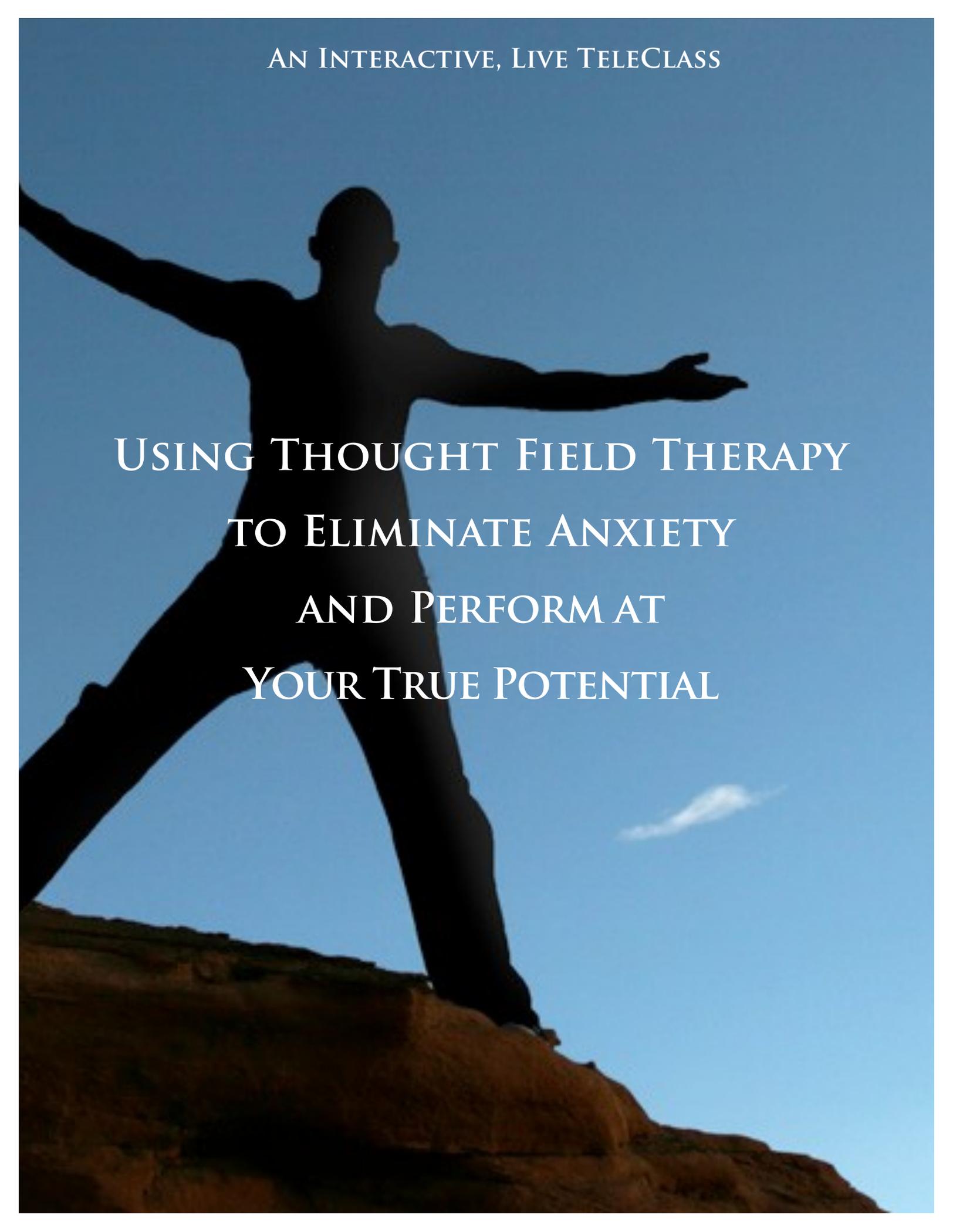


AN INTERACTIVE, LIVE TELECLASS

A silhouette of a person standing on a rocky cliff edge, with their arms outstretched horizontally. The person is positioned on the left side of the frame, looking towards the right. The background is a clear, bright blue sky with a single, small, wispy white cloud in the lower right quadrant. The overall mood is one of freedom, achievement, and reaching for one's potential.

USING THOUGHT FIELD THERAPY
TO ELIMINATE ANXIETY
AND PERFORM AT
YOUR TRUE POTENTIAL

An Introduction to Thought Field Therapy (TFT) Eliminate Anxiety and Perform at Your True Potential

An Interactive Teleclass with Joanne Callahan, MBA

Acknowledgements: Thank you to Jenny Edwards and Suzanne Connolly for their contributions to the TFT Algorithm Training Manuals from which excerpts were taken. Material has been newly revised and edited for current teachings in TFT.

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An Introduction to Thought Field Therapy – The Tapping Basics

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Work Sheets (Print out pgs 6, 8, 10 and 20 for use during class)

Recommended Use of Manual and Preparation for Tele-class

This Introduction To TFT – Eliminate Anxiety and Perform at Your True Potential Teleclass is brief and yet power-packed with information to help you get started on the path to using tapping for better health, success and achievement in 2017. As it is only 60 minutes of presentation time, your workbook will fill-in the gaps with a brief history and more detailed explanations of specific tapping sequences and what TFT is. You will have much greater success and understanding of this powerful tool if you take the time to read your manual several times, both before and after the class. Please follow the below steps:

Note: Watch the Barrel Effect video clip (only about 4 minutes) prior to class.
<https://www.youtube.com/watch?v=tn83NurNrZs>

1. Print out Work Sheets for use during class (pages 6, 7, 8, 10, and 20) – given as a separate download in addition to being included in your manual
2. Read Introduction and Purposes (pages 1-4)
3. Review Manual (it is recommended to print and keep for reference as well)

Note: If you wish to be a live volunteer at the end of the presentation, you must e-mail joanne@tftrx.com in advance with your request.

Remember, this class is being recorded and all participants will receive a copy. You may use only your first name or an alias in the demonstration portion of the class.

TFT Eliminates Trauma, Stress, Fears and Related Anxieties, and Identifies and Eliminates Blocks to Achieving Optimal Health

Over thirty-three years ago, Dr. Roger Callahan discovered a way to identify and subsequently eliminate self-sabotage and blocks to healing and success. He called this phenomenon, Psychological Reversal (PR). Shortly thereafter, he found a way to cure life-long fears and phobias, often in just minutes. This includes performance anxiety. He subsequently developed these procedures into the first "power therapy of the 21'st century", Thought Field Therapy→ (TFT). We are celebrating our 33'rd anniversary, 33 years of healing with Thought Field Therapy→. In fact, TFT is the grandfather of the many tapping meridian and energy therapies used today.

In this teleclass we will show you the simple TFT self-help procedures to quickly eliminate many blocks to better health and success, eliminate stress and fear, improve peak performance and visualization, heal past traumas, free yourself to be open to new romantic relationships and reduce your performance fears, and quiet your mind.

Today's chaotic and fear ridden world keeps many of us in a constant state of anxiety; anxiety about our jobs, anxiety about our finances, anxiety about our relationships, and anxiety about our health. In this class, we will show you how to quickly, and without suffering, move past these negative emotions and restrictive behaviors.

An excellent example of how anxiety or fear can stifle one's career or potential for success is a former client of Dr. Callahan's, an excellent golfer, on the women's pro circuit. She contacted Dr. Callahan because she felt her golf career was being limited as every time she would be close to winning a tournament she would start worrying about having to speak to the media if she won. She would tighten up and begin missing shots. And, believe it or not, at the end she was actually relieved, because she did not have to speak to the media and do any interviews. She knew this fear was limiting her performance and career opportunities. Each year, she had promised herself she would overcome this limitation.

She contacted Dr. Callahan for this fear and in a couple of sessions there was no further trace of it. Shortly after those sessions, we watched her on television, giving a calm and poised interview with the media, after she won her next tournament. She is still on the circuit and doing well.

What is Thought Field Therapy→ (TFT)?

Thought Field Therapy→ (originally the Callahan Techniques→) is different from any other psychological method that you've ever used. The therapeutic process itself is completely unique. So is the scientific foundation on which it is based. And, so are the unprecedented results it can produce. Over the last 33 years, since its discovery as the Callahan Techniques→ and its continual improvement and development, it has spawned numerous offshoots.

TFT is a system that facilitates healing as it accesses and resolves the essence and the root cause of a problem, whether emotional or physical. As a clinical psychologist, Dr. Callahan began working with negative emotions, phobias, anger, guilt, grief, trauma, addictions, depression, etc. These negative emotions and many physical problems are condensed information in energy form, bound in what he calls a Thought Field. The active information in this Thought Field creates the distress by controlling the negative emotions, and subsequently our behavior, blocking the flow of healing energy.

And how does it work with the Thought Field and the energy of the body?

The key to the treatment is influencing the body's bioenergy field by tapping with your fingers on specific points on the body located along energy meridians, while tuned into the specific thought field. This is a simple, user-friendly process that is explained in this class.

Thanks to research using technology that can monitor the body's autonomic nervous system, we can now scientifically measure and quantify the systemic changes that TFT produces. We use several measures of effectiveness, including the SUD (Subjective Units of Distress) which we will use in this class. We use Heart Rate Variability in our live events to measure changes in one's overall state of health as we apply TFT. Clearly, it heals at the most fundamental level, and it often happens almost instantaneously.

Achieving Better Health and Well-Being

In January, 2010, we gave a teleclass to assist our customers in successfully achieving their New Year's resolutions and overcoming blocks to their success.

This class was so successful in that area that by the last class we were asked to tackle many of their other challenges, from physical to emotional issues. These too were very successful and we have had so many requests for additional classes, we scheduled them throughout the year.

An excellent example of the kind of miracles our attendees achieved is the following article that was written for our current newsletter, the Thought Field, and has been included in our book, Tapping the Body's Energy Pathways, Real People Reveal How Thought Field Therapy Heals Trauma, Anxiety and Disease.

"I am thrilled and honored to have learned about Thought Field Therapy. The TFT teleclass is one of the best training experiences and investments I have ever made. The teleclass provided fantastic insight and guidance into the TFT algorithms and usage. I highly recommend everyone learn TFT and put it to good use. TFT can do wonders for you. Now, perhaps you are wondering why I am so excited about Thought Field Therapy. I hope that after reading about my situation and the help TFT has given me, you too will give it a try.

In January 2005 I went sledding down my street. Part way down the steep hill the snow became solid ice. I was unable to steer or stop and slid head first into the bumper of a parked mini-van. I suffered such a bad head injury that I barely made it to the hospital alive. If it took 20 minutes longer, it would have been too late. I was put into a medical coma for 10 days and have a two month period that I do not remember anything from. With great medical care, support from my family, and post-hospital rehabilitation I finally returned to full time work after 8 months. I am nearly fully recovered other than I had lost 100% of my sense of smell. Medical professionals told me that the loss of smell is not an unusual occurrence after the type of brain injury I had. I was informed that I would never recover my sense of smell.

For five years, it was correct. I did not smell anything. However, in January 2010 I took the TFT teleclass and was given a customized Thought Field Therapy algorithm, from Dr. Roger Callahan, to regain my sense of smell. It is amazing the capability Roger has developed with TFT and Voice Technology. I have used the algorithm ((a, mf, tf, e, g50, eb) 9g) sq) at least 15 times a day for 40 consecutive days (20+ times for 35 of those 40 days). After the 30th day, I was startled and pleasantly surprised to notice the air all of a sudden seemed different as I walked down the indoor hallway near the building cafeteria. It took me a bit to realize I was actually smelling something again. After 5 years, I had sort of forgotten what that was like. In the days since then I have had other occasional instances of smelling things. My sense of smell is not yet 100% back, but I am thrilled to have what I was told could never happen actually occur. TFT has made this possible. Roger originally explained I would need to follow this 15+ times a day regimen for many weeks. It only takes a minute to execute the algorithm and can be done throughout the day. I gladly and enthusiastically continue applying TFT to further regain my sense of smell. This is much better than five years of thinking I would never smell again. Use TFT it really works. In addition to this more extensive usage, I have also used different TFT algorithms to alleviate other worries and anxieties.”

David Burns
Portland, OR, USA

Remember, if you wish to have the opportunity to volunteer to receive an individual tapping sequence, you must submit your request to be a live demonstration in advance.

TFT has rapid and effective self-help tools to address so many of life's daily stresses, often due to our anxiety around performance including social interactions. We also successfully help a large variety of health challenges.

We will show you how to use these tools to reduce stress, quickly dissolve anger, quiet the mind from obsessive worry, reduce anxiety, stop negative emotions and behaviors, erase the effects of past traumas, and help you with peak performance and the ability to visualize more effectively. By working directly on the emotional stress points and blocks that keep us from achieving what we want in life – TFT can help us allow abundance, health, love and achievement into our lives. It can help us begin to feel good right away.

TFT has been proven, over decades, with thousands, around the world, to quickly and effectively eliminate negative emotions, in a drug-free, non-invasive approach to self-help. In 33 years TFT has been self-applied with no report harm. This live interactive course provides you with simple, highly effective self-help procedures that work on most of the people and the problems they wish to address.

Purpose of This Class

The purpose of this teleclass is to teach you how to use the widely and most effective TFT algorithm and then to personalize it by adding additional components in the most effective way possible in order to eliminate your blocks to overcoming performance and social anxiety and more easily perform at your peak potential. We will address associated fears or stresses, heal the past traumas and their sequelae, and improve your ability to effectively visualize peak performance and well-being. We will work toward this goal by first teaching you some of the basic concepts, then teaching you the appropriate algorithm/s or tapping sequences and add-ons for your own personal challenges and perceived blocks to success.

We now have a very powerful sequence for removing the blocks to achieving your goals. We call this the 5 PR's and you will learn how to use it for your own challenges and blocks to reaching your true potential.

We will work individually with volunteers on real problems. These must be submitted in advance, by e-mail to Joanne@tftrx.com. We will work with as many as possible, one-on-one, at the end of class.

Causal Diagnosis—How TFT Algorithms Were Discovered

A question we are often asked is, “How do we know which energy meridian points on the body to address and in what sequence?” In other words, how were the algorithms discovered?

When a person is using a TFT algorithm, specific energy meridian points are stimulated in an exact, predetermined sequence. Through the stimulation of the correct tapping sequence points in the correct order, the perturbation is collapsed. As a result, all traces of psychological distress are eliminated at their root cause.

Much like a combination lock, the correct sequence is crucial to the success of the tapping. If you had a correct combination (code) on a lock of 3-27-32-5, and you tried to open the lock with a changed sequence (27-32-5-3, for instance), the lock wouldn't open. The same is true with the codes for TFT algorithms.

The TFT algorithms were developed, not by random trial and error, but through the use of a causal diagnostic procedure that reveals which meridian points to stimulate and in what order. There are 14 possible TFT tapping meridians, providing over 87 billion possible tapping sequence combinations. This means that these algorithms could not have been developed by chance. Mathematically, if you started trying out possible tapping sequence point combinations in the year of Christ's birth and continued without taking any breaks at all, you would still have approximately 163,800 more years to go!

In order to determine the correct sequence among so many tapping points, a causal diagnostic procedure was needed. It is referred to as a causal diagnostic procedure

because it diagnoses the root cause of the problem. This is different from traditional diagnosis in psychology, which involves diagnosing from categories of symptoms and providing labels. The TFT causal diagnosis procedures are taught only by the Callahan Techniques, Ltd. Training Center and their licensed trainers.

TFT algorithms are recipes previously determined through causal diagnosis for a variety of conditions. Dr. Callahan developed these algorithms through work with thousands of clients over a period of several years during the 1980's and early 1990's. As he treated clients, he observed that the same sequence was repeatedly being elicited through diagnosis for particular psychological conditions such as phobias, addictive urges, traumas, and others. If Dr. Callahan found that a particular sequence worked for high percentages (80-90%) of people, after he had had treated hundreds of people with a particular psychological problem, this sequence became an algorithm. Someone who has been trained in TFT diagnosis or Voice Technology can usually successfully treat or help the 10-20% of people for whom the algorithms do not work.

The outcome of TFT algorithms can easily be replicated by anyone who learns and applies them correctly, with the same high success rate. In this class you will learn to be able to replicate these rapid, painless, and highly successful tapping sequences. By practicing, you will learn the skills necessary to help eliminate negative emotions and conditions previously thought to be incurable, such as chronic bad habits like smoking or overeating, phobias, trauma, anger, guilt, grief, love pain, and many more. When you use these tapping sequences and see their results, you will learn that TFT theory can be tested in reality and put to immediate practical use.

Psychological Reversals /Corrections

Algorithm level TFT has 6 levels of PR's, and corresponding mini-PR's:

- | | | |
|---------------|----------|----|
| ▪ Massive | | SH |
| ▪ Specific PR | Mini-PR | SH |
| ▪ PR Level 2 | Mini-PR2 | UN |
| ▪ PR Level 3 | Mini-PR3 | CH |
| ▪ Level 4 | | MF |
| ▪ Level 5 | | OE |

5 PR's Removal of Blocks to Healing:

While focusing on releasing all blocks to desired goal, ie.:

- Healing , Success , or Loving Relationship :
- tap the following points, 15 times each. You can do 1-3 rounds of this.
- Side of hand
- Under the nose
- Center of the chin
- Middle finger
- Outside corner of eye

Introduction to Basic TFT Algorithm

Presenting Problem	Major Treatment	9 Gamut	Major Treatment
Past trauma, loss, disappointment, sadness	Eyebrow, Collarbone	As Described Below	Repeat The Tapping Sequence (the Major Treatment)
Simple anxiety/stress/fear Most simple phobias Addictive Urges	Eye, Arm, Collarbone		
Spiders, claustrophobia, air turbulence	Arm, Eye, Collarbone		
Past trauma with anxiety PTSD	Eyebrow, Eye, Arm, Collarbone (The basic TFT Algorithm)		
Anger Rage	Tiny Finger, Collarbone Outer Edge of Eye, Collarbone		
Shame Embarrassment Guilt	Under Lower Lip Under Nose Index Finger, Collarbone		
Complex Algorithm for Trauma/PTSD Anxiety w anger add: Feelings of Guilt add: Rage add: Embarrassment add: Shame add:	Eyebrow, Eye, Arm, Collarbone Little Finger, Collarbone Index Finger, Collarbone Outer Edge of Eye, collarbone Under Nose, Collarbone Under Lower Lip, Collarbone		

The 9-Gamut Treatment

Eyes closed ~ Eyes open
 Eyes down left ~ Eyes down right
 Eyes in a circle clockwise ~ Eyes in a circle counter-clockwise
 Hum a tune ~Count to 5 ! Hum again •

TFT Tapping Point Locations

The **Eyebrow Spot** is located at the beginning of either eyebrow. An alternative spot is located on the outside of either little toe by the lower outer corner of the toenail. It is used to help past trauma, grief, loss and sadness.

The **Collarbone Spot** is located about an inch down and 2 inches to either side of the sternal notch in the depression below the clavicle. This spot is used as a general tapping spot to emphasize the effects of the tapping and usually follows at the end of the sequences.

The **Eye Spot** is located directly under the center of either eye on the bony ridge. An alternate spot would be located on the second toe (the one next to the big toe) on the little toe side, near the lower corner of the toenail. It is used to relieve fear and anxiety.

The **Arm Spot** is located on either side of the ribs about 4-5 inches directly under the arm. It is used with the eye spot for addressing fear and anxiety and claustrophobia.

The **Tiny finger Spot** is location on the thumb side of either tiny finger near the lower corner of the nail. It is used to eliminate anger.

The **Index Finger Spot** is located on the thumb side of either index finger near the lower corner of the nail. It is used to address feelings of guilt.

The **Under the Nose Spot** is located directly under the nose. It is used for the relief of embarrassment, and nasal congestion, and as a reversal spot having to do with fear of a problem returning (level II).

The **Chin Spot** is located under the lower lip in the cleft of the chin. Used for eliminating shame.

The **Gamut Spot** is located on the back of either hand in the depression below the base joints of the tiny finger and the ring finger. It is used in the 9 gamut series and also for relief of physical pain and depression.

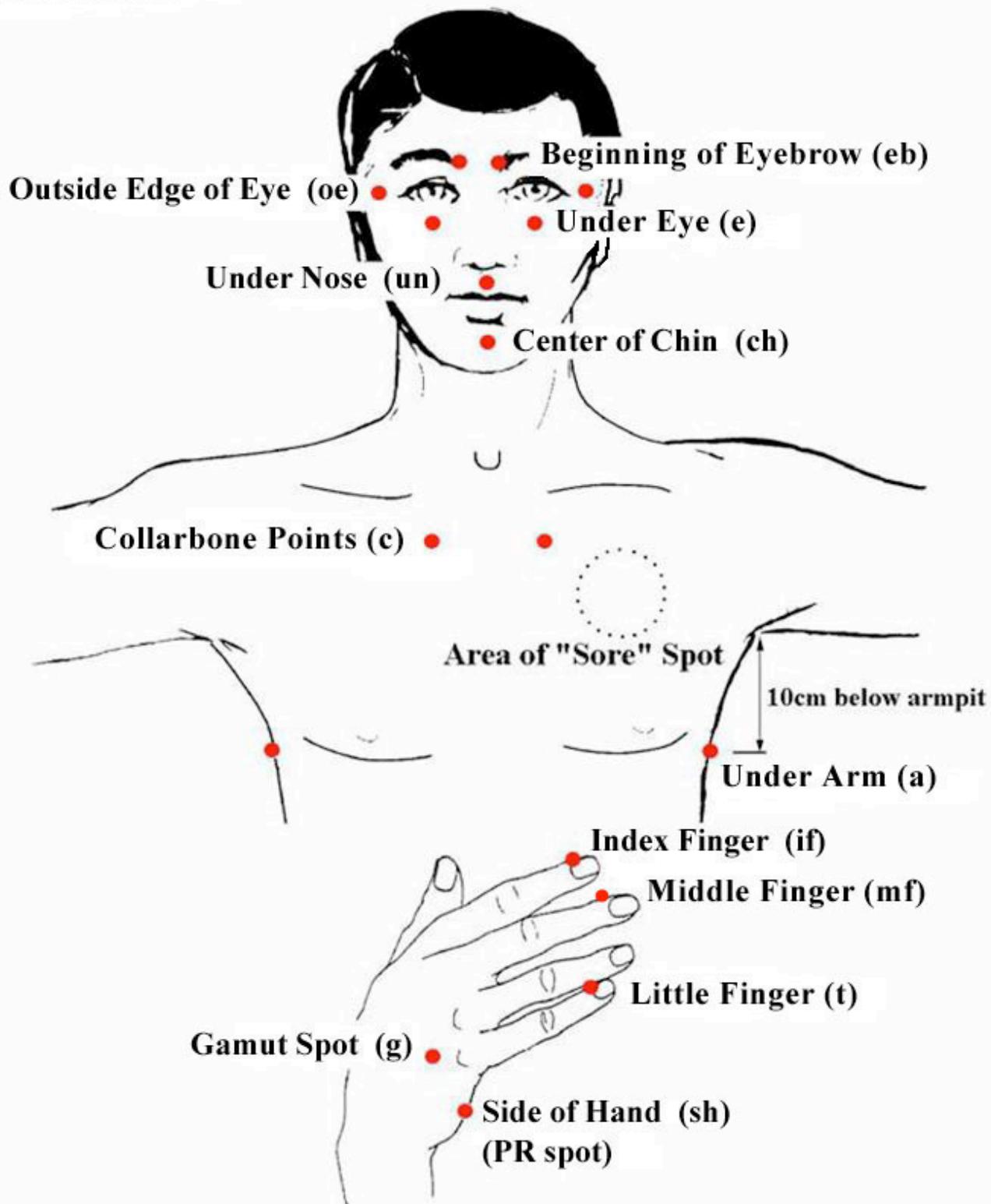
The **Outer Eye Spot** is located at the outer edge of the bony eye socket where the upper and lower eyelids meet; used in addressing rage.

Notes: It is possible to rub these spots or hold them rather than tapping, but, in most cases to be most effective, tap 5-10 times on each meridian point (tapping spot). Tap hard enough but not so hard enough to hurt. Speed of tapping does not matter. You may tap on both sides of body. It is okay to switch sides as tapping continues. There are 12 meridians mirrored on each side and two main connecting channels that are used in Thought Field Therapy. These tapping spots are all on, or close to, meridian end points.

THE CALLAHAN TECHNIQUES®

Tapping Points

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Step-By-Step Procedure for Using TFT Algorithms

1. Think about the problem.
2. Quantify the problem on a scale of 0 to 10 (SUD level).
3. Ask the client to continue thinking about the problem while tapping on the appropriate
Major Tapping Points.
4. Check SUD level.
 - If SUD is a 0, you are finished using TFT on this specific problem.
 - If SUD has not gone down at least 2 points (or, if the starting SUD was 6 or less, it has not gone down 1 point, do the appropriate reversal and begin again with step 3.
 - If SUD has gone down at least 2 points (or, if the starting SUD was 6 or less, it has gone down 1 point, proceed with Step 5 (the 9 Gamut Series).
5. 9-Gamut Series:
Tap Gamut Spot (on back of either hand) while doing the following:
 - Eyes Closed
 - Eyes Open
 - Eyes look down and to the left
 - Eyes look down and to the right
 - Roll eyes in a circle
 - Roll eyes in a circle in the opposite direction
 - Hum a short tune
 - Count to five
 - Hum a short tune
6. Repeat Step 3- Major Tapping Points (Majors).
7. Check SUD.
 - If SUD is a 0, you are finished using TFT for this specific problem.
 - If SUD is a 1 or below, but not yet a 0, do the Floor-to-Ceiling Eye Roll.
 - If SUD is above a 1, do the Mini Psychological Reversal Correction (See Page 17).
Then, begin again with step 3. Proceed to steps 5, 6, and 7.

TFT Major Tapping Points

Common Abbreviations	Informal TFT Name	Energy Meridian Location	Energy-Point
a	Arm spot	spleen/pancreas meridian	SP-21
e	Eye spot	stomach meridian	ST-1
cb	Collarbone spot	kidney meridian	K-27
eb	Eyebrow spot	bladder meridian	BL-2
oe	Outer eye spot	gallbladder meridian	GB-1
lf	Tiny finger spot	heart meridian	H-9
if	Index-finger-spot	large intestine meridian	LI-1
un	Under the nose spot	governing vessel	GV-26
ch	Chin-Under the lip spot	central vessel	CV-24
mf	Middle finger spot	circulation-sex meridian (also called the pericardium meridian)	CS-9
g	Gamut spot	thyroid meridian (also called triple warmer or triple burner meridian)	TH-3
g50	gamut-spot tapped 50 times		
9g	9 gamut series	(see above for location of gamut spot)	
Sq		Repeat major Tapping sequence	



The Psychological Reversal Correction Spots Explained

1. The **Psychological Reversal Correction Spot** is located on the tiny finger side of the outside of either hand (the karate chop spot) midway between the base of the tiny finger and the top of the wrist bones.

When a major tapping sequence is not effective, but after tapping the psychological Reversal Correction spot it is effective, that indicates that there was a blockage in the energy system. The blockage is often caused by various stressors. It could be the stress of thinking about the problem; it could be the stress resulting from an ingested food or beverage that is not favorable to that person, or from an inhaled toxin, such as laundry detergent on clothing, perfumes, fragrances, or other chemicals in the air.

A psychological reversal does not indicate a client's reluctance to get over the problem. When Dr. Callahan first encountered reversals in the late 1970's, he developed an affirmation: "I deeply and completely accept myself even though I have this problem." Through trial and error, he found that it became effective only after he added tapping on the side of the hand at the same time the affirmation was repeated. Much later, he discovered that the tapping on the side of the hand (or using other reversal spots) was just as effective without the repetition of the affirmations. The affirmations were then dropped in the late 1990s.

2. The **Recurring Psychological Reversal Spot** is found by going one inch down from the sternal notch and going about four or five inches over to the left. This is not an acupuncture spot, but a neuro-lymphatic reflex point. (Note: neuro-lymphatic reflexes were discovered by Frank Chapman, D.O. in the 1930s.)

This area is rubbed in a circular motion rather than tapped. When this intervention is needed, this spot is often quite tender or even painful to rub. If after rubbing this spot and repeating the first major tapping sequence, the SUD level begins going down, this may indicate that you may have ingested an Individual Energy Toxin or IET (a substance that has a negative effect on your individual energy system. This may be important information to be aware of. Most people will not need to rub this spot; however, those who do, need to rub this spot before tapping is effective, will need to have this information about toxins. Looking at toxins and diet is an essential part of all holistic approaches to healthcare.

Psychological Reversal Correction Techniques

If the SUD level is not down *by at least 2 points* after the initial major tapping points, (or, if the starting SUD was 6 or less, if it has not gone down 1 point), use:

THE PSYCHOLOGICAL REVERSAL CORRECTION

Procedure: Tap the “PR” spot, which is located on the outside edge of the hand about midway between the wrist and the base of the tiny finger (The “karate chop” spot) for 20 seconds. Then attempt the majors again and take a SUD reading.

If the Psychological Reversal Correction above is not adequate to lower the SUD level *by at least 2 points* after doing the majors again, it may be that there are ingested toxins involved. Then use:

THE RECURRING PSYCHOLOGICAL REVERSAL CORRECTION

Procedure: Locate the tender area of the upper left chest beneath the left collarbone (about 1 inch down and 3-4 inches over to left from sterna notch). Rub this area in a circular motion for about 20 seconds. (The direction of rubbing is not an issue). Then, again repeat the major tapping sequence and take a SUD reading.

If, after completing the entire algorithm, the SUD level is down significantly but is still higher than a 1, use:

*THE MINI PSYCHOLOGICAL REVERSAL CORRECTION

This is the same as Psychological Reversal except that it is used later in the tapping process. Again, tap on the outside edge of the hand (PR spot) or rub the sore spot in the upper left chest (Recurring Psychological Reversal Area) if that was needed earlier in the tapping sequence. Then, repeat the majors and take a SUD reading.

FLOOR TO CEILING EYE ROLL

Used when the entire algorithm has been completed and you have reached a SUD level above 0, but not higher than 1.

Tap the gamut spot while holding your head level. While continuing to tap, look down toward the floor and then, gradually, raise your eyes until looking at the ceiling.

This technique can also be used by itself for the purpose of relaxation.

The Future Level (Level II) Reversal Correction Technique (or PR II)

This is a reversal correction technique that is used in the following situations:

1. To correct for the fear of a problem returning after the problem has been successfully worked on.
2. To correct for a fear of never getting over the problem.
3. To correct, in the case of a very successful person, for blocks/fears about becoming more successful.

For Example:

You have used TFT and have gone from a higher number SUD to a 0 or a very low number. Then you feel that “the fear is back again” or “the anger is back again.” Upon further thought, you find that at that particular moment, there is no fear of anger when thinking about the problem just worked on, and you determine you are not tuning in to another problem that you have not yet worked on. Still you are apprehensive and perhaps fearful or angry, and have a SUD of 2 or higher. You then ask a question such as, “Are you afraid the problem will return later?” or “Are you afraid that you will never get over this anger?” If the answer is “Yes” to such a question, you may consider using the Deep Level Reversal Correction Technique.

For highly successful people (such as a golf pro who has hit a plateau or a salesperson who has reached a level of competency but feels that something inside gets in the way of even greater success) who would like to be even more successful, you may want to try using the Deep Level (Level II) Reversal Correction Technique to assist in removing the block.

The Deep Level (Level II) Reversal Correction Procedure:

- Tap 5-10 times under their nose at the end point of the Governing Vessel (G 26). Then, take a SUD reading on the fear of never getting over the problem or the fear about being even more successful.

- If fear remains, proceed through the anxiety algorithm as with any other fear or anxiety. This time, however, you are working with the fear of never getting over the problem, or the fear of the problem returning, or the fear of being even more successful. If a mini-reversal is needed, use the end of the Governing Vessel again.

Remember: The Deep Level Reversal Correction does not take the place of the other reversal corrections that you have already learned. At times it can complement successful work already completed except for the fear around the ability of the success to last. It can help break through blocks to greater success.

Correcting the Deep Level Reversal will not insure lasting results, but it can ease the anxiety around the possibility of symptoms returning. Only time and exposure to triggers will give feedback as to the lasting results of any treatment.

Correcting the Deep Level Reversal does not guarantee that the symptoms will not return; However, alleviating anticipatory anxiety may lessen the chances of symptoms returning.

Likewise, it does not guarantee that a successful person will be more successful after alleviating the fear and anxiety around the issue of greater success. However, it is reasonable to expect that alleviating fear and anxiety around greater success will increase the chances for greater success.

You probably won't be using the Deep Level Reversal Correction Technique as frequently as you use the other reversal corrections; however, when you need the help that this technique offers, you'll find the Deep Level Reversal Correction Technique to be of great value.

Identifying Massive and Other Psychological Reversals

How to recognize a Psychological Reversal:

- If you do not respond to the appropriate algorithm but then do respond to the same algorithm after PR correction.
- TFT or other treatments (e.g., a medical treatment that is normally effective) do not work.
- Reversing words, concepts, numbers (saying hot when you mean cold, transposing numbers).
- Dyslexia or Dyslexic like symptoms or behaviors.
- Grumpy, irritable, negative mood.
- Self-sabotaging behavior.

- Self-talk is negative.
- Procrastinating.
- Having a mental block in a particular area such as math, writing, computers, etc.
- Perseveration

Psychological Reversal (PR) is literally a state of reversed polarity in the body. This state or condition blocks the natural healing and prevents otherwise effective healing modalities from working.

One can be psychologically reversed in one or more specific areas of life. For instance, you can have a mental block around getting over an event that has occurred in the past and/or forgiving someone who has hurt you in the past.

A person who is reversed in almost all domains of their life is considered to be massively reversed. This PR state is usually accompanied by negative attitudes and self-sabotaging behavior. A most interesting symptom of PR is that when in that state, symptoms are reversed 180 degrees (e.g., a person might say South when they mean North but not East when they mean North).

Correcting a reversal with TFT is usually simple and easy to do, whether you are correcting a specific psychological reversal or a massive psychological reversal. The correction of psychological reversal is a vital step to effective help for people who are reversed.

The Collarbone Breathing Exercise

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What we call the “collar bone points” are located in the following way: Go to the base of the throat, about where a man might knot his tie. From that point, feel for the notch in the center of the collarbone. Go straight down about one inch. The points are about one inch to the right of center and one inch to the left of center (see diagram).

BREATHING POSITIONS

There are five breathing positions in this exercise:

1. Take a full deep breath in and hold it.
2. Let half that breathe out and hold it.
3. Let it all out and hold it.
4. Take a half breath in and hold it.
5. Breathe normally.

THE TOUCHING POSITIONS

1. Take two finger tips and touch one of the collarbone points and tap the gamut spot on the back of that hand while going through the 5 breathing positions. Tap rapidly, about 5 good taps for each of the five breathing positions.
2. Move the same two fingertips to the other collarbone point and repeat above.
3. Now, bend the same two fingers in half and touch the knuckles to the collarbone point while tapping and going through the 5 breathing positions.
4. Move knuckles to other collarbone point and tap while going through 5 breathing positions.
5. Now, take fingertips of OTHER hand and repeat above.
6. Now, take knuckles of that hand and repeat above.

Please learn to do these well so that in emergencies, you are able to do them without having to think about it.

If you do them and you don't need it, it won't hurt; they will either help or else do nothing. Sometimes, collarbone breathing needs to be done in the middle of a tapping sequence. When the process is taking more than a few minutes, it is likely that collarbone breathing is needed.

You will find that if you ingest or are exposed to a toxin or an extremely stressful situation, you may need to do this in addition to an algorithm sequence.

Indications that Collarbone Breathing may be needed:

- TFT and / or PR Corrections won't work or won't hold.
- SUD is going down very slowly, (i.e., 8, 7, 6, 5, 4, etc.).
- Coordination is off, and the person is awkward or clumsy.
- Person has an unbalanced gait - arms don't swing evenly and smoothly when person walks (4% of people walk with one arm curtailed, and 2% of people walk with both arms curtailed).
- Person chronically reverses actions, concepts, and thoughts.
- Person is declining in performance and / or competence.
- Timing is off, and person is confused.
- Reading makes person yawn / feel sleepy.
- Person is hyperactive.

Peak Performance Installation

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Assess level of confidence (or clarity of visualization) on a 0 – 10 scale. Ten is MOST confident.

Recall or picture the performance of the task, as you would do it in perfect execution.

Feel kinesthetic experience in detail.
See visual experience in detail.
Hear auditory experience in detail.
Include taste and smell, if appropriate.

Tap under arm
Tap under collarbone

9-Gamut

Close eyes
Open eyes
Look down to one side
Look down to the other side
Roll eyes in a circle in one direction
Roll eyes in a circle in the other direction
Hum a tune
Count 1 – 5
Hum a tune

Tap under arm
Tap under collarbone

Check level of confidence or clarity of image. Do psychological reversals or unblocking (side of hand/karate point) and repeat the above protocol for peak performance and mental recreation. Continue with other reversal corrections as and if needed (recurring psychological reversal spot, deep level reversal correction spot, toxin correction spot) until goes to the highest level the individual can attain. Stop anytime highest level (or image is completely clear) is attained, and do floor to ceiling eye roll while tapping gamut spot.

Additional Algorithms and More

Problem	Major Treatment/Tapping Points	Repeat Major Treatment/Tapping Points
Jealousy	Under Nose (un)	9 Gamut Under Nose (un)
Depression	Gamut Spot 50x, Collarbone (g-50, cb)	9 Gamut Gamut Spot 50x, Collarbone (g-50, cb)
Obsession	Collarbone, Eye, Collarbone (oe, cb)	9 Gamut Collarbone, Eye, Collarbone (oe, cb)
Physical Pain	Gamut Spot 50x, Collarbone (g-50, a, cb)	9 Gamut Gamut Spot 50x, Collarbone (g-50, a, cb)
Inhalant type allergy reactions	Middle Finger, Arm, Collarbone (mf, a, cb)	9 Gamut Middle Finger, Arm, Collarbone (mf, a, cb)
Nasal Congestion	Under Nose, Collarbone (un, cb)	9 Gamut Under Nose, Collarbone (un, cb)
Inability to visualize achieving peak performance	Arm, Collarbone (a, cb)	9 Gamut Arm, Collarbone (a, cb)
Jet Lag – East to West (west to east-may need to reverse these)	Arm, Collarbone (a,cb) Eye, Collarbone (e,cb)	9 Gamut Arm, Collarbone (a,cb) Eye, Collarbone (e,cb)
Reversal of concepts, words or behaviors; self-sabotage or negativistic behavior	Fix Massive Psychological Reversal	
Abnormal clumsiness or awkwardness	Collarbone Breathing	
Environmental Toxin Correction	Index finger 15 times, PR spot 15 times then repeat sequence the hadn't previously worked.	

Individual Energy Toxins (IETs)

What is an Individual Energy Toxin?

When TFT works and the emotional upset or the other problems are resolved, in most cases, this will be lasting. In some cases, the problem will recur and the perturbations and symptoms will manifest again.

After working with many of these situations, Dr. Callahan determined that the cause of this undoing was an exposure to a substance to which the person reacted negatively, at the energy level. These substances may be found in everyday life situations and are harmless to most individuals. For some individuals, however, these substances can cause serious problems. Because these reactions are unique to individuals and affect these energy systems in specific ways, they are called Individual Energy Toxins (IETs). Practitioners trained in TFT Diagnosis or TFT Voice Technology can identify IETs for you. You can also purchase the kit from Dr. Callahan called "Sensitivities, Intolerances, and TOXINS: How to identify and neutralize them with TFT."

In the same way that most antigens are harmless to the general population, most IETs are harmless to the general population; however, for some people with allergies, exposure to these antigens can cause difficult and sometimes life-threatening conditions.

Similarly, for those people with toxic sensitivities, exposure to IETs can cause difficult and serious conditions, including a negative impact on Heart Rate Variability (HRV). Toxic Sensitivities and IETs are to the energy system what allergies and antigens are to the body systems. Antigens and IETs come in many forms. These substances can be ingested, inhaled, or contacted.

Some IETs might be expected, e.g., tobacco, pesticides, and various organic chemicals (in clothing, carpets, upholstery, paint, etc.); however, some of the most common IETs are unexpected, e.g., wheat, corn, eggs, milk and other dairy products, perfumes, laundry soap or detergents, scented tissue, shampoo, or deodorants.

The Barrel Effect

The barrel effect is an important factor in understanding toxins. Dr. Doris Rapp explained this very concisely in her video, *Environmentally Sick Schools*. The body deals with each suspect food, or other toxin, as if it were being contained in a barrel where it can be isolated before being disposed of. One toxin may not necessarily become a problem; however, if the barrel is filled to overflowing, then a problem can develop. The toxin spills over to exert a physiological or psychological effect on the body. See your Resources Section for a video explanation of this concept.

The size of the barrel will differ for each item and will also vary in size, according to each individual and his/her state of health. A very ill, weak person may be said to have

a very small barrel in which to isolate toxins. A young, vigorous, and healthy person is likely to have larger barrel and can therefore tolerate greater exposure.

When we know of an item that is toxic to us, e.g., wheat, our barrel size for that toxin will increase if we stay away from the toxin for two or three months. This explains why a person may indulge in a toxin for a short while with no apparent ill effects before those effects appear.

An interesting question is this—when someone “clears” a toxin, is he/she increasing the barrel size or actually removing the item from a list of potentially harmful items? The direct evidence of our standard approach in TFT suggests that we can indeed strengthen an individual (i.e., increase the size of the toxin barrel) with TFT. We can eliminate problems, even though the person’s problem might originate with the toxin exposure.

This has been commonplace for many years. Dr. Arthur Coca (1994), in *The Pulse Test*, maintained that we do not become allergic by over-indulging in a particular substance. Instead, our allergens are determined by our heredity. In other words, he suggested that the barrel for some foods will never overflow unless that food was an inherited allergen. See Resources Section.

Toxic Sensitivities

It should be noted that allergies and toxic sensitivities are not the same thing. It is possible to have toxic sensitivity to a substance and not be allergic to it; however, if one has an allergy to a substance, he/she will often have a toxic sensitivity to the same substance, as well. It is important to recognize such allergies and avoid exposure to those substances as much as possible.

For the same reason, people should avoid exposure to the IETs, once a toxic sensitivity has been identified. General stress and specific system demands are a drain on the person. In the case of allergies, disruption of whole body systems can occur. In the case of toxic sensitivity, IETs can cause activation or reactivation of perturbations, with the consequent development of problems or the return of previously successfully eliminated problems, respectively.

Allergies are a medical condition and can be diagnosed by blood and other tests under the supervision of a physician. Toxic sensitivities can be identified in several ways, as discussed below.

Remember, once you have identified an IET; avoid it as much as possible. This helps maintain the positive results arising from successful TFT, or it allows TFT to work in the first place.

Indicators of Toxic Sensitivity

- “Malaise”
- Water Retention
- Fidgeting / Restless Legs or Limbs
- Hyperactivity / Labile Emotions
- Constipation / Diarrhea (on their own or alternating)
- Red Ears / Blotchy Skin (neurodermatitis)
- Sticky Feces
- Fatigue after meals
- Panic Attacks
- Hyperactivity
- Insomnia
- Irritability
- Obesity
- Nausea
- Cravings (e.g. for specific foods)

Can IETs be “cleared”?

We are often asked if the IETs themselves can be eliminated with TFT (or some other method) so that the person can continue to consume the identified substance without ill effects. Given that toxins can often be favorite foods, we all wish that this were so!

Dr. Callahan and other Callahan Techniques® approved advanced TFT practitioners have experimented extensively with several so-called “toxin clearing” treatments and are aware of the extensive claims that are being made for a number of such methods. It has been our experience that these methods **do not** permanently neutralize IETs to the point where a person can continue to consume a substance without any ill effects.

This can be dangerous because some ill effects (such as lowered HRV) have *no apparent symptoms*, and the person incorrectly believes that the toxin has been “cleared.” In fact, the toxin has not been cleared, and the person risks his/her health without even knowing it. This may only reveal itself when the person has become very ill, often too late for resolution to take place.

Since IETs can often be people’s favorite foods (i.e., they have become addicted to the IET), they desperately want to believe that the toxicity can be “cleared” so they can continue to indulge. Hence, they can become susceptible to the claims of those who say that they can clear toxins. In order to prevent this from happening, be sure *to eliminate people’s desire for that substance and show them how to help themselves on a daily basis*. It is also helpful to lead them through the Visualization for Peak Performance algorithm while they focus on being free of the toxin. In addition, show them alternatives that they can substitute for the toxin. If wheat is a toxin, they could eat pasta and bread made from spelt, rice, corn, etc. If coffee is a toxin, they could drink herbal tea.

Reminder:

Once an Individual Energy Toxin has been identified, it is best to avoid all contact with it if possible until one has been symptom free for at least two months. In the case of toxins that cannot be avoided, consult a practitioner trained in TFT Voice Technology or TFT Diagnosis who has taken the Advanced TFT training.

The Pulse Test

Arthur F. Coca, MD was a top allergist who founded the medical organization of allergists and edited the major journal. He was a Professor at Columbia University and was highly regarded in his profession until his discovery of the role of the pulse in identifying allergens. This simple test caused him to be ostracized.

Mrs. Coca was a medical researcher. She was hospitalized with angina and given only five years to live. Mrs. Coca was given a morphine derivative while in hospital, and her pulse began beating so fast that it could not be counted easily—faster than 180 beats per minute. Mrs. Coca mentioned that her pulse often raced after certain meals. This led to Dr. Coca exploring and finding that the pulse increases with the ingestion of an allergen/toxin. He suggested that she count her pulse following the intake of SINGLE FOODS to see if a culprit might be identified.

He was able to experiment with many of his patients and to develop a simple and efficient means of identifying the substances, which affected the health of his patients. His small and readable book, *The Pulse Test*, is highly recommended for a full explanation of his theories and techniques. *See your Resource Section for a free download.*

Using the SUD (Subjective Units of Distress) Scale

The importance of individuals' report of their subjective level of pain (1 to 10 or 0 to 10) has been recognized as accurate and important in monitoring the health and recovery of hospitalized individuals. It is now required as a vital sign to monitor, along with heart rate, blood pressure, temperature, and breathing rate. Similarly, the most important measure of the power of TFT is ***clients' report of their experience.***

The way we measure this is through the use of the Subjective Units of Distress (SUD) Scale. Rate your level of discomfort on a 10-point (1-10) scale or on an 11-point (0-10) scale. Most will quickly learn to use this tool to communicate the level of distress they are experiencing as they tune into a thought field.

While the 1 to 10-point scale is the most common self-report, *any* scale or description of graduated intensity is acceptable, as long as you know which scale you are using.

It is also important to emphasize that you should give a number that represents **how you are feeling right at this very moment**, just thinking about the problem, **not** how you have felt in the past or how you anticipate you might feel in the future.

IMPORTANT!
Be very clear what will represent no distress
(0 or a 1 on the chosen scale)

You rate the SUD at specific points, as outlined in the Protocol. You can compare the sensations in your body when you determine the SUD *during* the process with the sensations in your body when you *originally* gave your SUD. By doing so, you will be able determine if the SUD has changed.

If you are emotionally repressed and not be able to give a SUD, you will need to be in the actual situation in order to get upset and will not get upset when asked simply to think about the problem. This inability to give a SUD will **not in any way interfere with the effectiveness of the tapping sequence**. All it means is that you will not be able to get immediate feedback on whether or not it worked. In such a case, do the algorithm, following all of the steps outlined in the protocol, with the exception of asking for a SUD. Since you won't know in this case whether or not you are reversed correct for all levels of reversal. After completing the process, you will need to test it out in a real life situation, **as soon as possible** (to avoid toxin interference).

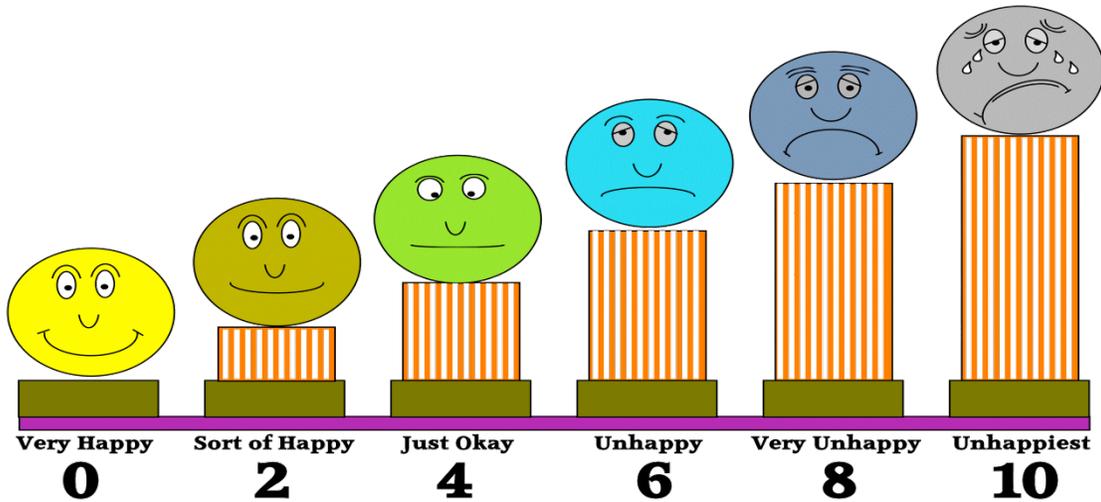
Using the SUD with Children

When helping your children, make sure they are in the thought field before working with them. If a child received a dog bite, you could show him/her a picture of a dog or have him/her draw a picture of a dog. You could also have the child talk about the dog bite. Avoid re-traumatizing the child, however. As soon as the child is in the thought field, begin tapping.

If you are helping an infant or pet, you could hold or touch them and tap on yourself as a surrogate. Since you are forming a circuit with them, the tapping will go into their body. You could also tap or rub the points on their body. You could do the Nine Gamut Series on yourself while touching them.

With children, you could have them show with their hands apart how big the disturbance (fear, anger, hurt) is, or you could have them point to a chart like the one below. You could also use language such as, "How bad does this feel?"

It is best to have a parent or guardian present. You can also ask the parent or guardian if he/she notices any change in the child's behavior after the tapping protocol.



Thought Field Therapy® (TFT)
SUD Assessment Chart for Kids
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Addictive Urges and the Anxiety / Addiction Connection

Dr. Callahan, in his book, *The Anxiety Addiction Connection: Eliminate your Addictive Urges with TFT* (1995), explained that the growing problem of addiction is due to the prevalence of the problem of anxiety. He proposed that all addictions are attempts to reduce anxiety, although the addictive substances and behaviors actually only serve to **mask** the anxiety and **do nothing** to eliminate it.

Therefore, addiction is tied to anxiety as an associated response. In fact, it is often the only conscious response. The anxiety itself is apparently out of the addict's awareness. Rather than consciously feeling the anxiety, the person becomes aware of a craving for the addictive substance (or behavior).

It is important to use the algorithms for anxiety regularly on your own. When you are experiencing anxiety, you can eliminate or dramatically reduce it within two or three minutes. Imagine the benefits! In fact, don't just imagine them. Experience them! The best way for you to realize how important this can be is to use it yourself. Anytime you feel anxious about anything, tap it away, and notice how much more smoothly your life goes. You may notice health benefits and an improved quality of life, as well.

The Trouble with Repression

Anxiety is so pervasive in our society that people are often not overtly aware of experiencing it. Many times, it manifests instead as a reluctance to do something. In this case, you can target the degree of reluctance and get a SUD level specifically for the degree of reluctance. For example, you can target your degree of reluctance to search for a job, although you may not actually consciously feel anxious about looking.

Often, people will not experience anxiety but will instead be aware of an urge to use an addictive substance or engage in an addictive behavior. For example, have you ever felt like you needed a drink or a piece of chocolate at the end of an especially stressful day? In these cases, by targeting the urge, you are targeting the underlying anxiety, as well. You can tap for the stress of the day.

When a person has intense anxiety, this sets in motion a search for a tranquilizer to mask the anxiety. The usual addictive substances generally are good masking agents for awhile. Whether addressing cravings or anxiety, the algorithms are consistently the same for both. Dr. Callahan has found that the TFT algorithm for simple anxiety (e, a, c, using the Protocol) is also extremely effective in eliminating the addictive urge, regardless of the addictive substance.

When eliminating cravings with TFT, we regularly observe an interesting phenomenon. It is often the case that people are willing and eager to be helped with TFT so that their desire will go away; however, they are usually psychologically reversed when it comes to giving up the addictive substance (i.e., cigarettes, chocolate, etc.) permanently. In other words, one may sabotage themselves when it comes to the desirable long-term result of giving up altogether the substance. While they are motivated to get rid of the anxiety beneath their addiction by using TFT, they may not be as willing to let go of the substance that they have been using to alleviate that anxiety.

When you think about giving up the substance itself, you will generally find that you will need to correct your PR.

It is important to be actually experiencing the urge in order for it to decrease with TFT. When you tap, make sure you have not indulged in the substance so that you are experiencing the urge.

We recommend that those with addictions perform the reversal correction (tapping the side of hand 15 times, rubbing the sore spot, and tapping under the nose) about 15-20 times per day while thinking about the addiction. You might think about doing it approximately every hour. This helps keep you out of the state of reversal or self-sabotage. You will also benefit from doing Collarbone Breathing three times a day. We suggest you do it before or after each meal in order to link it with something you are already doing. As a result of staying out of reversal during the day, you will be more likely to use the addictive urge algorithm when you need it.

VERY IMPORTANT

It is **essential** to correct for PR about 15-20 times a day (side of hand, sore spot, and under nose) and to do Collarbone Breathing three times a day in order to avoid entering into a self-sabotaging state. If you are reversed, you will not tap for yourself when you have an urge to indulge.

By correcting for PR consistently throughout the day and eliminating the urge each time

it arises, you will find it will begin to diminish in frequency and intensity. What is really happening is that the perturbations for the underlying anxiety are being addressed each time you tap away the urge. Eventually, enough aspects of the underlying anxiety will have been eliminated so that the substance or behavior will no longer be necessary to mask the anxiety.

The algorithm for cravings has a high success rate; however, like any other successful method, a toxin can cause a recurrence or interfere. Addictive substances are generally Individual Energy Toxins and will tend to put the person into a state of reversal. If you choose to have the addictive substance, immediately tap for reversal. If you are having difficulty, contact a person who is trained in TFT Diagnosis or Voice Technology to identify and neutralize toxins.

Obsessive-Compulsive Disorder (OCD)

Obsessions are negative persistent ideas, thoughts, impulses, or images that repeatedly come to mind. People who have them experience them as being intrusive or inappropriate, and they can cause anxiety or distress. Compulsions are repetitive behaviors in which people engage in order to prevent or reduce their anxiety or distress, often to manage obsessive thoughts. People recognize that these thoughts and behaviors are excessive or unreasonable. They are time consuming, and they can cause impairment in one's life.

The negative and out-of-control aspects of Obsessive-Compulsive Disorder make it different from normal worries about problems in life or attempts to establish positive habits and repeat pleasurable activities. A classic example is checking to see if the door is locked or the stove is turned off. An example of obsessions and compulsions occurring together is hand washing to deal with an obsessive thought that one is being contaminated by touching others or by touching things that have been touched by others. This condition is different from an intrusive thought related to a traumatic stress event. Most of the time, people will tell you that they know these things are not worth worrying about. They will say that most reasonable people would know that they have taken adequate precautions.

To use TFT, tune into the obsessive thought that is causing the distress and rate the difficulty of letting go of that thought or image on the SUD. Another way is to rate how much distress you feel when the thought is present. If you feel an urge to carry out a compulsive behavior, rate that urge on the SUD. Using the OCD algorithm will help to reduce the discomfort level. Once you have eliminated the symptoms, be sure and think about other aspects of the problem and address as needed (trauma, etc.). We suggest you do collarbone breathing three times a day and treat for reversal 15-20 times a day (side of hand, sore spot, and under nose). As with all chronic conditions, consider the impact of Individual Energy Toxins. You will need to repeat this algorithm, as you do with the addiction algorithm.

Phobias

A phobia is a persistent, irrational fear of a harmless object or situation. People who have a phobia are normally aware that the fear is irrational; nevertheless, they are unable to control the strong, fearful reaction they experience when they are confronted with the object of their fear. Their awareness of the irrationality of their fear often adds to their embarrassment about having the fear, which is exacerbated by the myths, held by many people that people who have phobias lack “courage.” In reality, nothing could be farther from the truth, as it takes a supreme act of courage for people with phobias to function in the face of fears that they cannot help having.

What causes phobias? Some people erroneously believe that phobias always stem from traumas. While this might be true in some cases, it is more often the case that people are born with phobias. Biologist Rupert Sheldrake and others believe that the information in fields can be transmitted from our ancestors and passed down through the generations. In this way, phobias can be inherited, although not genetically.

When a phobia is clearly linked to a traumatic event, it is necessary to address that trauma with the trauma algorithm before tapping for phobias; however, most phobias are not caused by trauma. It is much more common for people to be afraid of snakes or spiders, even though they have had no traumatic experience with them, than it is for people to have a phobia of something their parents might have warned them against, such as an electric socket or crossing the street.

It is also important to make a distinction between a **simple phobia** and **complex anxiety disorder** when trying to help someone. A simple phobia is a phobia that is limited to one area of a person’s life. A person with a simple phobia will typically have no problem functioning in other areas of life that do not involve the object of the fear. For instance, if people have a phobia of dogs, they will normally be relatively free from anxiety and able to function in life until they encounter a dog. Simple phobias are usually easily treated in one treatment with the TFT phobia algorithm. Complex anxiety disorder will require more than one treatment, and Individual Energy Toxins will usually be involved.

Complex Anxiety Disorders / Panic Disorder

Complex Anxiety Disorders

Complex anxiety disorders are more complicated to help than simple phobias. People with complex anxiety disorder have multiple phobias that affect their lives as a whole and interfere with their ability to function in major areas of their lives. An example would be agoraphobia. These clients can definitely be helped with TFT; however, it usually takes more than one session or application. Multiple aspects of the problem need to be addressed, as well as the traumas in their lives.

It is important you understand this if you are suffering with complex anxiety disorders. Do not become discouraged if you are not cured by one simple application. Very often Individual Energy Toxins need to be addressed in order for the relief to hold up over time. While an algorithm-trained person can often find some relief by using the procedures to address different aspects of their fears, it is often necessary for them to have at least a few sessions with a person trained in TFT Causal Diagnosis or Voice Technology.

Panic Disorder

It is often important, at some point in your healing path, to address the trauma of the first panic attack and any subsequent panic attacks that you can still see, hear, smell, etc. with the trauma algorithm. Most, when asked about their panic attacks, know exactly what they were wearing, they can still hear the ambulance, or they can still smell the Accident and Emergency Department. Most think that they are having a heart attack and are dying. This qualifies as a trauma!

Any subsequent anxiety is usually a trigger back to the first panic attack (or any others that were particularly frightening), and the body/mind responds as if they were in danger (i.e., the limbic system is activated). Most respond by trying to go through the rest of their lives actively trying to avoid any anxiety at all. Many people seek to create safe places for themselves in order to avoid triggering a panic attack.

For some people, their first panic attack happened when they were exposed to an Individual Energy Toxin. For example, it may have happened as they walked by the detergent aisle in a supermarket or the perfume section of a department store. It is usually quite helpful to make that connection. One needs to understand they were just exposed to a toxin.

More often than not, these people will require regular Collarbone Breathing, at least three times a day, as well as correction for reversal 15-20 times a day (side of hand, sore spot, under nose). Many report that these techniques have helped them do much better in school and at work.

Complex Anxiety / Panic Attack Algorithms

First Use:

Eyebrow, Under Eye, Under Arm, Collarbone (using the Protocol)
(eb, e, a, c)

Alternate Algorithms:

Under Eye, under Arm, Eyebrow, Collarbone (using the Protocol)
(e, a, eb, c)

Under Arm, Under Eye, Eyebrow, Collarbone, Tiny Finger (using the Protocol)
(a, e, eb, c, tf)

Eyebrow, Arm, Under Eye (using the Protocol)
(eb, a, e)

Under Eye, Eyebrow, Under Arm, Tiny Finger (using the Protocol)
(e, eb, a, tf)

Collarbone, Under Eye, Under Arm (using the Protocol)
(c, e, a)

Visualization for Peak Performance and Addiction Alleviation

In *The Anxiety Addiction Connection* (1995), Dr. Callahan explained that many people find it impossible to visualize themselves being over their addiction or other problem. Others may report that they cannot see themselves performing at the peak level they desire. Even if people are able to visualize other things very well, they may have trouble visualizing their own desired state. They may say, "I just can't see myself doing it, achieving my goal, being smoke-free, avoiding toxins, etc."

He explained the following steps to help people overcome their inability to visualize being over the problem. After this treatment, one can use positive visualization as part of your path to better health.

Visualize something in detail (like an apple). Then, visualize it in some unrealistic situation (such as flying through the air like a bird). Then, visualize yourself in an unrealistic situation (like flying through the air).

Once it has been established that you can visualize even unrealistic things, visualize yourself indulging in the addiction, performing the dysfunctional behavior, or otherwise being involved in the **undesirable** state. Usually, you will be able to do this easily.

Then, visualize yourself in the desired state. Often, you will find it impossible or will be able to do so only vaguely.

Rate the level of difficulty of visualizing the desired state on a 10-point scale, with 10 being impossible, and 1 being easy. (Feel free to use an 11-point scale, should you prefer to do so.)

While you strive to imagine the desired state, have him/her tap the algorithm, which is:

under arm, collarbone (using the Protocol)

Follow the protocol, using the necessary PR corrections, until you can easily visualize the desired state and arrive at a level of 0 or 1 (extremely easy to visualize).

This algorithm has been therapeutic in a range of situations, including overcoming addiction, recovering from cancer, reaching sales quotas, eliminating toxins, breaking records in athletics, losing weight, etc.

Post-traumatic Stress

The symptoms of Post Traumatic Stress can be resolved quickly. Unlike chronic anxiety problems (which are often caused by, perpetuated by, or aggravated by Individual Energy Toxins), these problems are a direct result of a traumatic event. Once the event is over, the associated perturbations can be resolved, and the symptoms will generally not return. If they do return, it is most often as a result of a new thought field with new perturbations. They can also return as a result of being exposed to a toxin.

Crisis Intervention

Crisis intervention applications are many. Use the TFT trauma algorithm at the scene of a trauma or immediately afterward to help recover your functioning. When someone has just witnessed a life-threatening event affecting them directly, or a loved one has tears running down his/her face, has rapid shallow breathing, and is apparently in emotional distress, you do not have to ask for a SUD. Assume it to be a 10, and have the person mirror you in tapping for PR and the Complex Trauma with Anger and Guilt algorithm. As the person, or you, settles down, you can use other TFT algorithms and other crisis intervention steps as required or as appropriate.

Acute Stress Disorder

In resolving Acute Stress Disorder symptoms, TFT is unparalleled in its effectiveness. As distress associated with telling the story about a trauma arises in a person, use the appropriate algorithm to eliminate it. When the person can think through the whole story with appropriate affect (feeling calm), other thought fields may need to be addressed. After getting the SUD for the initial trauma down to 1 (or 0), ask the person what other aspects of the trauma he/she is thinking about now. Complex traumas such as the sudden death of loved ones require more than a single TFT session, as many facets are usually involved.

Do not hesitate to see specialists to assist you in making life changes as needed.

Anger, Rage, and Guilt

One can frequently expect TFT to generalize to all aspects of their life after one treatment. With complex problems, it is important to break the problem down and target its different aspects. For example, if you are working with an anger problem, and you target the theme, *"I get angry because no one listens to me,"* your anger regarding this will usually not generalize to the anger at someone laughing at you. That must be addressed separately, albeit with the same algorithm (tf, c, using the protocol).

It is sometimes helpful to make a list of themes to be targeted. Be sure to check themes that you have already addresses in the past to make sure that their isn't more to address. Most importantly, use it regularly as needed.

An important distinction must also be made between anger and rage in order to select the correct algorithm to use.

Anger does not often extend to physical violence against objects or persons and can usually be controlled by an act of will.

Rage may extend to physical violence against objects or persons and can rarely be controlled by an act of will. It is often characterized by loss of control.

Guilt is anger at oneself.

Depression

Always address issues of depression with great care, especially if you have a history of:

- self-injury
- suicide attempts
- alcohol or drug use
- mania

In every case, consult your General Practitioner (GP) first, and all cases have them monitor you carefully and regularly, going back to the GP, as required.

Numerous things can cause depression, and numerous thought fields may need to be addressed. *“I am not worthy”* is a different thought field from *“I don’t have any money for the holidays,”* etc. Traumas can often be associated with depression. Individual Energy Toxins are also often involved. Again, persistence is the key. Be sure and use the appropriate algorithms when depressing thoughts surface.

IMPORTANT—When the depression shifts, anger and/or rage that you may have been suppressing may surface. This can be helped using the anger and/or rage algorithms.

Those with complex problems such as depression or anxiety may become discouraged that they *“did the tapping and are still depressed / anxious / angry.”* Remember there are different thought fields involved, and it is important to check what you worked on previously. Usually, you will notice a subtle but distinct shift in that particular aspect, and another thought field will have entered. Then, you can address it.

Remember—Be patient, and be realistic about the changes you can expect!

Physical Pain

TFT can only be successful in clearing *inappropriate* pain. Pain arising from actual injury or illness cannot be resolved, as this is the body's warning mechanism. For example, the pain that arthritics feel when sitting quietly in a chair can usually be reduced or eliminated; however, the pain that they feel when moving may be reduced slightly but may not be able to be eliminated, as actual damage to the joints is occurring.

Always consult your General Practitioner prior to using TFT for your pain and have its origin assessed. Functional pain, such as pain caused by a broken arm or appendicitis, will generally not go away. If you happen to be working on pain before you have consulted your GP and the pain will not go away, you should definitely consult a doctor.

Researchers at Oxford University in the United Kingdom (Plonghaus et al., 1999) have found that the anxiety caused by the anticipation or experience of pain makes the perceived level of pain much worse. Therefore, it is good practice to treat the client for the past trauma of the pain experience before using the pain algorithm itself. An initial thought field could be elicited by thinking about "*the distress the pain has caused.*" When the pain was caused by a trauma, it is necessary to address the trauma first. Think about the trauma and tap for that.

At times, the pain may move to a new place. Check for the SUD for the new place, and focus on that. After doing so, think about the places where the pain was previously located in order to make sure that they, too, have diminished. While SUDs of 0 or 1 can be obtained for thought fields such as trauma, when working with pain, it has to go through the body. As a result, *inertial delay* can occur, in which the SUD goes down, but it doesn't go down to 0 (on an 11-point scale) or 1 (on a 10-point scale). If the pain does not come down to a 0 or a 1 during the treatment, know that the pain will probably diminish in the next 2 hours to 24 hours. Be sure that you have corrected for all levels of reversal. Toxins can also cause inertial delay.

Plonghaus, A., Tracey, I., Gati, J. S., Clare, S., Menon, R. S., Matthews, P. M., & Rawlins, J. N. (1999). Dissociating pain from its anticipation in the human brain. *Science*, 284(5422), 1979-81.

When to Tap

Tapping can and should be done every day for situations that arise.

- When you first wake up and various times during the day, all points, ; Thinking of any traumas; thinking of any anger; Thinking of any feelings of guilt; Thinking of any rage; Thinking of any embarrassment; Thinking of any shame; Thinking of any depression or physical pain, using the appropriate protocols.
- When you don't feel really up to par; Using the appropriate Protocol)

- When you are having trouble getting going in the morning, or you got out of bed on the “wrong side” (reversal treatments, including side of hand, sore spot, under nose, collarbone breathing; then, tap for whatever the problem is using the appropriate protocol.
- When you are reversing letters or numbers or words or having difficulty typing on the computer (reversal treatments, including side of hand, sore spot, under nose, perhaps collarbone breathing)
- When you are having difficulty focusing on what you are doing (reversal treatments, including side of hand, sore spot, under nose, an/or collarbone breathing)
- When you are procrastinating. (e, a, c, focusing on the reluctance, using the Protocol)
- When you get angry, upset, or frustrated using the appropriate Protocol)
- When you feel guilty using the appropriate Protocol)
- When your energy is low (g50, c, using the Protocol)
- When you want to have a piece of chocolate or other addictive substance and know that you shouldn't have it using the appropriate Protocol)
- When something happens that you didn't expect, and you are having difficulty calming down (eb, e, a, c—complex trauma, or eb, c—simple trauma, using the Protocol)
- When you feel extremely angry or rageful (oe, c, using the Protocol)
- When you feel embarrassed (un, using the Protocol)
- When you feel pain (g50, c, using the Protocol)
- When you have trouble sleeping (e, a, c for anxiety; c, e, c for compulsive thoughts keeping you awake; eb, e, a, c for complex trauma if you are thinking about a trauma, using the Protocol; do the pulse test and track what toxin might be elevating the pulse and keeping you from sleeping)
- When you have nasal congestion (un, c, mf, a, c, using the Protocol)
- When you inhaled a toxin (mf, a, c, using the Protocol) or for inhalant allergies (mf, a, c, un, c, using the Protocol)

- For self-esteem (eb, e, a, c, if, c, un, ch, using the Protocol)
- For sinus congestion (un, c, g50, c, using the Protocol)

Psychological Reversals and their Correction

The TFT Law of Reversal

Psychological Reversal (PR) is literally a state of reversed polarity in the body. This state or condition blocks natural healing and prevents otherwise effective treatments from working. Dr. Callahan discovered that a person who is in a state of psychological reversal is unable to respond to any otherwise effective healing modality.

A person can be psychologically reversed in just one, a select few, or many areas of life. For instance, a person who has a “mental block” against learning mathematics might be psychologically reversed only in that area and not with other subjects.

Another example could be a wound that won't heal. Simply tapping the PR spot will correct this block. Both the reversal and the correction can be measured with a simple voltmeter.

A person who is psychologically reversed in most or all domains in life is considered to be massively reversed. The PR state is usually accompanied by negative attitudes and self-sabotaging behavior. Correction of psychological reversal is a vital step in successful help for people who are reversed.

An interesting symptom of PR is that concepts are reversed 180 degrees (e.g., people will say left when they mean right, South when they mean North, but not East when they mean North). They may also reverse numbers and/or letters. The common typing error of reversing letters can indicate that the typist is in a temporary state of PR.

In the 1940s, Langman (1972) discovered that 95% of the women in his study who had tumors that were not malignant showed a positive polarity when measured with a voltmeter, and 96% of the women who had tumors that were malignant showed a negative polarity (Burr, 1972). All of the women had tumors, yet the polarity distinguished the cancer from the non-cancer. Complete removal of the tumor corrected the reversal of polarity. This was the only way they knew to correct a reversal. Dr. Callahan has found a number of ways to correct a reversal.

Blaich (1988) found that readers improved in reading speed by 45% after treating for reversal using Dr. Callahan's discoveries. Teachers have helped students who were writing backwards or reversing letters to write correctly.

Environmental Toxins

The following was developed in early 1999 by Dr. Roger Callahan through Voice Technology. It has been confirmed by feedback from other VT-trained practitioners.

An environmental toxin is any toxin in the immediate environment, such as clothing, hair spray, perfume, smoke, or any other airborne substance, that enters the body via the lungs, or absorbed into the skin. Dr. Callahan found that such toxins could completely block the healing energy in the short term.

Fortunately, the correction described below will work about 80% of the time.

Dr. Callahan more recently determined that this correction will often work for an ingested toxin, as well. This can be applied after the reversal treatment for PR2 (under the nose) and before Collarbone Breathing (CB²).

Environmental Toxin Correction

Tap the Index Finger 15 times
Tap the Specific PR spot (side of hand) 15 times
Repeat the tapping that previously didn't work

Collarbone Breathing Exercise (CB²)

Collarbone breathing (CB²) is a protocol developed by Roger Callahan that will often allow a very resistant problem to respond more readily.

David Walther (1988) had developed a treatment that he called "Cross-K27." Dr. Walther used it for what he called "neurological disorganization," and it proved to be useful in the treatment of schizophrenics and dyslexics.

Walther's (1988) treatment used cranial manipulation, which required special training. If not done correctly, cranial manipulation can cause harm. Dr. Callahan said the following about his discovery of the Collarbone Breathing treatment:

I discovered that rather than doing cranial manipulation, tapping the ubiquitous gamut spot would give the same result. It was a very thrilling discovery, for it meant that people were now able to do this important correction easily. I hence re-named the treatment in a descriptive way, and now, we all do Collarbone Breathing. It never could have been the common and very helpful treatment it is now, were it not for my discovery of the simple way to apply it. I never would have been able to make this discovery, were it not for Walther's prior discovery, with which I am still impressed.

When doing Collarbone Breathing in the context of TFT for a particular problem, you must be tuned into the thought field of the issue being addressed.

Dr. Callahan recommends that people working on addictions do CB² at least three times a day, in addition to correcting their PR 15-20 times a day (side of hand, sore spot, and under nose). He also finds that those with Anxiety and Panic Disorders and Obsessive/Compulsive Disorders (OCD) need to do Collarbone Breathing three times a day and correct their PR 15-20 times a day (side of hand, sore spot, and under nose) on a regular basis.

CB² is also often useful in the addressing of Attention Deficit Hyperactivity Disorder (ADHD), Attention Deficit Disorder (ADD), Learning Disabilities (LD), Dyslexia, Stuttering, Tourette's Syndrome, and Schizophrenia.

In the Collarbone Breathing exercises, when the knuckles touch the body, only they should touch the body. They are a negative polarity, and the palm of the hand, the thumb, and the elbow are a positive polarity. If anything other than the knuckles were to touch the body during this phase of the protocol, it would not work. When a negative or neutral polarity touches the body at the same time as a positive polarity, it will short circuit the treatment.

If you suspect exposure to a toxin, try the following:

- Tap the index finger about 15 times, and then tap the PR spot (side of hand) 15 times.
- Open a window or door to freshen the air.
- Change location—try out of doors (fresh air vs. air conditioning).
- Change into clothing that has been cleaned in a different manner. Arm and Hammer Free laundry detergent is generally good for most people.
- Wash off any scented cosmetics, perfume, or after shave lotion.
- Attempt to dilute the toxin. Drink a large glass of filtered water and wait a few minutes.
- Wait for a few minutes. This is not such a quick fix; however, it can sometimes make a difference.
- Try again at another time wearing no cosmetics, no perfume, having not smoked, etc. It would be a good idea not to wear any smells, including scented deodorants, after shave lotion, perfumes, hair sprays, scented lotions, etc.

If you have followed the procedures for all aspects of the problem and still have no change, or complete relief, the next step is to locate a TFT practitioner who is trained at TFT Diagnostic level or higher. Private consultations with Joanne Callahan can be arranged on www.RogerCallahan.com. Additional practitioners can be found on www.TFTPractitioners.net or by speaking to a customer service representative in the Callahan Techniques, Ltd. office, 760 564-1008.

Keep in mind that just because an algorithm didn't work for one of your problems, this *doesn't* mean that algorithms will not work for any problem. If you have other problems to work on, try the appropriate algorithm for that problem. It is very likely that you will get a good result. You just may need a custom tapping sequence for the first problem. You can get this individual tapping sequence from a Diagnostic or Voice Technology level practitioner.

Identifying Individual Energy Toxins

Method 1—Find patterns linked to exposure.

When a problem has returned and the level of distress goes back up while you are in the ***original*** Thought Field, you probably have been exposed to an IET. Please note that thought fields may change.

- Think about what you have eaten or inhaled prior to the return of the problem.
- Look for the patterns in your psychological and physical responses to exposures.
- On bad days or moments, track what you have eaten or inhaled.
- Family and friends may have already noticed some patterns. Keep a journal to record daily exposures and a food diary that includes symptoms.

Method 2—Use Coca's Pulse Test.

Dr. Coca's book, *The Pulse Test*, provides extensive background information and instruction for using this method.

- Find a baseline pulse, and compare this with the pulse immediately after exposure to a potential toxin and up to an hour later.
- A resting heart rate of more than 84 beats per minute usually indicates that the person has been exposed to an IET.
- An increase in pulse rate of more than a few beats per minute after exposure to a toxin will also indicate sensitivity.
- A difference of over 10 beats per minute between sitting and standing will indicate the presence of a toxin.

Method 3—Look for a significant drop in Heart Rate Variability (HRV).

This requires specialized equipment and training and is one of the best objective measures of the impact of IETs on the body. See Chapter 18 in *Stop the Nightmares of Trauma*, for more information on HRV.

Method 4—Use TFT causal diagnosis.

Professionals who have been trained in both TFT Causal Diagnosis and Voice Technology can quickly identify IETs. This again requires special training and experience. TFT-Dx or VT Practitioner, see www.TFTPractitioners.net. See Resources Section.

Thought Field Therapy Glossary of Relevant Terms

Algorithm—A sequential tapping pattern including at least one Major tapping point, the 9-Gamut series and a repeat of the Majors. Algorithms are patterns that were discovered by Dr. Callahan to be successful a great majority of the time for specific problems.

Apex Problem—Refers to the tendency of people who have been successfully helped with TFT to attribute the success of the treatment to something else such as “distraction”, “placebo” or “it comes and it goes anyway”, or “it really helped to talk about it”.

Majors—A part of the TFT tapping protocol involving a sequence of tapping on specific meridian points in a particular order, used at the beginning and the end of an algorithm.

Nine Gamut Series—An entire range (the “whole gamut”) of activities that are performed while continually tapping on the gamut spot, which is located on the back of the hand just below and between the knuckles of the tiny finger and the ring finger.

Perturbation—A disturbance in the Thought Field or other system. Dr. Callahan suggested that negative emotions are caused by Perturbations in the Thought Field.

Psychological Reversal—A block in the energy system that must be cleared before healing can take place; usually corrected by tapping the side of the hand.

- **Recurring Psychological Reversal**—A psychological reversal that is repetitive, usually due to toxins, and is corrected by rubbing the neuro-lymphatic reflex point located on the upper left side of the chest, “the sore spot”.
- **Mini Psychological Reversal**—A psychological reversal that occurs later in the protocol, after an algorithm has been completed with only partial success. Can be treated by tapping the side of the hand, or if needed, by rubbing the “sore spot.”

Thought Field—An invisible field, which is paired with a particular thought, that has an effect on the emotions of the individual. The client needs to tune in to the Thought Field (thinking about the problem) is necessary in order to effectively address a problem using Thought Field Therapy.

Additional Resources:

The Barrel Effect

Video clip from “Environmentally Sick Schools” by Dr. Doris Rapp – www.RogerCallahan.com/
(to order full video contact: Practical Allergy Research Foundation, PO Box 60, Buffalo, NY 14223)

Toxin Identification

1. Pulse Test – free download – www.tinyurl.com/pulsetestbook
2. Sensitivities, Intolerances and Toxins – self-study package
3. Toxins – live one-day class for self-testing, identification and self-neutralization

Toxin Neutralization and/or Neutralization

4. Zeolite mineral supplementation
 - a. Waiora Natural Cellular Defense – www.mywaiora.com/188122
 - b. Zeo Health – www.zeohealth.com
5. Alka-aid or any other sodium bicarbonate product such as Alka Seltzer Gold
6. Sensitivities, Intolerances and Toxins – self-study package
7. Toxins – live one-day class for identification and self-neutralization

<http://tftraumarelieff.wordpress.com/cb2-video-demonstration/>

CASE STUDIES:

A phobia is a persistent fear without a logical reason—usually having to do with a harmless object or situation. Ironically, most people who have phobias realize how unrealistic their fear is, which in turn makes them feel foolish and embarrassed. Nevertheless, their phobias continue to disrupt their lives, their relationships—and even their careers.

In our next story, one woman suffered sheer agony in her chosen career because she feared speaking to groups. Presenting blueprints and design plans nearly immobilized her. Finally, when faced with the prospect of speaking at a prominent industry conference which would boost her standing in her industry—she knew she had to get help.

After exhausting all other possibilities for a cure of her public speaking phobia, she finally discovered TFT.

“ Afraid of My Own Shadow

Growing up, I was horribly afraid of my own shadow. I had a fear of strangers. Public places left me shaking. As a little child, I used to hide under my bed when company came—and if we went out of the house, I was stuck to my mom as a third leg. I never knew what caused the fear. My parents knew of no trauma that had happened to me. Their conclusion was simply that I was a very shy child.

Once in school, I'd make myself sick worrying about giving a speech in front of the class or singing in a choir recital in front of other parents. To adapt, I chose to be the person behind the scenes and not the one in the spotlight. Still, my body would shake, my heart would race, and my mind would freeze as I turned bright red in the face.

Any new environment or change would be painful for me, as I worried myself to the point of exhaustion.

By the time I started working for a living—in a job and later, owning my own business—I knew I had to get rid of this

ridiculous fear. I tried everything I could think of—therapy, acupuncture, Reiki, hypnosis, desensitizing myself by forcing myself to go to public places, self-help books and audio tapes.

While those things did help—the anxiety of speaking in front of people remained. Not only that, but eventually I owned a commercial and residential interior-renovation company that required multiple presentations of proposals and blueprints in front of customers. Trying to be a successful female in what is typically a “man’s” business gave me the incentive to face my fears and do these presentations anyway. Though I was often sick to my stomach before presenting to a construction board or discussion panel, somehow I managed to get through, even though I was a nervous wreck.

To make matters worse, I also fell victim to “Sick Building Syndrome”—where the toxins in some buildings were so pervasive, it overloaded my immune system to the point where I became very sick indeed. Through many different types of conventional and alternative medical methods, I regained my health. It soon became my passion to educate people about the dangers of toxins that lurk in our homes and workplaces.

But one problem remained.

I was afraid to speak in public about this topic that I had become so passionate about.

Then I met Joanne and Roger Callahan.

For the first time I was introduced to Thought Field Therapy—this “weird” tapping thing. I purchased the book *Tapping the Healer Within* and a whole new world opened up to me. I knew I had finally found a safe and natural way to eliminate my fears so that I could live the full life I desired.

Six months later, I was asked to present as part of a panel at the Facility Manager Convention in Baltimore. The topic was “How Air Quality and Environmental Quality Affects Employee Productivity”—a topic I could easily and passionately speak about.

Without thinking, I agreed to do it.

But when I hung up the phone, it hit me. This was a national convention attended by thousands of people. I had never given a

speech like this before, let alone in front of an audience that size. I was nearly paralyzed with fear.

In the two weeks I had left to design my presentation and get to the convention, I used the anxiety-stress algorithm from Dr. Callahan's book. Yet here I was—the day before the presentation and at home... a nervous wreck. I couldn't stop shaking and my voice was wavering. I had a migraine. I just knew I couldn't speak feeling like this.

So I called Dr. Callahan for a private session to overcome my fear of public speaking. Over the phone, Dr. Callahan created a specific tapping sequence just for my immediate problem. As I did the series of taps he gave me, I could feel the amazing changes in my body. The shaking started to subside, my heart started beating regularly, the red rash started to clear up within minutes of doing the tapping. Dr. Callahan lowered my distress from a "10" down to a "4" in just 15 minutes.

Next thing I knew, however, it was back up to a 10. I was feeling horrible again.

Dr. Callahan asked what just happened. I told him I hadn't moved from the spot in my bedroom. He told me *something* had changed and asked if anyone had come into the room. I told him my son had come in to get something he needed.

"Was he wearing any cologne?" Dr. Callahan asked.

I replied that he always wears this one brand of cologne which bothers me. Dr. Callahan checked and said that my son's cologne was so toxic to me that it threw me into a reversal which brought the fear back in force.

Dr. Callahan had me do a breathing exercise to neutralize the toxin in my system. Within minutes, I started feeling better. Then my husband walked into the room and—having been near enough to my son for his clothes to pick up a residual scent of the cologne—my husband caused a further relapse of my fear.

Once again, I did the breathing exercise, followed by the tapping sequence. After 35 minutes, TFT reduced my fear from a "10" to a "1." Of course I took the tapping notes with me to the convention, and just before I went on stage, I snuck into the ladies room and tapped through the sequence again.

Needless to say, speaking for the first time as a calm, confident and passionate presenter, it was one of the most amazing experiences of my career. Even when they changed the room location at the last minute, changed the stage set-up from my practice run-through, improperly loaded my videos so one of them didn't play during my speech—I still felt confident, focused and calm. Even at the end of my speech, when an Environmental Hygienist in the audience challenged me about some points in my speech, I held my own.

But more importantly, I felt empowered and self-assured.

At that point, I knew my lifelong crippling fear of speaking was a thing of the past. I was now free to go out and educate people on how to build healthier lives at home and in their workplace through an awareness of toxins and their affect on our bodies.

TFT is a wonderful, safe and natural way to eliminate fears and anxieties. It opened up a whole new world for me.



—Christina Mayhew

* * *

Sometimes the fear of public speaking can actually stifle a person's career or potential for future success. One example is a former client of ours, a woman golfer on the pro circuit. She contacted us because she felt her golf career was being limited, since every time she would be close to winning a tournament, she would start worrying about having to speak to the media if she won.

She would tighten up and begin missing shots. And, believe it or not, after performing badly in the tournament, she was actually relieved because she did not have to speak to the media or do any interviews. She knew this fear was limiting her performance and career opportunities. Each year, she had promised herself she would overcome this limitation.

She contacted us for help, and within just a couple of sessions, there was no further trace of her fear. Shortly after those sessions, we watched her on television, giving a calm and poised interview with the media, after she had just won the day's tournament.

Of course, while the fear of public speaking is the most common phobia, other phobias also abound and are often the result of a seemingly harmless, but lasting traumatic episode from childhood.

Who else can use Thought Field Therapy to create better outcomes? Well, athletes use tapping all the time. Professional athletes have long known about alternative therapies that help them focus on their goals, accomplish important plays and master "the head game" of their chosen sport.

In this next story about world-class athletes who use TFT, we get a glimpse of how anyone can use tapping to overcome challenges, erase setbacks and eliminate roadblocks to getting what they want.

“ A Revolution in Sports

As a speaker in the sports world, I often give presentations to professional athletes, their coaches and trainers. Recently, I presented the topic "Be the Best You Can Be" for one of Norway's top female teams in European team handball.

I described how they could eliminate nervousness when competing against the best players in the world. I also told how to recover mentally from injuries, how to create an unbeatable belief in yourself, how to find the way to your "zone" whenever you want, and how to "create flow" with TFT.

I was asked to give the speech to this team in particular because I had treated their female trainer with TFT four years earlier when she was still a player—waiting for an operation to repair a shoulder injury. After an MRI scan, the doctors told her that one ligament was torn completely and two were torn partially. It took just four minutes via telephone to reduce her shoulder pain from an SUD (*subjective units of distress*) of "7" to "1."

Over the next three days, she played eight matches in the annual Veterans Championship, becoming their top scorer with six goals in the final match—all thrown with the arm that had "torn" ligaments. After her win, she trained with weights nearly every day and went on to play at the top level in Norway for the last four years—a major accomplishment since Norway is the reigning world champion in the sport and competition in the top ranks is fierce.

In another interesting example of the profound power of using TFT for sports, Norway's top go-cart driver sent me a text message, saying "TFT rules!"

He had just won a big competition in Germany, and over the two previous weekends had finished 2nd in both Monaco and Italy. He is just 14 years old, and his results have never before been matched by anyone in Norway. And these achievements were after I had worked with him for just six months.

And finally, Norway's first professional men's soccer team to use TFT advanced to play in the Norwegian Cup Final. They reported seeing much better results than expected. My colleague Mette Rosseland and I have worked with them over the last six months.

One of their best players continually had problems getting back into the game whenever he made a mistake. I traced this limiting performance to a trauma at age 15 when he had a skin condition and took medication that created social anxiety.

We immediately treated the trauma, which eliminated his problems in the game. As it turns out, he had been afraid of the media attention that would follow—whether he played poorly or admirably—because the cameras would expose his former skin condition. He has since been their most reliable player, even if he is only 20 years old.

The women's soccer team had equally beneficial results with TFT. Though they were not favored to win going into the Norwegian Cup Final, they used TFT in the locker room after having seen the results with their male counterparts. While they had been playing badly going into the finals, they ended up winning with a score of 7-0. Not bad!

Before I learned Thought Field Therapy, I was an acknowledged mental trainer in sports. Now I can truly state that TFT has meant a total revolution in the area of mental sports performance.



—Mats J. Uldal

* * *

TFT is no stranger to the sports world. In this next story, one of Saudi Arabia's most popular soccer teams discovers the benefits of "mental conditioning" using tapping to relieve stress before the game. But this story has a twist—a team makes the finals bringing with them a 15-year losing streak they must overcome.



"The Burden on Us Is Heavy"

The Kingdom of Saudi Arabia is well known for its soccer teams. For 16 consecutive years, the national soccer team of Saudi Arabia has won against every national team of the Asian countries. One of our most famous teams—a team in the premiere league of Saudi Arabia—used to win a lot of the Cup Finals in our country. Yet, recently, even with their incredible history, millions of fans and numerous wealthy princes supporting them, they had failed to win a title in more than 15 years.

Before I began working with them, they would easily reach the finals—only to lose when playing against their major rivals—another team from the same premiere league. No matter what they did, they would end up meeting this team, either in the finals or the semi-finals.

And they would lose.

I guess you could say the players had developed a phobia for this other team. Match after match, they would lose to their rivals.

Not only did the teams meet in the final match of the Prince Faysal Bin Fahad Cup—but to make matters worse, they were to meet again two weeks later in the finals of the Crown Prince Cup.

With so many previous losses looming on the horizon, even their most loyal fans were beginning to say that the team simply could not win. I was asked to do some psychological preparation for the players. Of course, they had the best possible training, superb technical advice, the right salaries (with financial promises if they won), even the best coach.

Yet tension was still high.

During my first session with them, when I asked the players how they felt about the upcoming match, I got no answers. Just silence and a few muffled murmurs. I knew the players were thinking about every mistake they'd ever made on the field and every match they'd ever lost. They couldn't get past their losses to think about the wins that had helped them make it to the finals.

Then I explained that an American scientist, Dr. Roger Callahan, had discovered there are tapping points on our body—that, if we tap them in a certain sequence, release the stress in our minds. I could see a few of the players sitting up a little straighter.

Again I asked, "How do you feel now when you think of your upcoming match?"

This time, one of their stars said he felt stressed. "We want to win," he said. "We're given all that we need to win, and everyone is asking us to win. But they're also saying, 'Don't fail us.' That makes the burden on us even heavier."

"What happens when a player is stressed?" I asked.

They all knew the answer. One said he felt weak in his heels. Another felt as though he couldn't control the ball. Still another knew that, under stress, a player could easily make a wrong move, play too harshly on the field, and maybe get a red card that would put him out of the game.

One player who came forward—one of the stars of the team, said that on a scale of 1 to 10, his stress felt like a "10."

I quickly tapped under his eye, under his arm and under his collarbone—explaining that these points were linked to stress in our bodies and minds. I repeated the sequence two more times and the player said his distress had dropped to a "3," then a "1"

and then “0.” You could see the change in his face. He relaxed. Something was going on inside him.

When I asked him again how he felt, he said his tension was gone. Better yet, he could see himself playing great, cool, with his heels limber, yet steady on the ground. “The ball is obeying me,” he said. His face was beaming with happiness.

When I asked for another volunteer, a young player came forward. He was bent low and visibly stressed. His hands felt like ice. He looked at me with a pale nervous smile. He felt as though his feet were tied with ropes, so great was his distress. A “10” on the SUD scale, without a doubt.

I used the same tapping sequence on him, but his SUD remained high, so I took his hand and began to tap on the side to correct for psychological reversal. Steadily, his distress dropped to a “5,” then a “3,” then to “0.”

Asking all the players at once to think about their stress, I talked them through the tapping sequence until their SUD had dropped to “0.” Whenever they felt worried or anxious, I said, tap these points.

“You might feel tense on the bus on your way to the stadium,” I said. “Or if you think of the final match at night in your room and find it difficult to sleep, tap again.”

In the final match that week, the team won out against their rival with a score of 3-0. A few weeks later, they played the rival team again—and still they won...with a score of 2-1.

The phobia was broken, the past was undone. TFT helped them do that.



—*Abdulhamid Mustafa AlFirdaus*

* * *

What other kinds of sports can Thought Field Therapy help with? Well, for decades, TFT has been helping golfers improve their game—whether they’re international pros or local amateur players.

Thought Field Therapy helps golfers master their “head game”—allowing them to not only improve their technique, but also execute important shots with consistency. For players who

do great on the driving range only to land it in the rough or lose their short game by the back nine, TFT helps them relax, concentrate, and transmit all their expensive training into finding their authentic swing. Suddenly, they place ball after ball exactly where they want them. Slicing and mis-hits become a thing of the past. They can finally plan and execute their most difficult putts.

In this next story of three different golfers, TFT helps them not only play a better round of golf—they find they enjoy the game much more, too.

“ Three Days in the Sixties

The application of TFT to promoting life and health is unlimited. In yet another example, it can help increase one's enjoyment and performance of various sports.

For example, Dr. Robert Blaich, a chiropractor, worked with world-class athletes and found that simply correcting for psychological reversal could make the difference between success and failure, in winning and losing.

It is often said that the main difference between top athletes is a psychological difference. My experience with top athletes supports this notion.

Three professional golfers I treated boosted their performance to even better heights than they were able to achieve prior to treatment. And over the years, I have heard of a number of golf instructors who use Thought Field Therapy in teaching golfers how to remove blocks from their game.

The Yips

The first pro golfer I treated was a spectacular athlete and was a hall-of-fame winner in another sport. However, he suffered from what golfers call "the yips." That is, his game broke

Psychological reversal (or "PR") is a blockage or reversal of the energy flows in your body's energy pathways. It keeps all kinds of treatments from working as well as they should. PR can be easily eliminated by tapping midway on the outside edge of your hand prior to using other tapping sequences for your illness or disorder. TFT practitioners always test for PR prior to TFT treatment.

down after he got on the green. His putts were terrible. Being a keen competitor, this bothered him very much, and when he heard that I might be able to help, he immediately came to me for treatment.

I only needed to see him once. Yet his game immediately improved dramatically. He even laughed about the charge for treatment and said that he more than made it back his first day just on side bets!

The last I heard from him he was being interviewed on television for winning a tournament that up until that time, had eluded him.

Young Talent

My next golfer client was a young man just beginning to turn pro. He was referred to me by a very talented European psychiatrist who had worked with him over a period of years, and helped him with many problems. His teachers and colleagues predicted great things for him, but something was still holding him back.

I treated him while he was in Europe with the advanced TFT procedure, Voice Technology, and rapidly cleared up a number of personal concerns. Also, I examined him for various aspects of his game and treated him. The next day, he was in a tournament and fell apart on the very aspects for which I had successfully treated him. I knew in principle that the problem had to be one of toxins.

It was necessary to find out what was hurting his game after he had been so successfully treated. I found that one of his habits was to order a pizza every night before playing. Although this might have been OK for some people—for him, Voice Technology revealed that pizza was a toxin. He was thrilled to discover this and laid off the pizza. I treated him again which took only minutes.

A week later, I watched on an international golf channel as he played the final day in a major tournament. The television commentator remarked on the fact that since the beginning of play, my client's score for each of the three days was in the

sixties! He did great in his first try against top international competition and came in second.

Incidentally, it is not only that a toxin can undo a treatment, but our bodies hold water after we ingest a toxin, and this alone can throw off our timing, effect our judgment, and create anxiety. Toxins are not good for anyone; but for elite athletes they can cause terrible transformations—commonly called "the slumps."

Top Amateur

One of my favorite golf stories is that of a man in his late seventies who loved golf and played every day. When he couldn't get any friends to play, he would play with a young pro. The man, a physician, was also terribly bothered by severe gastrointestinal problems for years, which he could not understand.

When he heard that I might be able to help his golf game, he called me immediately. I treated him for all aspects of his game, then he mentioned something that told me volumes about his difficulty. He said that his game on the first nine holes was very good, but that it fell apart on the back nine. One might assume that naturally this elderly man would get tired after nine holes. However, the tiredness did not progress hole by hole but took a quantum down turn right after the first nine. Curious, I started asking questions. What happened after the first nine?

As it turns out, he typically took a break and ate a lunch he brought with him. I checked everything and found that wheat was a toxin for this man. I told him to stop eating wheat, and instead, go to a health-food store and buy spelt-grain bread as a substitute. He followed my directions carefully and the next time out on the golf course, he beat the pro!

His gastrointestinal problems simply disappeared, too, suggesting that wheat was also behind this problem.

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—Roger J. Callahan, PhD