

the thought field



Our Thanksgiving Issue:

We begin our Holiday issue of the Thought Field with a tribute to the father of “tapping therapy”, Roger Callahan...

Born on May 8, 1925, Roger Jerry Callahan was 88 years old.

Dr. Callahan was a pioneer, an intellectual, and, above all, a humanitarian. He was passionate, not just about helping people, but challenging our beliefs about accepted psychological principles and healing in general.

Roger enjoyed the years in his retirement spending time with his family, and staying active.

He loved boating, tennis, and being with his grandchildren.

Roger lives on in all of us, with every tap of the hand...



Volume 21 Issue 6

In This Issue:

A Tribute to Dr. Roger Callahan

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This issue also provides a wealth of information from clinical applications and underlying science to unique tapping experiences – Surf Life Retreats. We have some excellent case examples and we will give the results of our brief survey from last month.

We are continuing our series of articles from Eli Jacobe, Lic.Ac. and long time TFT practitioner. He discusses the pros and cons of tapping on one side or both and shares some excellent resources for further reference.

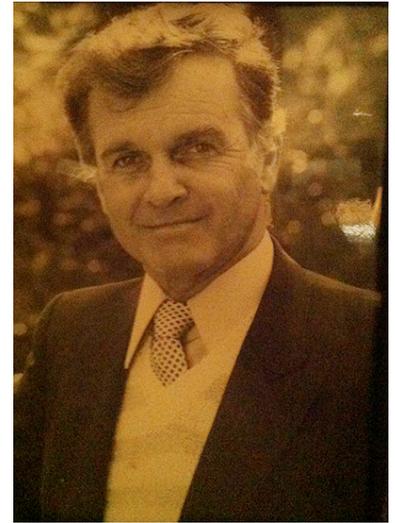
This month the world lost a great man – Roger J. Callahan 1925 - 2013



The TFT family

I have been blessed to have shared nearly 25 years with a wonderful man. One who has left the world with a powerful tool for the healing of our mind, body and spirit.

One of Roger's favorite quotes was by Sir Francis Bacon, "God's job is to hide things and man's job is to find them." He spent his life trying to find "them".



With a single-minded focus, he began searching for better ways to help his patients. He then turned that focus toward finding better ways to facilitate self-healing around the world, and for all.

Roger lived with passion and a zest for living life to the fullest. He had a deep conviction and understanding of the importance of what he was receiving and developing. He persevered against all odds to bring us this gift of healing. He was a true pioneer in a field whose time has now come.

His gift has profoundly changed the lives and transformed entire regions of traumatized countries—taking them from Trauma to Peace. This will continue to expand across our chaotic planet.

His work is no longer just about tapping away fear or anger, but about lifting ourselves out of separation and conflict, to a place of love and peace. I have witnessed this evolution and am honored to be able to help share his gift with a world that so desperately needs it.

His legacy will live on in the hearts of those he has helped, and begin anew in each additional heart that receives the gift of tapping. We all carry that gift forward to share around the world, turning trauma into peace, transforming fear into love, to sow healing in all hearts.

Thank you all who have commented, contributed and shared with us his passing. Our family is deeply grateful for your helping to create such a loving and beautiful memorial web site for Roger.

With Love and Appreciation,

Joanne Callahan

[Click here to visit our Memorial site and share your message](#)

The Importance of Updating Our Skills in Thought Field Therapy

By Jenny Edwards, TFT-VT

I am always amazed at how much Thought Field Therapy is continually changing and evolving so that we have even more tools for assisting people in healing! I did my Voice Technology training in 1999 and went to La Quinta to spend time with Roger and Joanne Callahan almost every year after that until the past couple of years. In addition, I went to the first Optimal Health training when it was offered.



This past summer, Joanne suggested that I return to an Optimal Health seminar for an update. I am amazed at the many refinements that I learned. In addition, I had the opportunity to connect with others from around the world who were either learning Optimal Health for the first time or returning for a refresher.

As professionals, it is important to refine our skills, find out what is new in the field, network with others who share our passions, gain new insights, and get feedback on what we are doing. Thought Field Therapy has so many nuances that we can always learn more! We can attend for a fraction of what we paid for the original training, and we can return as many times as we like! Whether you are trained at the Algorithm level, the Boot Camp level, or the Optimal Health level, I highly recommend returning for updates through the years!

November is National Caregivers Month and last issue we discussed how important and useful TFT can be for caregivers. One of our diagnostic level practitioners shares with us how she uses TFT in that role.

Caregiving And Thought Field Therapy

I am a caregiver for a lady with Parkinson's Disease. She is a person that cannot tap herself, so I act as the surrogate, tapping my own body or I will tap her. TFT works very well for her when she is having tremors and anxiety. She settles down enough to sleep through the night, as well as calming the tremors. She is very toxic due to her medications, so she has to be tapped over and over. What I have observed is that these symptoms seem to occur less frequently over time. Of course, with Parkinson's symptoms can change daily. This client also has a standard poodle that had a debilitating fear of thunder. She would drool and shake at the very onset of thunder, which caused anxiety for the client. I tap the dog for trauma and do the reversals as well as toxins. Like the human, the dog is toxic. Over time, her symptoms have lessened substantially, and she recovers very quickly.

I also have to remember to tap myself when caregiving is stressful. If I don't take care of myself I am not as effective or present for the client. Perhaps as caregivers, we need to put ourselves first on the list to be tapped!

Mary Kennedy

www.inthepresenceofanimals.com

TFT TRAINING

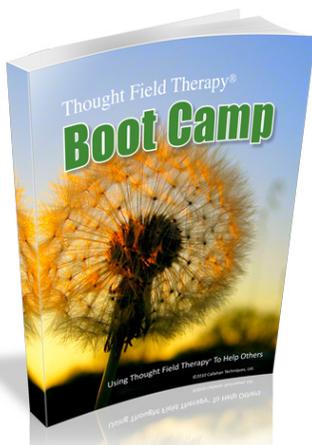
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Our Survey Results –

Thank you for taking the time to help us out.

A little over a month ago we sent out a brief survey designed to help us better meet our customer's needs. We asked what profession you were in, and what kind of issues or challenges you wished to use TFT for, whether for yourself and family or for your practice and clients.

While some of the results were expected, for example over 53% seek relief from stress and 57% of you are looking for ways to improve personal relationships, we were surprised that over 71% of you want help with professional and work relationships. This suggests that our professional and work environments are difficult and very challenging.

Interestingly, after stress, the number one concern for people is eliminating blocks to healing and success and stopping self-sabotage behaviors. The next key concerns, equally rated, are fear, anxiety and insomnia – all related to stress as well.

Many, over 45% wanted to use TFT to help family or others, and 100% of respondents wanted to use TFT to help themselves. A small number of you wish to become practitioners but the overwhelming need is to help ourselves, family and those around us, in both our personal and work environments.

We have developed two holiday packages that directly respond to these numbers, your wants and needs.

These two packages allow everyone the opportunity to help themselves and others, whether thru learning how and where to tap, or, by having a private consultation and receiving customized tapping sequences for your own specific challenges. You can help yourself and share this gift of healing with your loved ones.

Early next year we will have a specific teleclass or webinar for relationships, both personal and professional, so watch for that announcement.

Again, thank you all for taking the time to respond to our survey.

Healing Myself and Family:

Family Consultation Package

– 3 private consultation sessions that can be shared among the entire family in any combination

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Learn the Tapping Basics for Yourself and Others:

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- Tapping the Healer Within Book
- Tapping the Body's Energy Pathways Book (includes video resources)
- Introduction to TFT – Tapping Basics for Yourself and Others – Live Teleclass with Joanne Callahan (includes recording/manual) – on January 11, 2014.

[FOR MORE INFORMATION - CLICK HERE](#)

The Essence of TFT – A Non-invasive, safe, self-help process for healing

The following case was submitted by one of our top level practitioners and I have included it because it so clearly demonstrates the depth of healing, the rapidity of which that healing can take place, and, that the healing process can be on-going, continuing with self-help application. It is the very essence of the kind of healing that is necessary in today's turbulent, rapidly changing world.

"I had the opportunity of meeting Joanne and requested a TFT session with her to help me with post herpetic neuralgia and itching on my eye, forehead and scalp following a serious bout of shingles over a year earlier (trigeminal herpes zoster with uveitis). I'd had various treatments that had brought me some relief but it was taking more time than I'd hoped.

The real issue came up after she had treated that. It was the aftermath of a childhood trauma. I had followed various treatments over the past 20 years including lengthy psychoanalysis, Rolfing, EMDR (30 sessions) shamanism, EFT..., which had helped me on many issues I'd become aware of, save night terrors and some other typical PTSD symptoms which had come and gone over the years, but never completely. EMDR had brought to light a probable terrifying experience at the age of 6 of which I had no recollection apart from a vague hunch that something must have happened. The various fragments I was now able to associate to the probable event, didn't help me recollect it sufficiently to bring it clearly to light and then treat it via EMDR. A painful process!

Joanne helped me in about 10 minutes for each issue. I had treatment to do myself after and could have followed up with Joanne via VT. That wasn't necessary.

I wrote her to keep her informed of follow up after four months; that was several months ago and the benefits are all still there. She requested permission to print the text in the Newsletter, which I'm happy to authorize, preceding it with this introduction. I thought it useful to write up the treatments. I found most interesting the fact that she treated not only

the problem, but the circumstances surrounding it as well. For example, I was taken to hospital with the shingles which had increased as I'd been badly looked after by my GP. On

seeing me and given the extent of the visual aspects, the doctor at the hospital was at first more interested in taking photos of my face for his students before taking care of me – it hadn't occurred to me that that insensitive attitude also needed to be treated with a sequence, rightly so as I discovered.

Note: The following protocols were all individually determined and specific for my set of circumstances.

Post herpetic itching

1 - Do toxin neutralization for the medications : 5x/day for one week.

Then test: continue? How long? How many x/day?

2 - Trauma of the diagnosis and errors, then insensitive initial treatment of doctors:

Un – eb – e – c – oe – tf – liv – 9G – Sq.

3 – Itching

PR – G50 (with specific instructions) Un – eb – e – a – c – if – 9G – Sq.

4 – Rescue Remedy and Zeolite mineral Application:

As directed from testing

5 - Nerve sheath regeneration (all levels of PR including new one):



Trauma

Start with CB2 then three holons or tapping sequences and the new level of reversal

Results after 4 months

Itch

I did parts 1 & 2 for a second week after testing (using VT) and then noticed that the itching on the eyelid and eye – the most bothersome – had disappeared. This has not returned to this day. This is a blessing.

I did 3, 4 and 5 for 3 further weeks and then stopped. The itching on scalp and forehead has decreased but still reoccurs occasionally, with less intensity and covering an ever smaller area. I continue Rescue on my forehead when I have an occasional bout (8 months later) and it deals with this effectively but not definitively.

I checked for toxins (with VT), (wheat and sugar) which tested negative, as for milk based products (I eat very little of such). They tested negative again, but I tried just the same experimenting by leaving it out of my diet completely for a couple of weeks: it made no difference; the VT seems correct.

I thought there might be a connection to wet or damp weather, but this has turned out incorrect; however, steam can bring out a brief itching reaction, such as when doing cooking. As the affected region is getting ever smaller and less dense, it seems to me that the nerve sheaths are recuperating.

Trauma

I did the complete tapping sequence after the session with Joanne just once and then put it aside to work on the itching.

One week later, I started becoming aware that I hadn't had the emotions connected to the event any more. I tried, but couldn't feel concerned about what had happened. It was part of my past but it was over.

I started intellectualizing, wondering how it could be possible because the amnesia of the trauma hadn't been lifted, I still couldn't remember what had happened, both during and after the event. To my knowledge, for example, as with psychoanalysis or EMDR, you have to lift the amnesia and re-experience the whole trauma to treat and overcome it. Here the experience seemed to have been overcome without the trauma surfacing. I decided to wait and see for 3 months if the feeling about

the events, and some other PTSD symptoms I've experienced since childhood, were well and truly over.

After 2 more months and still not feeling any form of concern about the past event, I discussed this with a dear friend of long standing who's also a clinical psychologist. And, unexpectedly for me, as we talked about it, I recounted the major part of the event that I wasn't even aware I knew about; just naturally, in the conversation. We talked a while, she was intrigued even though still not wanting to try the tapping herself or know more about it, she's just interested in the theory behind it! She then told me that she'd noticed a difference in me that had appeared several weeks earlier, as if a tension or contraction had disappeared from my face; a sort of "blooming" that hadn't been there before and wasn't just due to having had some rest, it was permanent. And some colleagues have made similar comments, putting it down to great holidays.

So that was gained after the one session with Joanne and my doing it by myself again only once.

After stopping the "Itch" sequences after 3 months, I decided to apply the Trauma sequences to two other thought fields (other aspects I hadn't mentioned to Joanne, typical of PTSD), with systematic CB2 mornings and evenings for 3 weeks as well. Since then I no longer nourish those thought fields or neurological pathways; if they pop up into my mind occasionally but seldom, I take it as a need indicator for CB2, SH + g50 and they just melt away.

Finally, I've become aware of a fundamental change in my own attitude towards myself, which started several months ago. Call it a new, deep seated confidence or trust in myself: my own judgment, belief, opinion. As if I'm not longer thrown (even if I did my best not to show it) when being criticized, contradicted or complained about. I feel calm and no longer unsettled and so can enter a clear discussion on the subject instead of fighting against a need to justify myself.

I know that the kind of trauma the little girl I was experienced, can create a deep-seated lack of trust in self and in others, while simultaneously wanting and needing that trust. It's an appeasement not to feel it any more.

Thank you, dear Joanne.

"A grateful TFT practitioner"

To Tap This Side or That Side or Both At Once?

Insights on Point Prescriptions from Acupuncture

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In developing Thought Field Therapy, Dr. Roger Callahan explored and adapted aspects of ancient acupressure treatment for the modern clients' needs for a self-administered technique to relieve emotional distress.

When he first published and also presented trainings in his methods (then known simply as The Callahan Techniques), he made clear that a key difference from traditional acupressure was the requirement that the client be thinking of the distress while tapping. As acknowledgement of the lineage of his meridian tapping method to Chinese acupressure, bibliographies in his early publications cited texts on Applied Kinesiology (the specialty in chiropractic medicine that uses muscle testing to disclose inner states of bodily function) that were his source for basic information about the Chinese acu-points and meridians. I have not seen citations of books primarily on Chinese medicine in Dr. Callahan's bibliographies.

Also, Dr. Callahan learned to tap on acu-points during his study of Applied Kinesiology. He reported: *"I learned about body meridians and energy flows, both of which have been used in applied kinesiology to treat sports injuries and other physical ailments. According to applied kinesiology the body is divided into a number of meridians, each including some vital organ as well as considerable skin surface. When a meridian becomes blocked for one reason or another, illness or pain results. Rhythmic tapping at a specific point on a meridian will improve the condition of the associated vital organ. This, they say, occurs because the 'energy flow' within that meridian is free to move again."* (Roger J. Callahan. *How Executives Overcome The Fear Of Public Speaking And Other Phobias*. 1985. pages 31 & 32.) The technique of tapping to activate an acu-point, which had long been part



of Chinese acupressure along with the more common massaging of the points, had been adopted by the American chiropractors who first developed Applied Kinesiology. Of course, they were primarily addressing physical ailments.

In TFT trainings, questions often arise as to whether and why it is better or unnecessary to tap bilaterally. (Recall that TFT uses fourteen of the Chinese-discovered energy circuits. Twelve these are named for their associated internal organs, for example, the Liver Channel. The other two are the front and back mid-line Channels.) The organ-named Channels occur in pairs with symmetric pathways on the right and left sides of the body. Perhaps tapping on just one point is sufficient. For example, the Eyebrow Point is selected for tapping. Should the client tap on just the one on the right or the one of the left or tap simultaneously on both? This article will provide substantial background information from acupuncture concepts and clinical practice before I comment.

In most therapeutic methods, there are prescriptions (what to do) and dosage (how much to do). For example, how often to take how many milligrams of penicillin. In TFT we select which points to tap and determine how many times to tap on each. In acupuncture, the prescription is the selection of points needed. In addition, a treatment appointment may include two or more sets of points treated in sequence. For example, points on the front of the body might be inserted and retained for a time. Then these are removed and it might be necessary to treat another set of

points on the front, sides, or back of the body.

The dosage of acupuncture has many factors, including: how long to retain the needles in the body, the angle of insertion, the depth of insertion, and the stimulation to be applied to the acu-point. Most Westerners who have never been treated by acupuncture naively assume that simply sliding the needle under the skin is the whole story. Far from it! Sometimes just gently and nearly imperceptibly inserting a needle will create a sufficient neurological stimulus. Although some acupuncture lineages dispute it, many authorities assert that at times acupuncture must be felt or even sting to be effective. Many Western acupuncturists strive to limit their patients' discomfort, but this may also slow the therapeutic response. To see skillful needle manipulation, follow the link provided to watch on Youtube one of my Chinese teachers treating post-stroke paralysis. <http://tinyurl.com/lj766jm> About 12 minutes into a documentary film you will see Professor Shi Xue-Min, M.D. use several vigorous methods of acu-point stimulation which are the standard of care in Chinese hospitals for this serious ailment.

(By the way, this twenty-year-old video was originally published on videotape in bilingual stereo. That format means one of the audio channels is in Chinese while the other is in English. You can take off one earphone or use audio balance controls to hear just one language.)

The Chinese perspective is that the presence of the needle causes a response in the Qi that flows in the Channels. ("Qi" is a technical term in both Chinese medicine and philosophy. The word deserves to be capitalized to emphasize that it is not an English word. Also Channels is a more accurate translation of the Chinese term jing-luo than the commonly used "meridian". The Qi flows in the major and minor Channels, just as water flows in the plumbing of a building.) We must think of Qi as something fluid-like that is contained by the Channels, rather than a beam of light or energy that flashes around following a meridian, which sounds like a thin line on a map. Also, there are many types of Qi that must be differentially diagnosed, assessed, and treated. Qi is not an amorphous, undifferentiated cloud of something or other. It is an anatomic and functional component of the human body, mind and spirit. Giovanni Maciocia, a prominent author of English language textbooks who is fluent in Chinese, emphasizes that Qi is a substance. Download his chart of the anatomical substances of Chinese medicine: <http://tinyurl.com/vital-substances>

Also of importance to know is that the malfunction of the Channels is more complicated than what is taught in the Applied Kinesiology textbooks that I have examined cover to cover. They accurately list and chart the Chinese acu-point maps. However many limit the discussion of pathology to saying that meridians/channels are either blocked or open. They imply that treating a point opens it, like flicking an electrical switch on or off. Some books discuss that the Qi can be deficient or excess in a meridian. But in professional level Traditional Chinese Medicine, beyond the amount of Qi flowing in the meridian, there is a science of the pathogens that afflict the Channels and the development and stages of diseases. Since the Qi is a substance, it can be in good condition or it can be otherwise. For example, it can get too hot or too cold or too damp or too dry. Also, the Qi can be afflicted by pathogenic (disease-causing) influences. One of many classes of Pathogens is retained emotions that disrupt the flow of Qi.

Independent of formal study of Chinese medical theory, Dr. Callahan observed the phenomenon of persistent, unpleasant emotional information disrupting the functioning of the Qi in the human body. The experimental confirmation of this disruption is that during muscle testing the client cannot maintain a locked muscle while thinking of the problem. Needing a word for this class of Qi Pathogens, he termed them the perturbations. Consider the following extracts from Callahan & Callahan's Introduction To Callahan Techniques Thought Field Therapy (a training manual) 2008. *"In essence, when you treat a client with TFT, you are eliminating perturbations that are encoded in the particular thought field associated with the problem on which the person is focusing. A perturbation (P) is defined as a 'subtle, but clearly isolable aspect of a thought field that is responsible for triggering and controlling all negative emotions.'" (page 11)* Also: *"In TFT, the word 'thought field' can often be used interchangeably with the words 'memory' or simply 'thought;' however, in order to understand the dynamics of TFT, it is helpful to think of memory in terms of a thought field, for these fields contain the perturbations that are described above."* (page 12). I also refer the reader to Chapter 12 "The Perturbation" in Stop The Nightmares Of Trauma by the Callahans. My conclusion is that Dr. Callahan's concept of the perturbation is entirely compatible with and parallel to Traditional Chinese Medicine's concept of Pathogenic Emotional Qi that is retained in the Channels.

Similarly to acupuncture, in TFT the prescription is

TFT IN-DEPTH

the points to be tapped in sequence to eliminate the perturbations in the thought field (which is a concept analogous to expelling the pathogens that afflict the healthy Qi). In another article I will pursue what acupuncture theory and practice illuminates about dosage in terms of the number of taps. For this article, the focal question is: since most meridians come in pairs, is it sufficient or not to tap just the treatment point on one side of the body? It is certainly more convenient to just tap one point with one hand. More background information is needed before answering this question.

A key principle in acupuncture and acupressure treatment is that the more pathogenic Qi is in the meridian, the more the selected point or points must be drained. (Other common translations are “dispersed” or “sedated”.) Nearby in this article is a photo I took in 1988 during training in a Beijing hospital. It will illustrate this clinical concept.

In the photo you will see the doctor holding his gathered fingertips above the handle of the needle in the Pericardium-6 acu-point in a patient's right forearm. He is feeling the flow of Pathogenic Qi leaving the patient's body. When the flow ceases, that is the end of the treatment. To remove the needle too soon will leave Pathogenic Qi in the body. Note that the matching point is needled on the other arm as well. Not to have needled both arms would require the Pathogenic Qi deposited in one arm to move all the way to the other arm where it might exit at the single puncture site. Leaving Pathogenic Qi in the Channel would be analogous to leaving a perturbation in the thought field by not tapping enough, which is experienced by the client as the SUD not going to zero or one. As you know, in TFT we have various procedures to find sufficient points to tap until the SUD is fully reduced. The more distress or trauma, the more tapping on more locations is likely to be needed. Of course, sometimes a very intense distress is a simple case – meaning only one treatment point is needed.

The perception of Pathogenic Qi at acu-points is a trainable skill that all medical students (including we foreigners) at that teaching hospital were expected to master. It was not a psychic gift or miraculous attainment. Similarly in TFT, muscle testing and Voice Technology are teachable methods with repeatable findings.

The photo illustrated the method of expelling Pathogenic Qi by piercing a Channel. Another



technique to clear a Channel is to stimulate one end so that the Pathogens are forced out the other end. It is like repeatedly pumping a plumber's plunger over a blocked sink or toilet to get the fluids moving. That method is used in TFT when we tap the end points of Channels. As a trained observer of the Qi, when I started treating with TFT, I perceived that when the patient was tuned to the relevant thought field, the tapping quickly expelled copious amounts of retained emotional Pathogenic Qi from the body. The client's experience was disappearance of the subjective distress. In TFT terminology, the perturbation collapsed. Be assured, the TFT practitioner does not need training in perceiving the Qi.

At long last, let us consider whether to tap on one or both treatment points of paired Channels. We all know that relief can certainly be attained with tapping on just one side. But is that the best, quickest or most thorough procedure? For example, the Collarbone Point is the Kidney-27 acu-point. [The other end of the Kidney Channel is Kidney-1 on the sole of the foot, a less convenient location for tapping.] The Kidney Channels run in parallel on both sides of the sternum and then down across the abdomen before separating to run down the medial aspect of each leg to the soles.

So please picture two roughly parallel irrigation ditches on a farm. There is murky, stale, useless, “perturbed” water in these irrigation channels, which have some interconnections and junctions with each other and with other channels that irrigate other parts of the field. Fresh water cannot flow into these ditches until the stale water drains away. You are the farmer who takes a shovel to the end of one ditch and starts moving the water as if rowing a boat.

TFT IN-DEPTH

You make repeated, rhythmic strokes against the water. This action generates waves and eventually current which spreads along the ditch and even moves through the connections with other ditches to get them moving. First the ditch you are rowing on moves and clears. The murky water gets pushed downstream and fresh water enters the ditch from a source upstream. Then the adjacent ditch also moves and clears. Even some other ditches move and clear. That result is what the farmer wants. That benefit is what happens when we tap on just one point. The input to just one point can clear Pathogenic Qi (perturbation) that might be on the other side of the body. In TFT this whole body result is attributed to the non-local properties of the thought field.

Yet now further imagine you have a co-worker who is at an end of the other ditch and pumps that one to get it moving simultaneously with your shoveling efforts on the first ditch. Clearly the pumping/shoveling/tapping of both ditches will get the job done sooner. At any rate, that is what I find when treating with TFT and what I observe in client's who tap on themselves. I invite you to make comparisons in treatments on yourself or your clients.

In conclusion I offer you these images:

- Tapping on the TFT treatment points is like pumping away a contaminated fluid.
- When the Pathogenic Emotional Qi (Perturbation) is removed, the client is relieved.
- The more Channels you clear simultaneously, the faster is relief attained.

Reference Notes: In my series of articles seeking to illuminate aspects of Thought Field Therapy, I cite prominent English-language acupuncture sources to demonstrate that I am presenting accepted facts and concepts from Traditional Chinese Medicine, not a speculative or personal interpretation. This article does not have footnotes to specific pages of reference works. The following list is a sample of books used in American acupuncture schools.

Ted Kaptchuk. The Web That Has No Weaver: Understanding Chinese Medicine. Chicago, Illinois, USA: Congdon & Weed, 1983 (or more recent editions)

Chinese Acupuncture and Moxibustion. Cheng Xinnong, editor. Beijing, China: Foreign Languages Press, First Edition, 1987. (Or more recent editions)

Giovanni Maciocia. The Practice of Chinese Medicine (CD-ROM Edition). Churchill Livingstone Publications, 1997, ISBN 0-443-07815-7. (This disc is the source of the chart cited in this article. There is a printed edition of this text.)

Paul U. Unschuld. Medicine In China: A History Of Ideas Berkeley, California, USA: University of California Press, 1985.

Shi Xue-min. Shi Xue-min's Comprehensive Textbook of Acupuncture and Moxibustion. Beijing, China: People's Medical Publishing House, 2007.

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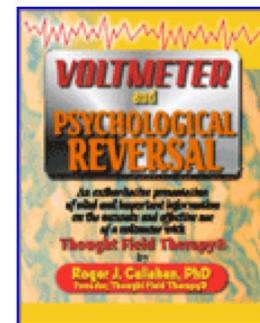
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Thought Field Therapy (TFT) on SURF LIFE Bali Yoga & Surf Retreats



The following is an excerpt from Rick Cowley's website, www.iSURFLIFE.com, where he briefly explains how TFT helps the participants of his SURF LIFE Bali Yoga & Surf Retreats orient their temporary lives around what inspires them:



On the second day of the retreat our long time friend [Lianne Schwartz](#) will come talk to us for an hour about how to use TFT to be fearless. (Those are my words, not hers.)

TFT is a system that **accesses and resolves the essence and the root cause** of a problem within the whole human system, be it **emotional, mental, physical, and/or spiritual**, by tapping on energy meridians in the body. I know this sounds out there, but read on...

I was introduced to TFT by my mom who became a TFT practitioner about 20 years ago. At first, and for many years I was a skeptic of this "tapping". My mom would offer me a "treatment" when I felt afraid or worried or sick, and I'd usually turn it down because it felt like my mom was telling me to do something. So she stopped offering. After a few years I started asking for treatments, thought I should at least **try** it since my Mom was a TFT practitioner and it was right there. And then over the last ten years I've seen TFT work mini-miracles — with me and with many other people, people that had no idea what TFT was — so regularly that I'm a believer.

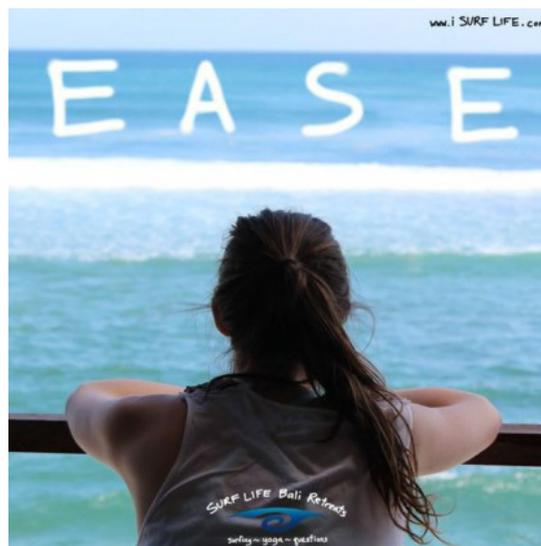
I want my job (guiding the retreats) to be as easy as possible. And usually, because we are talking about big life stuff, at some point guests get in a funk or get fearful... the past arises, the old ways arise, and do not want to die... and TFT is a way of very quickly moving through anything you don't want. Do you want to spaz out for five minutes or five hours or five days or five years? If you want, TFT can help you just spaz out for 5 minutes.

In fact it's so effective that being a TFT practitioner

is a thankless job: someone comes to them with some "horrible" problem that is consuming all their attention, they tap for 5 or 10 minutes, and then forget about the problem, forget there WAS a problem, and forget how BIG it seemed a half hour ago. I've seen this happen dozens of times. So make sure you give Lianne at least a hug and a thank you.

Also, one of the purposes of the retreat is to share with people HOW my life has changed so much. How did I do it? How did my life get so amazing? (I'm not bragging here, it's just a fact, it's amazing.) Well one of the many almost daily practices I do is 5-10 minutes of TFT. So to have integrity I gotta share it with my guests.

For more information on Rick Cowley's SURF LIFE Bali Yoga & Surf Retreats or his FulFILment Online Coaching Course go to www.iSURFLIFE.com or www.facebook.com/whenidienotadryeye.



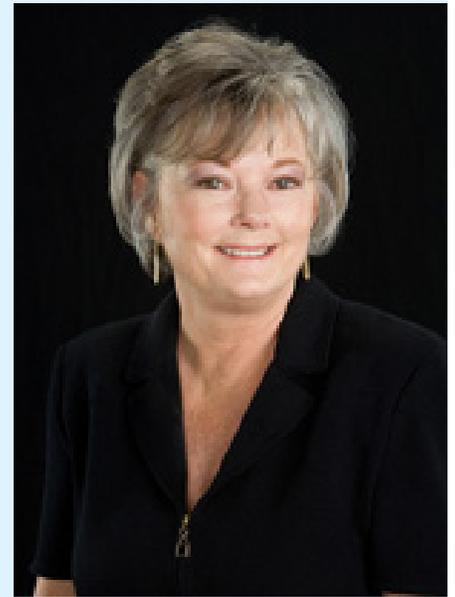
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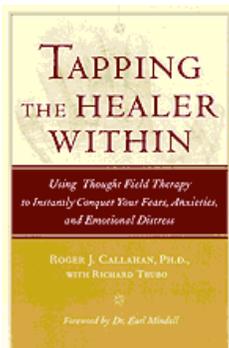
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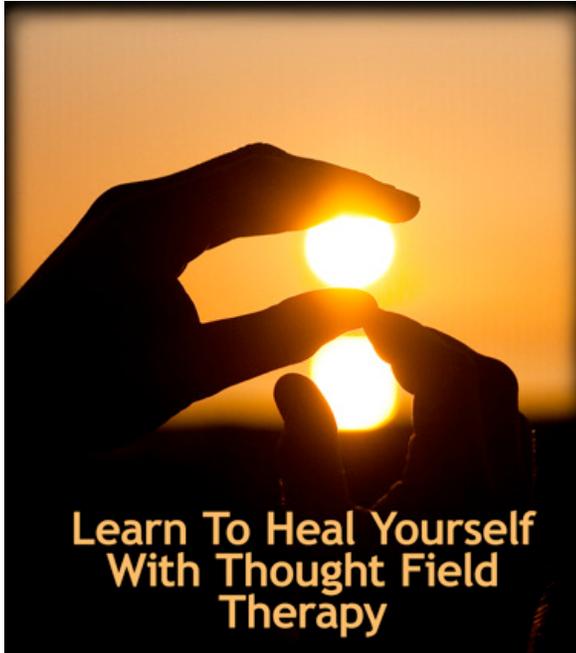


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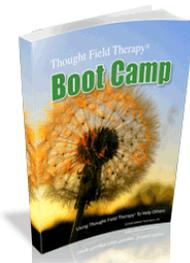
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"I have heard so much about the power of TFT and want to be able to add it to my practice, but I don't have the time or need to learn all the levels of training and comprehensive theory. Can't you just give me the most effective tools to add to my practice."

I would like to thank you for a life-changing weekend! Since I learned my first algorithm my life was never the same! Now I can't imagine living the rest of my life without TFT! Your instruction and guidance is very much appreciated! I'm proud to have joined such a wonderful organization and I do believe we will change many more lives together! Marjorie Alayon