

# The Energy Exchange Photograph Techniques For People



## A Gentle Surrogate Technique

Marie Holliday EFT Master Trainer of Trainers



Marie has been using and developing these techniques with photos and EFT for many years and she was invited to present by Master Tania Prince at the annual EFT Masterclass in Manchester 2007. She then developed these techniques using photographs for animals from around 2011 and has an updated introduction including animals (7/7/2016) of some of the ways you can use the *Energy Exchange Photo Techniques* demonstrating how to effectively combine working with EFT and photographs for both people and animals. This document is using

the techniques for people.

She originally started working with photos quite intuitively and started tapping *on* the photograph itself with interesting and rapid results. She then had incredible testimonials as to its efficacy over the years from all parts of the world for many varied issues including a published article on this work by the Founder of EFT, Gary Craig.

She then started to introduce photographs with some of her clients and over the years has discovered many applications with what she calls the *The Energy Exchange Photograph Techniques*.

Photographs hold Memories

*“Memories are only memories to the conscious mind and current events to the unconscious mind”*

### **Some of the Uses:**

Marie has introduced their varied application where the client brings a photo or photos to the session or on the phone or alternatively for your own use.

This can involve:-

- ⌚ Tapping *on* the photograph itself
- ⌚ Interchanging with tapping *on self* in the normal way & tapping *on* the photograph
- ⌚ Tapping *on self* and *looking* at the photograph of self or other introducing other photographs of other people.
- ⌚ Introducing a *few* photographs to tap with e.g. family photo graphs

Marie has now used The Energy Exchange Photo Techniques for many client issues over the years and here are a few of the examples:-

- ⌚ Tapping on a photograph of self for not feeling loved

- ⌚ Tapping with inner child work & a photo of self when young
- ⌚ Tapping with Law of attraction/Abundance/Relationships
- ⌚ Tap on photo of self imagining a difficult dialogue/conversation or interview, low self esteem
- ⌚ Sending healing, love, forgiveness, gratitude
- ⌚ Ex pat community where many have left problems behind in another country & distance is an issue
- ⌚ Divorce, splits in relationships, family/friends, leaving home.
- ⌚ Arguments, disagreements
- ⌚ Grieving & bereavement
- ⌚ Health Comparison photographs for tapping with ill health now and previous photograph in good health
- ⌚ Using an X Ray to tap with
- ⌚ Children love trawling through photograph albums where tapping can be introduced
- ⌚ Photographs of pets with tapping
- ⌚ Photographs concerning weight issues, smoking, weight, self image including before & after
- ⌚ Tap on a photograph/magazine cutting, images of a future aspiration or dream
- ⌚ Occasionally used with Movie Technique where a photograph has held an intense trauma and then tapped in normal way or a client tapped on a wedding photograph calling it 'The fight'.
- ⌚ Personal Peace Procedure where clients or Practitioners are encouraged to make a journal and put photographs in to tap on.
- ⌚ Tapping with a Palace of Possibilities Affirmation and a photo or magazine cutting that represents the persons aspiration
- ⌚ Tapping by phone/Zoom and using a photo (s)

Marie finds some of the benefits offered with the Energy Exchange Photo Techniques are:-

- ⌚ Useful for a situation where a person cannot talk to another person or doesn't want to, they are too annoyed, hurt, upset, grieving
- ⌚ Not presenting with emotions
- ⌚ Cannot/doesn't want to see someone physically e.g. living in another country, someone in hospital, cannot face seeing someone, guilt issues
- ⌚ Takes the pressure off the individual by tapping on a photo of self
- ⌚ Dis -association
- ⌚ Offers a different perspective

- ⌚ Cognitive shift
- ⌚ May change a belief system, thoughts or a perception really quickly
- ⌚ Visual for the non visual person
- ⌚ Can raise intensity and get to core issue quickly
- ⌚ Photo is easy to check results with SUDs rating , relief, aspects when reviewing it or looking at it another day
- ⌚ Can be introduced if tapping doesn't seem to be getting anywhere ,particularly the non responsive client
- ⌚ Photos are so evocative of a time, place, situation, family gatherings, childhood, teens, births, etc They hold memories of sights, sounds, smells, scenes, good memories & not so good
- ⌚ Surrogate and distance healing

Interestingly The Heartmath Institute Study using human DNA in files showed that thinking the worse event ever in your life damages DNA but thinking the best event ever in your life, heals the damage.

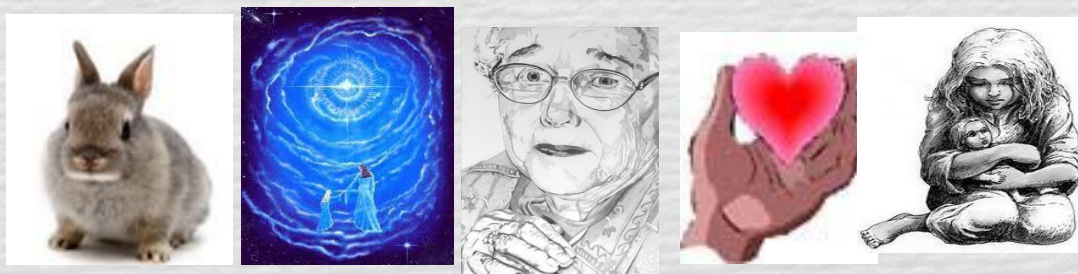
DNA is non static and can bring destruction or healing to your cells, depending on your thoughts and beliefs.

Changing the picture you look at changes the frequency of the cells.

EFT is used to change pain/trauma pictures into healing or healed pictures as tapping changes the internal picture.

Perhaps if the energy frequency of a picture (photograph in this instance) is changed with tapping then a healthier positive frequency offers a different view or belief with the self same photo. [www.heartmath.org](http://www.heartmath.org)

Examples of using these techniques



*Use photos for animals, elderly/sick people, sending love, inner child work, children, family dynamics, relationship issues and much more!*