are some of the phrases she used.

“I fell.

That damn vine that tripped me up.

It hurts. It really hurts. (not very poetic but to the point)

*I hurt my knees and hands. Even my neck is stiff.
My knees are purple from the bruising and damage.
My body knows how to heal. The bruising can go away.
These bruises. The color is disappearing as my body heals.
I heal quickly and easily.*

(Deborah says: I sat mesmerized as I could literally see the purplish color disappear on my knees. I started on my emotional feelings about falling. I tapped:)

Even though that vine wanted to hold me back, I'm moving forward so quickly in my life that even it couldn't hold me back.

I've stepped past my old barriers.

Everything is moving so fast.

Nothing can stop me, not even in the physical world.

I am moving forward so quickly that the thick vine snapped and flung me forward.

I am being propelled forward in life.

It couldn't hold me back.

Deborah continued tapping on related emotional and physical issues. See the Resources Section at the end of this manual for the entire article and a link to her site.

PART III: Surrogate EFT for Other Emergencies

Resistance to Receiving Help or Being Helpful

Rescuers are not the only people resistant to receiving help. Most people are embarrassed to admit they need assistance. "I'm fine" or "I can take care of myself" or "I don't need anything" are common responses.

Imagine having a medical emergency and feeling concern about your personal health while a crowd of people stand around looking at you and listening while you answer personal questions about your health, family history

and other data potentially relevant to your condition. Some of our questions are very personal, including “Are you pregnant?” and “When was your last mensus?”

ANYTHING you can do to reduce the number of people in the line of sight of the patient will be extremely helpful.

Begin by asking everyone who is not immediately involved in the incident to please move to a safe and distant point where they will no longer cause stress to the injured party. Make sure someone qualified remains with the patient to administer assistance until rescuers arrive.

Set up phrases: Even though there may be some resistance to the idea of asking for, offering or receiving help, I ask for a safe environment for everyone involved in this incident. Even though people may be resistant to receiving help, I ask that anyone in need of help feel safe enough to receive that help. Even though people may be embarrassed to ask for help, I ask for the exact appropriate help for this situation.

Tapping phrases:

Eyebrow: This resistance to receiving help.

Side of Eye: This resistance to being helpful.

Under Eye: This embarrassment from needing help.

Under Nose: All feelings of fear and confusion are dispelled.

Chin: The helpers are helpful and courteous.

Collar Bone: Those needing help are open to receive.

Under Arm: Those offering help are able to give useful assistance.

Top of Head: All people involved find it easy to seek additional help if needed.

Let this prompt your own inner dialogs. Keep tapping until you feel release for those involved.

Healing the Environment

There are some locations that seem to draw accidents to them for no apparent reason. The visibility is fine, the road is good, there are no distractions, but accidents seem to happen in these places so often we give them nicknames. It

doesn't have to be an accident scene. Surrogate EFT can be used for any place an injury or upset occurred, and you need not be present to win.

One day I went to one of these sites and did Surrogate EFT [my version at the time] on the environment. I tapped for the road, the dirt, the trees and even the trash on the ground. I addressed the animals and even the air, including the exhaust fumes. There was another accident the following week so I repeated the process. There weren't any more accidents there for the next three years.

Begin by identifying the specific area you intend to clear. Extend the area a little further than the immediate site to include energy which might have "traveled". Determine the predominant energy or feeling that comes to you.

Set up phrases: Even though there was a disruptive incident here, I ask for a clearing of this area. Even though a disruptive incident occurred in this location, I ask for calm and peaceful energy to fill this area. Even though these trees, bushes, dirt, (fill in anything there) were affected, I ask for a blanket of calm and peaceful energy to wrap lovingly around everything.

Tapping phrases:

Eyebrow: This worry about the environment.

Side of Eye: This concern that the animals and trees were injured.

Under Eye: This disruption in the energy field at this location.

Under Nose: All feelings of fear and confusion are dispelled.

Chin: The environment is restored to its original state.

Collar Bone: The road, dirt, animals and even the trash are calm and peaceful.

Under Arm: The energy here is clean and clear.

Top of Head: All people who come through this area experience peace of mind.

Let this prompt your own inner dialogs. Keep tapping until you feel release for those involved.

Cooperative Inanimate Objects

Every emergency worker has stories (too many in fact) of equipment that worked before and after the emergency, but didn't work during the emergency. As the Training Officer for my department, I taught my firefighters to treat every piece of equipment as if it were conscious and cooperative. Of course at first many of the guys made fun of this and refused to do it, but they soon realized those of us who followed this guideline hardly ever had problems with our equipment.

Once at the beginning of my career I was handed a chain saw and told to start it and cut away a tree that had fallen. I looked around and saw every eye on me, the only woman, waiting to see what I would do. Without even looking at the chainsaw, I pulled the cord and it started right up. There was a huge sigh of relief not only from me, but from all the guys, and I cut away the branches like an expert.

After the emergency the guy who handed me the chainsaw told me he believed in miracles that day. He had handed me a chainsaw that was broken and shouldn't have started.

Begin by apologizing to the piece of equipment for yelling and cussing at it. Treat it as if it will receive and accept your apology. Then recognize that everything you see is made of energy. Identify the specific equipment to address.

Set up phrases: Even though you are inanimate, I recognize your ability operate properly. Even though you are a piece of equipment, I appreciate your cooperation. Even though you are energy, I am grateful for your operating properly.

Tapping phrases:

Eyebrow: This worry about the equipment working.

Side of Eye: This concern that the equipment is damaged or broken.

Under Eye: This disruption in the energy field of this equipment.

Under Nose: All feelings of fear and confusion around this item are dispelled.

Chin: The equipment is restored to its original working state.

Collar Bone: All things needed to run this equipment are calm and peaceful.

Under Arm: The energy in and around this equipment is clean and clear.

Top of Head: All people who touch this equipment experience peace of mind.

Let this prompt your own inner dialogs. Keep tapping until you feel release for those involved.

Large-Scale Disasters

Most cities have a disaster plan which includes groups of people (such as the Red Cross Disaster Action Team) who volunteer to offer assistance and services to emergency response workers. Consider joining one of these teams and demonstrating Surrogate EFT to them. Then work out the best way to offer your services during emergencies and disasters.

No matter where you are during a disaster, start calming yourself down first. Then begin to offer some relief to anyone you can reach. Don't force it on anyone, just offer to show or demonstrate Surrogate EFT and let them decide for themselves if they want to participate.

Set-up phrases: Even though it seems all hell has broken loose and everything is happening at once, I can remain calm and peaceful through this incident. Even though I don't know if my family is ok, I know that eventually everything will work out and I can remain calm and do what I can to help those around me. Even though I do not like what I am seeing, I can remain calm and help others calm down, too.

Tapping phrases you can use:

Eyebrow: This fear and confusion.

Side of Eye: This upsetting picture in my mind.

Under Eye: This chaos and confusion.

Under Nose: This not knowing about my family.

Chin: I can remain calm and aware of myself and my surroundings.

Collar Bone: I can remain clear-headed and calm.

Under Arm: It is perfectly normal to be upset because of an emergency.

Top of Head: I can feel calm and confident that everything will work out.

Let this prompt your own inner dialogs. Keep tapping until you feel release for those involved.

Post Emergency Surrogate EFT

Emergency scenes seem to draw attention like flies to flypaper, and what we've seen gets stuck in our minds. Effective post traumatic stress treatment reduces the charge on what was experienced through the senses by addressing what was seen, heard, smelled, tasted and felt. In addition, the opinions or decisions that were made at the time are attached to those memories and should be addressed.

When I was in Israel, my job was to ensure English-speaking tourists left in stable condition so they were not traumatized by memories of their visit. I would simply have them tell me over and over everything that happened, everything they experienced, and everything they were thinking until they could tell it without a reaction. Although effective, this was painful and tiresome for everyone. With the introduction of EFT this process became much faster and easier because EFT reduces the trauma as it's being recalled.

I recently performed Surrogate EFT on a man who witnessed a car vs. pedestrian fatality right in front of him and his 8-year-old granddaughter. His main concern was his granddaughter who was crying and very upset. We did a round for him and two surrogate rounds for his granddaughter with him tapping as if he was an 8-year-old child. They both feel released from the negative emotions regarding the incident.

Begin by calming yourself, then start right in with Surrogate EFT. Ask if anyone would like some help reducing the upset for themselves or another person. Find out if there are any children who witnessed the incident. Ask if they think someone else was upset by the incident.

Do a demonstration round or two to help them through their emotions. Then identify the person they want to help and put them in the other person's shoes.

Put yourself and anyone else tapping in the mindset of the person you want to help. For example: “I am an 8 year old child.”

Set up phrases: Even though I saw something really scary, I am safe and know I am ok. Even though something very bad and scary just happened, everyone is doing something to help and I am safe here with my grandpa. Even though I am very upset and scared, I can be calm and brave.

While tapping, tell what happened from the viewpoint of the other person, pausing to do specific tapping on any emotions that come up. Remember to use language the other person would use. (Note: this is similar to the movie technique shown in many of the training DVDs offered at the EFT site.)

Tapping phrases you can use:

Eyebrow: I was really scared.

Side of Eye: I didn't like what I saw.

Under Eye: Everything happened really fast.

Under Nose: I can let go of these feelings.

Chin: I can be calm and aware.

Collar Bone: I can be clear-headed and calm.

Under Arm: It is perfectly normal to be upset because of an emergency.

Top of Head: I can feel calm and confident that everything will work out.

Let this prompt your own inner dialogs. Keep tapping until you feel release for those involved. Continue with appropriate EFT sequences based on the emotions and aspects that arise. Finish by asking the person to look at the situation from their own viewpoint again and see if they feel anyone else is still upset. Repeat as necessary.

Apply Surrogate EFT to Any Other Emergency:

Other emergencies may include surgery, childbirth, death, tax audits, criminal activity, impromptu public speaking, delivering sensitive information, getting lost, lost – stolen or broken items, dealing with another person's upset, road rage, spontaneous in-laws visiting, critical performances, media interviews, and general overall panic.

Apply Surrogate EFT to any emergency situation you can imagine.

PART IV: Surrogate EFT for Forgiveness

We often look at behavior as being good or bad, right or wrong. If someone causes harm to another, we consider them bad and wrong. If someone helps another we consider them good and right. However, judgment lives in the eyes of the judge. What may be good for one is bad for another, and what is right for me might be wrong for you. Therefore, all judgment is relative and inconsistent.

On the day the three drunk drivers caused us so much grief, our Captain led us through an unusual debriefing. He asked us to look at things from a different perspective and suspend judgment on everyone involved, including ourselves.

He said we could change the way we look at behavior as either offering or asking for help. People weren't good or bad or right or wrong; just trying to survive in a crazy world. When we don't recognize another's requests for help, they keep asking louder and louder by increasing the intensity of their behavior.

Then we spent a few minutes putting ourselves in the shoes of each person who stuck in our minds that day. Pretending we were them, we received acceptance and love for each of them on their behalf. The process left us feeling calm and peaceful, and without any negative reaction to the day.

Combining Surrogate EFT with this philosophy which is also in alignment with A Course in Miracles, I began taking people through the following process.

Every person reported a similar experience; they were barely able to contain the release and joy and unable to put words to the experience. As in all other processes, use the wording that is most appropriate for you, however follow the basic instructions.

Begin by choosing someone you believe has been asking for help. Determine what type of help would best address their issues. From your own viewpoint, use EFT to release your own upsets with the person. Then using Surrogate EFT, put yourself into the other person's position, looking out from their viewpoint. Try to imagine what it would really feel like to be this person. Then on behalf of them, receive acceptance and love.

Set up phrases: I am (their name). Even though I feel angry, I fully and completely accept myself (really feel acceptance on their behalf). Even though I feel guilty, I completely and fully love myself (really receive love on their behalf). Even though I feel resentful, I completely and fully love and accept myself (feel it for them).

Tapping phrases you can use:

Eyebrow: I am (their name). I am not good or bad or right or wrong.

Side of Eye: I am asking for help.

Under Eye: I am loved and accepted by (name(s)).

Under Nose: I am (their name). I receive love and acceptance from (your name). (Feel them getting your love and acceptance.)

Chin: I accept and receive love and acceptance from myself.

Collar Bone: I accept and receive love and acceptance from (name(s)).

Under Arm: I am asking for help and I am receiving the help I need.

Top of Head: I am grateful for your help and receive the help I need.

Continue tapping for yourself if anything upsetting arises, and continue tapping for the other person until you feel complete release from the issue within yourself on their behalf.

You do not need to worry that you are interfering with their free will. If they are truly set against receiving help, you will not affect them. If they are in any way hoping someone will help them, you may see some amazing results.

My experience has been varied with some results being immediate and lasting, while other results were immediate but temporary. There is no limit to the number of times or aspects which can be applied.

Recently, I helped a young man put himself in the viewpoint of his mother. On her behalf he received and accepted his own apology (mother accepting son's apology), then, still on behalf of his mother he offered himself forgiveness from her viewpoint (mother forgiving son). He then returned to his own viewpoint and was immensely moved as he accepted and received the forgiveness offered him from his viewpoint of his mother (son receiving mother's forgiveness). In his mind, he now had guiltless peace with his mother who had died several years ago.

Releasing the Victim

It isn't always easy taking responsibility for one's own life. It is easier to blame someone else for life's injustices. The legal system and insurance companies require fault to be determined. Once a person is legally declared "the victim" healing takes on a different face.

I worked with a woman who had been in an automobile accident. She could no longer do the lucrative work she loved, so her family and friends covered her expenses and helped with everything she needed.

I had just learned EFT and decided to try it on her pain. It worked really well, in fact so well she was pain free and able to return to her beloved job. Her family and friends were grateful. She was very happy and said, "I feel the world has given me a special gift!"

A few months later she called me screaming venomously into the phone. *I had ruined her life!* Her attorneys advised that without her pain or loss of income she would not receive a settlement. Now she felt the world (and I) had "taken something" from her. Shortly after that she was seriously injured in another accident and could not work at all.

I called her again the following year to see how she was doing. *She didn't remember me*, and spent an hour complaining about her life and how her family

and friends abandoned her, leaving her destitute. After attorney fees, she received the equivalent of six months income and is now on disability, in constant pain and barely making ends meet.

I asked if there was any part of her life that was working. She said, “My life is miserable. Everything I ever had was taken from me. I have to fight for every little thing.” Then she said, “And no one has EVER helped me. I’m completely alone and have nothing.” (All great Surrogate Tapping phrases!)

Since it is unlikely “the victim” will perform EFT on themselves, Surrogate EFT can help those who feel like victims and those who feel guilty because they are afraid they may have contributed in some way to the problem.

Begin by determining what happened that caused someone to feel like a victim, and who was involved with the problem. For example, if the driver of a car caused an accident, they may feel guilty and the injured person may feel resentment, and both feel like victims of the other.

Put yourself in the viewpoint of the person who feels like a victim. Use as much of their own words or whatever you think they would say as possible. Move gently from victim to slight willingness to see things differently.

Set up phrases: Even though my life is miserable, I am doing the best I can. Even though I have to fight for everything, at least I am fighting. Even though no one has ever helped me, somehow I am getting through.

Tapping phrases:

Eyebrow: I’ve never been able to trust anyone.

Side of eye: I can’t rely on anyone.

Under eye: I’m alone and have nothing.

Under nose: I really don’t like feeling like this.

Chin: I would really like to feel better.

Collar bone: I might be willing to see things differently.

Under arm: I ask for help feeling better.

Top of head: I ask for help seeing things differently.

Let this prompt your own inner dialogs. Keep tapping until you feel release for those involved.

Releasing Resentment

Set up phrases: Put yourself in the viewpoint of the person with resentment. Even though you caused this problem, my true intention is for all of us to be happy and healthy. Even though you are at fault for the problem, I ask for and receive love and forgiveness for both of us. Even though it's too bad it happened this way, I ask for and receive healing for both of us.

Possible Tapping phrases:

Eyebrow: This resentment.

Side of eye: I resent having this problem.

Under eye: I don't like it when this type of thing happens.

Under nose: I resent that the problem happened.

Chin: I didn't want it to go this way.

Collar bone: I don't like feeling resentful.

Under arm: I wish it had gone differently.

Top of head: I don't want to give up my idea of how I want you to feel.

Eyebrow: I ask for help releasing this resentment for all of us.

Side of eye: I don't want to release all this resentment.

Under eye: I might be willing to release some of this resentment.

Under nose: There's no value in holding on to this resentment.

Chin: I didn't ask for this to happen.

Collar bone: I don't want it to keep happening.

Under arm: I ask for help in releasing this resentment.

Top of head: I ask for clarity in finding the purpose of this resentment.

Let these phrases prompt your own inner dialog. Use the words that best fit for you. Keep tapping until you feel the release. Once you feel the release, repeat the process for yourself and all other persons involved. Put yourself in their viewpoint and tap as if you are them.

Releasing Guilt

You may hear someone say they feel guilty or responsible for something that happened and you cannot get them to deal with the situation in a more healthy way.

Put yourself in the viewpoint of the person with guilt. That could be you or another person. Let these phrases prompt your own inner dialog. Use the words that best fit for you. Keep tapping until you feel the release.

Set up phrases: Even though I was involved or caused this problem, my true intention is for all of us to be happy and healthy. Even though I may be at fault or partially at fault for the problem, I ask for and receive love and forgiveness for all of us. Even though it's too bad it happened this way, I ask for and receive healing for all of us.

Possible Tapping phrases:

Eyebrow: This guilt.

Side of eye: I feel guilty about this problem.

Under eye: I don't like it when this type of thing happens.

Under nose: I feel guilty that the problem happened.

Chin: I didn't want it to go this way.

Collar bone: I don't like feeling guilty.

Under arm: I wish it had gone differently

Top of head: This guilt.

Eyebrow: I ask for help releasing this guilt.

Side of eye: I don't want to release all this guilt.

Under eye: I might be willing to release some of this guilt.

Under nose: There's no value in holding on to this guilt.

Chin: I didn't ask for this to happen.

Collar bone: I don't want it to keep happening.

Under arm: I ask for help in releasing this guilt.

Top of head: I ask for clarity in finding the purpose of this guilt.

Let this prompt your own inner dialogs. Keep tapping until you feel release for those involved. Once you feel the release, repeat the process for the other persons involved.

Finally: Place a blanket of healing and forgiveness over all the parties involved and put yourself in each of their viewpoints one at a time, receiving love and acceptance, forgiveness and release for each person, especially yourself.

More Releasing Resentment and Guilt Tapping Phrases

I/you should have seen that.

I/you should have done that.

I/you shouldn't have done that.

I/you should have noticed that.

I/you should have said something.

I/you should have stayed out of it.

I/you should have gone with my intuition.

I/you should have stopped that from happening.

I/you should have intervened earlier.

I/you should have gotten here faster.

I/you should have listened to what they were trying to tell me.

I/you should have listened to me.

I/you should have followed procedures.

I/you should have broken that rule.

I/you should have tried harder.

I/you should have been braver.

I/you should have been stronger.

I/you should have known better.

I/you should have known that.

I/you should have trusted my instincts.

To all Readers: I am very interested in hearing from you regarding the application of these processes. Please feel free to contact me regarding any issue.

Resources

Learn the basic recipe for EFT from Dr. Gary Craig's site at www.emofree.com

Download the free EFT manual, choose from a variety of training DVDs, and check out the testimonials using EFT on Post Traumatic Stress Disorders.

Learn powerful applications for EFT from Dr. Carol Look's site

www.carollook.com

Learn how Deborah Miller, PhD used EFT on her own injury.

<http://www.emofree.com/Pain-management/injury-recovery-fall.htm> and check out her site at <http://www.findthelightwithin.com/>

Stanford Forgiveness Project on Forgiveness and Healing

<http://mednews.stanford.edu/stanmed/1999summer/forgiveness.html>

American Red Cross: First Aid, CPR and Disaster Response

<http://www.redcross.org/>

Learn Traffic Safety at the National Traffic Safety Institute

<http://www.ntsi.com/>

About Wende Wylie

Wende makes a remarkable difference in people's lives. She did this as a wife, mother, firefighter and currently as a transformational coach, advisor, strategist, seminar leader, and inspirational speaker.

Wende's passport shows an intriguing array of world travel as she, much like her Mighty Mouse hero, went off to save the world on both personal and professional adventures.

The insight and education gained during many of these adventures enabled Wende to have the strength and determination needed in order to break down the barriers to becoming one of the first women firefighters in the San Francisco Bay Area in the early 1980s. Her presence made unexpected and lasting changes in the Fire Service regarding the acceptance of women.

With her first book "*Calm-Ass Leadership*" Wende displayed her gift as a powerful storyteller. And now with the launching of "*Helping Helpers: Using Surrogate EFT for Emergencies*", she continues to do her part by helping people help others.

Her twinkle of mischief shows through when she speaks and her audiences are captivated by the inspirational, funny and poignant stories she tells—real-life adventures that started when she made a promise to herself when she was six: to be a fireman!

Wende credits her sister's coaching as her inspiration that culminated in her eighteen years of service in fire-fighting and other emergency response services. Not only was Wende one of the original members of The California Women in the Fire Service Organization, but before she retired as a Training Officer from her distinguished career in the Fire Service she received The American Red Cross Volunteer Appreciation Award in 1991; Firefighter of the Year in 1988; and a Decoration for Heroism in 1989.

Wende began public speaking in 1982 and was interviewed numerous times by the media as she inspired groups of young adults and women to create goals and realize their dreams.

Ultimately both men and women sought her unparalleled expertise to guide them through life and career altering change.

She is uniquely qualified as an inspirational speaker and author because she speaks from experience, lives what she teaches and gives people tools to empower their success and happiness. In short, she gets results.

Wende currently lives in Ventura, California with her husband James, and their two dogs, Mike and Inara.

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To sign up for a

**Helping Helpers: Why Rescuers Don't Like Needing
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contact WendeWylie@msn.com for locations and dates.

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