

the thought field



Tapping Through 2014

It was with sad heart that I said good-bye to my beloved husband, Roger, at the end of last year. He was the founder and developer of this amazing healing tool for which I have the privilege of continuing the development and expansion for all humanity. It is my intention to maintain its power and simplicity while allowing it to evolve into an ever more useful tool to all. Many of our long-time TFT practitioners and leaders will join me in this goal.



Volume 23 Issue 1

In This Issue:

Thought Field Therapy 2014

New HRV System Case Study

How to Divide Up Estate Property
Using Muscle Testing

Restoring Trauma Without
Reliving It

Crying Baby On A Plane

Our Optimal Health level, TFT-Adv. and our Voice Technology level, TFT-VT, practitioners will be on the forefront of TFT's evolution, helping us to better meet the needs of our constantly changing society and world.

We will be introducing a new level of psychological reversal in our Boot Camp and Optimal Health trainings and materials. This was shared with our OH practitioners last year and tested. It has proven very beneficial and useful in improving results.

As our Optimal Health courses and practitioners are our testing ground, we will be reviewing and testing several new protocols this year, and a new way to look at **the ability of TFT to create or instill the positive**. Several of our trainers have been working in this area so watch for further exciting possibilities.

Last fall we sent out a survey to our customers, asking what they most wanted or needed from us and where their areas of interest were. Based on the results of this survey, we will offer more low-cost access to learning TFT for the individual – for those wanting to help themselves, family and friends. Our tele-classes will be geared to offer the topics of most interest, to the most people. These courses will be found in our [new E-Learning Center](#).



And for those wanting to learn all the algorithms, and hear and learn directly from Roger Callahan, TFT's source, we are offering our [online Algorithm Certification Course](#). Roger shared his insights, discoveries and did the demonstrations on this nine week course. Learn it from the master.

In 2014 we will be expanding our support for our trainers, both in materials and their marketing. I believe that we can all accomplish and help so many more from a spirit of cooperation and collaboration. Our materials and leadership efforts will reflect this.

We will be introducing a **new algorithm trainer's manual**. It is updated, from the current one that was developed for ATFT. It is coordinated with the TFT Foundation's trauma relief manual, the model provided ACEP for trauma research, and the one that is now presented for CE's and will be a pre-conference TFT algorithm training at the ACEP conference in June, www.energypsych.org.

Our Boot Camp trainer's program, and the marketing of these trainings will be expanding this year. The new manual will reflect the new algorithm materials and format.

On our TFT Practitioners Directory, we will be featuring different trainers and events on www.tftpractitioners.net/. This site will be a significant part of our marketing this year along with our expanded efforts to reach new markets. We are working on an arrangement with a like-minded organization for introducing TFT to their lists of 100,000-200,000 people.

We are increasing our translations of materials for our trainers and practitioners. We have just completed the **TFT Practitioner's Brochure and the TFT Success Brochure (to give clients) translations into Spanish**. They are now available. Please contact Sheila@TFTFoundation.org for the templates. These are customizable materials. Watch for announcements of the French and other

translations later this year.

In this spirit of collaboration, TFT Foundation Board Member and Chair of our Trauma Relief Committee, Suzanne Connolly is joining the ACEP board. We will work together with them to establish a greater TFT presence within this organization and together advance Energy healing within the established professional paradigms.

The TFT Foundation's Trauma Relief Committee and its long-time members and practitioners have a wealth of background in trauma relief, humanitarian relief and emergency response. They are now offering their wisdom and expertise as consultants for others wishing to support, assist and develop these kind of programs. Full details will be given in the upcoming Tapping for Humanity. In the meantime, you can learn about this opportunity on the foundation's web site: www.TFTFoundation.org

Interest in TFT applications for greater consciousness and spirituality has been growing each year. Mary Cowley and I have taken a special interest in this as have some of our newer trainers. We will be working together to create a course specifically for this purpose. The first of these workshops will be late summer, early fall. Optimal Health will be a pre-requisite for this course.

Our Optimal Health courses will be expanding their focus to include more of the things we are learning every day from our humanitarian relief efforts. Often they will include part of a trauma relief team and one or more from our missions in disaster relief. Paris will have our Uganda Trauma Relief and Research Team, sharing their insights. We will also have our lead trainer from Uganda there to become a trainer's trainer for his country. We all can learn so much from these experiences, both personally and professionally.

Our Optimal Health courses are also our development and proving ground – our growth and expansion medium. It is from these courses we will keep TFT a constantly growing, dynamic and evolving healing modality – on the cutting edge of consciousness and mans evolution.

I am personally, as well as our TFT Foundation board members, and other TFT leaders, dedicated to continued Outreach. Below is an example and we invite others to introduce TFT to their conferences, organizations, and groups. The TFT Foundation has various PowerPoint presentations they would be happy to share – please ask – joanne@tftfoundation.org .

Mary Cowley, Suzanne Connolly, Mary Lou Dobbs and I are attending the Wisdom 2.0 Conference in February in San Francisco. I found out on Friday, December 20th, that they had a People's Stage competition and the deadline for submission was midnight that night. We worked on it, and with Bob Stone, our documentarian's help (we needed a 60 second video) got it submitted at 11:00 pm that night.

Last week I received an email saying that out of 87 submissions we were one of the top 20. Speakers include the Rwandan Ambassador to the USA, Eckert Tolle, Arianna Huffington, etc. There will be over 2000 attendees and it looks to be a very exciting conference. If you or anyone you know will be attending, please vote for our submission, From Trauma to Peace. If we win, we will be able to be one of the breakout sessions and share TFT Foundation's trauma relief work with a new audience.

Thought Field Therapy 2014 In Summary:

- New algorithms and protocols
 - New level of PR
 - Instilling the positive
- Revise, Upgrade and Expand TFT Training Program
 - Increased access to TFT training for individual – as requested in our survey
 - Teleclasses
 - Online algorithm level course
 - Soon to have a professional version with CE's available
 - New TFT-Algo manual and format, as well as e-learning opportunity.
 - Expanded and revised TFT-Dx Boot Camp training
 - Boot Camp Trainer's program and Practitioner's Directory
 - Optimal Health to expand and include humanitarian efforts
 - Consciousness and Spirituality Workshop
 - Spanish brochures
 - Additional translations
- Organizational and Collaborative Focus
 - Cooperatives with ACEP, www.energypsych.org
 - TRC Support to greater community
 - Research funding
- Outreach
 - Conference Outreach – Wisdom 2.0
 - Synchronicity / Synchronicity Mexico – broadened spiritual applications
 - Trauma Relief Blog – additional translations

Mary Cowley and I have been working with Synchronicity Foundation - synchronicity.org - (a non-profit) for introduction of TFT Protocols to help with improved spirituality and to assist with Synchronicity Mexico's goals to bring healing to the traumatized people in Mexico. There are many non-profits we can partner with to facilitate healing and peace in the world.

TFT is unlimited in potential for its application. The Wisdom 2.0 conference is one example, our proposed work with Synchronicity and

Synchronicity Mexico is another one. Other examples are introduction into prisons, schools, our returning vets or the person sitting next to us on the plane. The articles submitted for this issue reflect this diversity of application. Think outside the box and share this healing tool with others this year.

Join Suzanne Connolly for the New Algorithm Training Format, Get CE's, and Enjoy the Annual ACEP Conference in June

The Association of Comprehensive Psychology (ACEP) is sponsoring a two day TFT Algorithm Training as a pre-Conference workshop taking place on May 28th and May 29th. There will be continuing education credits for Psychologists, Social Workers, Marriage and Family Therapists, Counselors and Registered Nurses.

You can get details and sign up for this training on the ACEP website at: www.energypsych.org

Click on 16th annual Conference, then click on Register, then TFT Pre-Conference Workshop.

Early Bird special is \$340.00 - later it will be \$400.00.

Discover The Basics Of Tapping

We have just created a new intro to TFT audio class, where you'll discover how to use Thought Field Therapy (TFT) to overcome ANY fear, anxiety, stress, or bad habit you may be suffering from.

In this audio class, you'll learn how to use TFT to instantly relieve negative emotions due to trauma, stress, and anxiety... and how to overcome a wide range of bad habits. You'll get a deeper understanding of how to apply each of the TFT algorithms (tapping sequences) to relieve stress and anxiety, chronic pain, past traumas, fear of flying, public speaking, fear of heights, driving on freeways, stop smoking, etc...including a 46 page reference manual (PDF).

We also do live demonstrations of TFT with select participants, so you'll witness exactly how it can be applied to specific problems—and see how quickly it can overcome even the most difficult challenges!

Here's what one of the attendees shared:

Thank you for your tireless effort, countless hours, and priceless work in helping so many people to find peace and relief. My first interaction with Thought field therapy was when I was deployed to Afghanistan. I had the honor of joining you and Roger on a Web based training in the basics of TFT. I followed along to learn the technique although at the time I had no particular perturbation to work on. I knew the power of TFT on emotional issues was profound and what I learned I knew I would use one day.



Within the next 48-36 hours though after following along with the tapping sequences online the most interesting and unexpected thing happened to me. A painful rash that had covered almost 4 feet of my skin and had been steadily growing suddenly vanished into thin air and my skin became clear and pain free.

I instantly credited it to the practice of TFT even though I did not understand how or why it worked. I know that the benefits of Tapping far surpass what anyone can now comprehend and I look forward to the unforeseen benefits of what I will receive from the simple act of following along with the tapping sequences, and collarbone breathing I did with you and the class on the call tonight. From deep down I want to thank you Joanne for what you do and for the information you have helped to reveal to the world! -- Emmanuel S.

[Click here to join me in the audio class..](#) and learn how to put TFT to work for you.

Happy tapping,

Joanne Callahan, MBA
President, Callahan Techniques, Ltd.

FOR MORE INFORMATION - CLICK HERE

New HRV System - The Case of Mitchell

Mitchell is a Specialist from the US Army, presently on leave and visiting in Canada. While he was visiting with me, I asked if he would like to be a guinea pig for my new HRV system, something I recently purchased. He said sure.

His score after the 5 minute test was only 22, which for a 23 year old is quite low. I asked if he would like to see if we could improve this and with his agreement we started to do some energy work.

Interestingly enough he had mentioned that when he woke up in the morning he was still tired and had been this way for a while. I asked him for a SUD level for the tiredness and he said it was a 10 out of 10.

Because I am both an Eden Energy Medicine Practitioner, as well as an Advanced Practitioner of TFT, I have a diverse set of skills for analyzing what was happening.

Here is what I discovered:

1) he had a low grade virus; 2) he had a fungus infection; 3) his energies were running homolateral; 4) the polarity of his aura was reversed; 5) he had an unconscious emotion blocking his healing.

He went and got some Pau Darco to deal with the fungus; I taught him 2 simple exercises to correct for the reversed polarity and to teach his energies to cross over.

We did 2 TFT diagnostic treatments, one for his tiredness in particular and one for the emotional block. For his tiredness I also gave him a tapping pattern to do once a day.

His HRV score did not recover immediately, but four days later was at a healthier 47, and a week later was at 69.

He tells me he still feels somewhat tired in the morning now with a SUD level of 4, but he feels he has more energy and is responding well to his daily TFT constitutional protocol.

It's nice to have the HRV system that allows me to have another objective measure of his progress.

I will be running two TFT Boot Camps In Ontario in the next 6 months. They are both in lovely Wasaga Beach May 3rd and 4th and September 20th and 21st. If you've never been to Wasaga Beach, you might want to come, as it is the longest fresh water beach in the world, truly a lovely place.

John Steuernol
Licensed Boot Camp Trainer for TFT, Ontario, Canada
TFT- Adv, CCH
Certified Eden Energy Medicine Practitioner



How to Divide Up Estate Property Using Muscle Testing



After our mother's passing, my sister flew out from Chicago to meet me here in California. Right away it was clear to us that we needed some sort of system for separating out the many family heirlooms contained within mom's home.

How much mental energy were we willing to expel on this effort, when we were already tired and drained? It would be hard enough just to get everything packed. We agreed that the simplest and calmest way to sort through every item was to use muscle testing.

For those not familiar with muscle testing, the process of

Applied Kinesiology dates back over 60 years to a discovery made by Dr. George Goodheart. He found that the muscles have an underlying connection to our subconscious decision making process. Choices that are good for us, muscle test in a strong way. Choices that are wrong for us, muscle test in a weak way. Sounds amazing, right?

Try it for yourself. You'll need a partner.

Stand facing your partner and place your right hand on her left shoulder for balance. Have your partner stretch out her right arm to her side, palm facing down. Rest your left hand on her right wrist.

Tell your partner to think of something that she loves. As she feels this love, tell her to resist your pressure as you push down on her wrist for one second. Her arm will provide strong resistance. Yay! Her body strengthens with love.

Now, have her think of something she hates. Using the same pressure as in the first test, tell her to "resist" as you press down again for one second. (How hard to press depends upon the strength of your partner.) Her arm will push down; it's resistance weakened by the negative feeling.

Muscle testing taps into what lies beneath our ego; our unconscious mind. While our ego wants everything it sees, especially if someone else wants it too, our unconscious is a region within that seeks peace and serves the greater good. The subconscious is naturally tuned to

protect us. Positive, loving thoughts strengthen muscle response. All negative thoughts induce weakness.

Knowing how well this system works for decision making, for the remainder of that afternoon my sister and I took turns working through the items we loved so much.

Test: My sister gets the Hindu temple painting.
Answer: Yes

Test: My sister gets the dining room rug.
Answer: No

Test: We keep the kitchen glassware.
Answer: No. Sell at a yard sale? Yes.

Test: I keep mom's costume jewelry.
Answer: Yes.

Don't get me wrong, there were lovely items that each of us would have wanted in our homes, but with muscle testing we were able to choose peace and sisterhood above material acquisition. It's been seven years since our mother's passing. Neither of us harbor any regret over who got what; we are closer than ever.

In the TFT Boot Camps you will get lots of instruction and practice time to learn and apply muscle testing. It is an indispensable tool.

Do you have a story to share about muscle testing? I'd love to hear from you.

Jacqueline Smillie - www.jacquiesmillie.com

Boot Camps: March 15-16th Redlands

•April 5-6 • Chicago April 12-13 Louisville

Resolving Trauma Without Painful Reliving

TFT Article By John Plester

I was doing some supervision work with a newly qualified hypnotherapist this morning who was talking through a complex case study that had involved hypnotic regression to the initial sensitizing event in order to reprocess past trauma, and he was expressing the difficulties encountered with the client who was reluctant and guarded in going back to the initial traumatic event. This reminded me of the old days pre TFT, when this kind of method was the most effective way to work with such events. I felt a sense of relief that this exhaustive and sometimes complex methodology was something I rarely had to do anymore.



I was reminded of a client I did some intensive work with before Christmas. This was a complex case with multiple layers of trauma and abuse spanning over 40 years.

In particular, she reported a possible sexual abuse event, that she had an instinct that it had occurred, but had no memory of the event. She did report a strong negative emotion whenever she was in the company of men with pony tails but had no idea why she had such a dislike. There was no negative memory consciously of any event occurring with a character with a pony tail.

In the old hypnotherapy way of working, we would have had to induce deep trance to regress back to any initial event, that if found would have been most disturbing. It would also be questionable whether the unconscious would have permitted such access to a memory, because after all, if there was an event the unconscious mind was clearly protecting her from it.

Furthermore, false memory syndrome could have created an event, that might not have actually happened and there has been much reported cases such as this in the media in recent years. Finally, if there was an event and it was identified through hypnotic regression, then there would be a lot of work required to

reprocess this event in such a way as to ensure it was dealt with.

Fortunately, TFT came to the rescue, in particular diagnostic TFT. All that was required was to tune into the thought field around the possible abuse and the whole men with pony tail feeling, sure enough diagnostic TFT revealed that there were perturbations in those thought fields and revealed a number of sequences, unsurprising beginning of the eyebrow for trauma and Index finger for guilt and under eye for fear appeared in the sequence.

TFT enabled me to deal with this completely within 30 minutes with no need to go back and uncover any traumatic past events.

Needless to say the client was amazed at the speed and the fact we could do the work without detailed knowledge of the event. A couple of weeks after our session, I received a call from her partner who thanked me for the work I had done and told me how much she had changed. Truly transformational work that as TFT therapist, I often take for granted, as this is expected. However this case reminded me of the true gift of diagnostic TFT to surprise and amaze when working with some of the most complex cases.

I am eternally grateful to Paul McKenna who originally introduced me to TFT when I used to assist him on his NLP training courses in the late 90's and early 2000's and of course both Roger and Joanne whom I had the good fortune to have been able to train extensively with over the years. TFT truly transformed my therapy practice when I introduced it into my interventions back then, now I have the privilege of being able to share my experiences and learning when

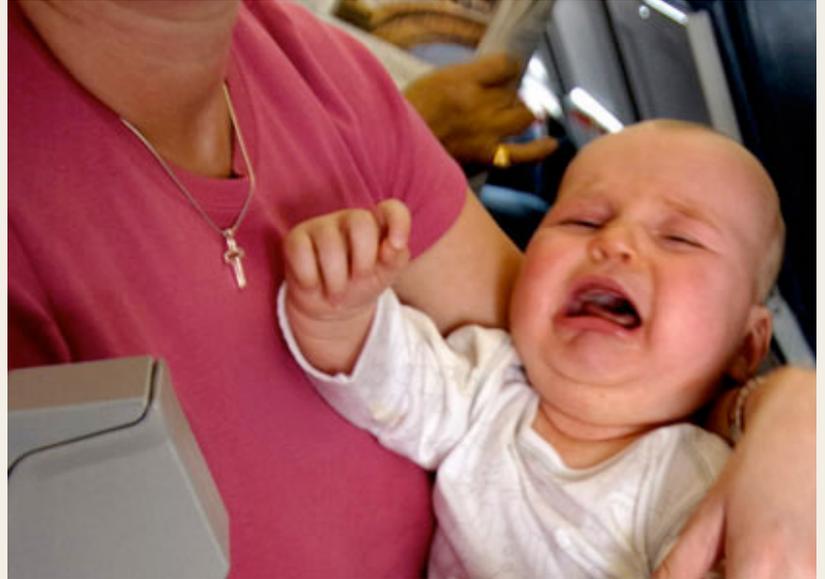
I train the TFT Boot Camps in the UK for other therapists to help their clients in a similar way.

The next TFT Boot Camp will be held in Norwich, England on 15/16 March 2014. For more information on John Plester TFT training and therapy go to: www.johnplester.com or [click here to register](#).

Note: Attendance in this Boot Camp will qualify you to attend the Paris Optimal Health course in May. It will be a very special course and will include our Ugandan Trauma Relief Mission Team, and some new and exciting protocols. It is already nearly full so register early.



Crying Baby On A Plane



Taking a crowded overnight flight from Hawaii to L.A., I was looking forward to getting a couple hours of shut eye. I was in the last seat next to the window, wedged in tightly. As the seats next to me were empty, my thought was complete gratitude! Then a young couple with a 10 week old baby came to sit down, the young man saying to me, "You are the lucky winner!"

The baby had been screaming before coming on the plane. The parents had 2 hours of sleep at a time every night, as the child cried and screamed the entire trip. I asked the mom if she had ever heard of "Tapping?" She had not. As she held the baby in her lap, she tapped herself as the surrogate for him. I told her that she was holding trauma and anxiety for herself and her baby. After about 2-3 rounds of the Trauma Algorithm on herself he began to quiet. Then she tapped his eyebrow point. His eyes closed immediately and he went to sleep. It was a miracle to witness. He woke only once, she tapped him between the eyes and he dropped off again and slept for 5 hours! The parents were ecstatic. I told them to buy Tapping the Healer Within. I also said it would be a wonderful gift for this child if they could minimize trauma as it came up throughout his life. What potential!

Mary Kennedy

www.inthepresenceofanimals.com

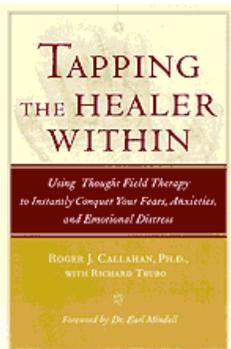
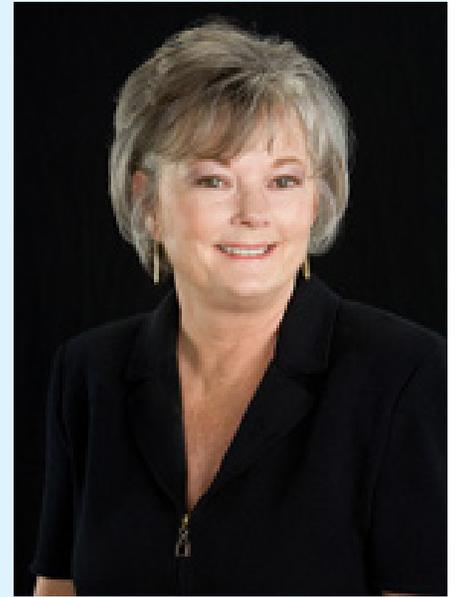
ADDITIONAL TFT HELP

Personalized 30-Minute TFT Tapping Sessions.

An easy and affordable way to get private help. We've set aside a limited number of sessions to work privately with those who want to get a highly focused 30-minute consultation. In this private session, Joanne Callahan will lead you through the individual tapping sequences for your specific challenge or problems.

This is a great opportunity to work with the co-developer of TFT on a one-on-one basis, to get your personal tapping sequence that you'll be able to rely on for long-term relief.

[Click here for more details.](#)



Using Thought Field Therapy® to Instantly Conquer Your Fears, Anxieties, and Emotional Distress.

By Roger J. Callahan, PhD, with Richard Trubo, Forward by Dr. Earl Mindell.

[Purchase "Tapping The Healer Within" Now!](#)

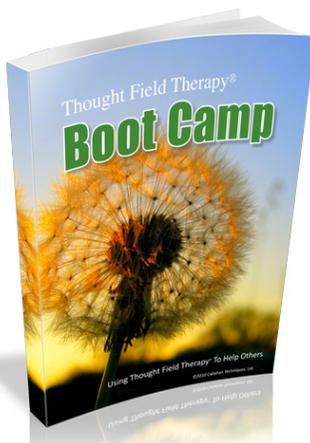


Tapping for Health

**A Special 3-Part Audio-Class:
Use TFT for Weight Loss
and to Overcome Addictive
Behaviors.**

[Learn More](#)

TFT TRAINING



Boot Camp Home Study - On Sale Now!

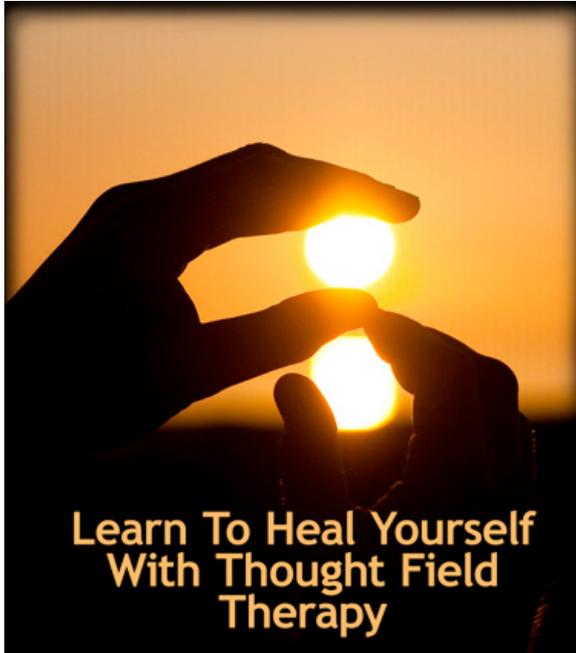
Our Advanced Home Study Course:

The Easiest Way To Learn To Help Others Using Thought Field Therapy®

The TFT Boot Camp Home Study is for those wanting to experiencing the training given at the live Boot Camp event, but can't make the time to travel to a Boot Camp. (To get certification TFT-Dx you'll need to attend a live event.) Our ALL NEW TFT BOOT CAMP HOME STUDY takes the best of each level of TFT and puts it all together into one comprehensive program you can learn at home.

Get more details here. Now available in Spanish - [click here.](#)

the thought field



THE THOUGHT FIELD

© 2014 Callahan Techniques, Ltd.

PO Box 1220

La Quinta, California 92247

TFT NEWSLETTER STAFF:

Editor and Publisher: Joanne M. Callahan, MBA

Contributors:

John Steuernol

Jacqueline Smillie

John Plester

Mary Kennedy

Submission Information:

We publish the newsletter six times per year. Articles for submission can be sent to: Joanne Callahan PO Box 1220 La Quinta, California 92247 or by email to info@tftx.com



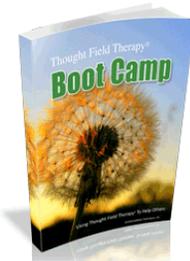
Thought Field Therapy® **Boot Camp** Callahan Techniques®

The Boot Camp combines the basics of TFT Algo and the full TFT Dx training into an intensive 2-day course, saving you both time and money.

This Boot Camp is hands-on training, practice and live demonstrations. Attendees have the chance to work on personal issues and many experience resolution of these issues during the weekend. Attendees receive all the materials included in the Diagnostic Training. This material allows you to diagnose and determine the precise sequence of tapping required to quickly help most psychological problems and daily stresses. CE's available.

Join Us At A TFT Boot Camp Near You

www.RogerCallahan.com/bootcamp



"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