

the thought field



Which TFT Training is Best For Me? **What Can I Do When I Complete a TFT Course?** **I Just Want to Help My Family and Friends – Can I still attend?** **What is Required?** **Is it Necessary to Have a Degree in Mental Health?**

The above are some of the many questions I hear every week. People have heard about the benefits of tapping therapy and want to know if it is something they might be able to do, learn or use for themselves.

This issue of the Thought Field will focus on who can attend, what our attendees and practitioners are doing, who they are helping and how they are doing it. In short, they are sharing their excitement and successes with us.

Just think! If this simple tool were in the hands of all children, imagine how much easier their lives would be. They would have less fear, less anger, tools for helping the trauma when they see or hear about a school shooting – they and their families would have a better quality of life. It is when the next generation has simple tools for healing these negative emotions that we will see a change in our world. One of our TFT Adv. practitioners tells of just such an example with one young family.

We have opened our Boot Camps to all who wish to learn this healing tool. Our trauma studies in Africa have clearly demonstrated that teaching Tapping in a two-day course can provide much healing for entire communities. It has been self-applied with no reported case of harm.

We believe our Optimal Health course, teaching the Voice Technology level is so very important in today's chaotic world, we have restructured the pre-requisite to allow anyone who has completed the Boot Camp level, whether at a live event or the self-study package, to join us in Optimal Health. We had done this in the past for a few limited cases where there were no live Boot Camps in their area. Some of these individuals have gone on to become our most enthusiastic and best trainers.

In this issue we share some insightful articles from our Optimal Health and Voice Technology practitioners.

If you read these cases and experiences, the one common thread, other than using TFT, is the improvement in quality of life. This is what we all are seeking, to be happier, whether it be by eliminating the negative or increasing the positive. Our Optimal Health course addresses this at all levels, mind, body and spirit.

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I Learned TFT Years Ago. Why Should I Come Back?

I hear this question or statement quite often when a past trainee sees a new class or product being announced. The simplest way to answer that is to let some of our recent returnees comment on their recent experiences.

“In a nutshell, this seminar answered many questions without my needing to express them, brought me new information, confirmations of what I have experienced, better understanding generally and answered my needs. What more could I ask for! Ngub and Alexandra were great as interpreters, no mean feat in doing consecutive interpretation over three days and maintaining quality throughout.” MD

“Optimal Health in Paris 2014 was my third time attending this TFT Level of Training. It was a unique experience each time.

This third time, Joanne Callahan introduced us to the latest concepts, understandings and evolutions of the technique. These last updates were particularly interesting to me as they literally open the doors to new dimensions of applications of TFT and provide new approaches that actually enhance the speed and quality of our results.

Some of us had already begun to successfully apply this technology in physical, psychological and even spiritual bal-

ance and well being. We now have the Framework for any and all TFT-Adv practitioners to achieve, promote and preserve this Optimal State of Health we are all aiming for.

All these new elements are the fruit of rigorous research and testing. The genuine spirit of integrity in the way the research is conducted is in all points congruent with the way Roger Callahan first developed TFT.

This is why TFT is a Living, ever Evolving technique. It is Evolving as the situations and needs of the people evolve.

Yes, we are in great need of practical, efficient ways to help get rid of the effects of fear, stress and trauma around the world. This last OH training crystallized my conviction that TFT is way, way more than “just” that... It appears more and more obvious that TFT might very well be the simplest, most practical and easy to use, technique allowing almost anyone to better their general quality of life.”

Join us in Calgary, Canada in August or Sao Paolo, Brazil in September for very special live Optimal Health events. Both will include presentations of all the new materials and our Uganda trauma relief mission. And, take a peek at the beautiful spa resort below we will be enjoying in Brazil.



Feedback from Denver Boot Camp Attendees:

What Happens in a TFT Boot Camp –
Heard from a Denver, CO Boot Camp

On April 26-27, 2014, Jenny Edwards taught a Thought Field Therapy Boot Camp. Some of the attendees shared their experiences with her.

“Never having had a treatment or been exposed to this training, I felt the weekend was well presented and increased my skill base to help others!

During this weekend’s Boot Camp, I was able to treat and bring to the surface hidden traumas that had not been identified and treated, which allows me to take my physical healing to a new level.” -Tami Bush

“I was really glad to have worked and cleared an anxiety and helplessness about my mother’s declining memory and depression. This situation was robbing my energy and creativity about her future and how to deal with this. After doing TFT, I felt a lot more relaxed about this situation and feel confident that I will be able to cope with this ongoing situation. Thank you!” -Michael Walcott

“I am a clinical social worker and licensed family therapist with over twenty years of experience. I have studied and worked with hypnosis for years and first heard about tapping many years ago, but never pursued it. I rediscovered it when I tried tapping with a few patients who were not psychologically oriented. I was surprised at how well it worked. I took some e-learning classes in TFT and learned some basic algorithms. My results improved a little, but I found that I wasn’t fully getting it. The Boot Camp with Jenny was just what I needed. Her presentations were clear, to the point, and very practical. She was clearly very experienced and able to help us each move to a better level of understanding. I returned from Boot Camp energized to apply what I learned. The more I apply what I learned, the more convinced I am of its effectiveness.” -Susan DeBell



Susan DeBell, Nicola Glennie, Michael Walcott, Tami Bush, Jenny Edwards

Hello my friends!

It’s hard for me to say what I liked most in the training because I LOVED IT ALL! From Joanne’s kindness, to your enthusiasm to help us, the love of the trainees and the simplicity of the process, and the chakras! WAOUUUH!

I can see what I am going to be able to do and I’m amazed. All the people I can help. I can see myself very happy seeing all these people happy and joyful.

My HRV result was good but unexpected for me. It showed that I was very calm. Indeed, I felt very calm, like I was bathing in an ocean of love and benevolence.

I can’t wait to do Optimal Health in Brazil!

Thank you Roger and Joanne for this wonderful technique! Thank you Ngub and Alexandra for sharing your enthusiasm about TFT and for your help and support.

Lots of love,

Dorinda,
Paris, France

Feedback from Attendees:

Hi Alexandra,

First of all, I would like to tell all of you a HUGE THANK YOU! In particular to Joanne who let me come to this training, for being who she is, and once more I see that being is essential! I found in Joanne lots of love, simplicity and power!

More specifically about TFT, I felt more mastery of the skill and a real commitment to feeling good no matter what. This week end I really felt that doing TFT once is good, doing it twice is good...but doing it all the time makes a huge difference, changes the chore and gives better results.

I thank you Alexandra, sincerely, for all the support you gave all of us during this training. With your behavior you showed me the path to follow. Thank you for helping me when I was challenged, your help meant a lot.

I thank Phyll for her wonderful smile, and for the way she easily can change dull things into sunlight!

And of course, I would like to thank Ngub, for his wonderful translation, that allowed me to hear everything twice and helped me clarify things when I wasn't sure I understood correctly. Thank you for sharing TFT. Thank you for helping me when I most needed it.

Moreover, right now I have changed one of my beliefs, and it's in my highest good!

This was a powerful training! Filled with love, well being and respect!

I had to leave quickly at the end but what was said made a huge impact on me: It is not normal to feel bad and with this technique we can offer well being to whoever wants it. I hope all kids will master TFT!

I am on my path. THANK YOU

Lots of Love,

Cécile



Hello Alexandra,

My first TFT treatment with a client via the internet lasted 20 minutes including the reversals and explaining where the points are. The person went from a 10 to a 0 and she was amazed. I felt happy!!

Thank you for this wonderful week end. Thank you for sharing TFT with us and making change available to us.

Lots of love,

Anne D

Feedback from Attendees:

Dear Joanne,

I would like to thank you from the bottom of my heart for this weekend's Optimal Health course in Paris. Your teaching was clear, insightful and fascinating. It was an honor to be one of your students. I also hugely appreciated meeting Phyll, Howard, Ngub and Alexandra, all dedicated and passionate about TFT in their own way. I also met a lot of great personalities, some, I hope, will become dear friends.

I returned home inspired, awakened and full of joy! As I entered the house on my return and gratefully hugged and kissed my husband (he spent the weekend with three boys!), I ran upstairs to kiss my boys "good night". My baby was asleep, but I could hear that he had sniffles, which disturbed him. My immediate reaction was to treat him with TFT. Looking back at this episode, I am still amazed that I had neither hesitations nor doubts; I just went ahead and treated him. In the dark of the nursery, my head was out of the way and my heart wide open to help my son. Once I treated him and corrected numerous reversals, I tested his SUD, which finally dropped to zero. I stood there watching him sleep peacefully now and I couldn't help but analyze the treatment points that I just diagnosed. It was my first time leaving him for a few days. Maybe, for him, as for me, it was a "reversing" event? Maybe the "eb" was a small trauma that he felt about being apart? Of course, it could have been a number of things, but I felt empowered to see what was happening in his thought field.

Then I went to tuck in the older boys (10 and 8 y.o.), I could hear both had also caught a little cold. The older one's diagnosed sequence also suggested anger; is there a fight that my dear men omitted when they told me all about their weekend on the phone?

Finally, my second boy tested with a specific reversal at the beginning. Jealous or envious about something??? The eternal struggle of a middle child to catch up with the older brother that often shows up in many aspects of their relationship. Again, anything I need to know about this weekend?

Will TFT become an irreplaceable tool for me to take a sneak-peek into their souls to help guide them? I surely hope so! I have so many plans to treat the whole family and iron out trauma and conflicts between my pre-teens. I am so excited to start trying to tackle my middle son's eczema and my older one's eye sight. I will keep a log of each treatment to gain more in-depth understanding of TFT and the energy systems in our bodies.

For now, I will do a thorough review of the material and start practicing on Skype with Andri and Yolanda.

Again, THANK YOU, THANK YOU, THANK YOU!!!

My warmest regards and have a safe trip home



Join Us for Our Upcoming Optimal Health 3-Day Training Program...

Over three days...in an intimate group setting, with other practitioners...you'll learn:

- TFT Voice Technology and why it lets you accurately identify a TFT sequence for any ailment.
- Learn all the objective techniques that the TFT VT Practitioners have learned—enabling them to help people over the telephone and non-locally.
- Self-help methods tested and perfected by Dr. Roger Callahan to support the successful treatment of chronic diseases including diabetes, cancer and heart disease.
- How to identify toxins and other sensitivities in your own body—then immediately neutralize their effects, including the elimination of the side-effects of necessary medication.
- Resonance testing - a feedback loop to relative reality
- Have a working template to use TFT to facilitate spiritual growth, access subtle dimensions and raise consciousness.
- How to easily stay in the NOW - increasing presence.
- Chakra system healing applications - including the Ancient Egyptian understanding.
- Learn about new technologies to measure the "Essential Self" and monitor our health and well-being.

Just imagine how your life, your health and well-being—and your TFT practice—can change once you complete this course. You'll instantly be able to sort out most of life's challenges, often in minutes—whether in person or over the telephone.

[Click Here For Details](#)

Treating Unconscious Traumas with TFT

By Dr Colin M. Barron M.B. Ch. B, TFT -VT

One advantage that TFT offers over its many competitors and offshoots (such as EFT) is the causal diagnostic process. This enables an experienced TFT diagnostic, advanced, or VT practitioner to precisely determine which meridians require to be treated and in which order.

Usually the first stage in the TFT diagnostic process involves asking the patient to think about their problem so that the thought field can be tuned and a SUD rating obtained. However a SUD is not absolutely necessary in order to carry out a successful treatment. One of Dr Roger Callahan's greatest discoveries was that repression is not a barrier to treatment making the SUD reading optional rather than mandatory and this is where TFT differs so markedly from the various offshoots which require a SUD in order to proceed.

There are further implications to this discovery as - using TFT diagnostic methods - it is often possible to treat problems which the patient is not even consciously aware of since the perturbations associated with each issue are precisely encoded in the meridian system waiting to be discovered. Every person on the planet has suffered many traumas in their life. Most of them remain repressed - and that is perhaps a good thing. It is when repressed traumas start causing problems in everyday life that it becomes necessary to uncover and treat them.

For decades hypnotherapists have used a technique known as regression to take people back to the first incident in their lives which caused their problem and, by reframing this incident, the hope is that some relief of symptoms can be obtained. The problem with this approach is that sometimes the therapist can open a can of worms and release

traumas for which no effective treatment is available resulting in the patient being worse off than they were originally.

Using diagnostic TFT however it is possible to uncover the trauma which led to a problem without the patient even being consciously aware of what that trauma was. All that is required to diagnose and treat these problems is a carefully worded statement made by the patient which then reveals the perturbations. The easiest method is simply to get the patient to say the statement 'I want to be over the main trauma behind this problem.' As soon as this statement is made perturbations may be revealed which can then be treated. In some cases it is necessary to use a series of such statements treating a number of traumas. For example I sometimes use three different statements: 'I want to be over the earliest trauma behind this problem,' 'I want to be over the second earliest trauma behind this problem,' 'I want to be over the third earliest trauma behind this problem.'

I base this approach on my previous experience as an analytical hypnotherapist which suggests that the critical number of traumas which cause a problem is often three.



I know other TFT practitioners have used even more elaborate questioning in order to determine which trauma caused the problem. For example you might use statements such as 'I want to be over the relevant trauma in my first week of life, second week of life, third week of life, first year of life, second year of life etc. This can be very time-consuming but can often yield good results.

Even past life traumas can be treated in this way for example; 'I want to be over the relevant past life trauma.'

A simple case history illustrates this technique very well. Sammy, a 45-year-old chartered accountant developed great anxiety about driving on motorways (the UK term for freeways) and had two sessions with a TFT algorithm practitioner without any effect. Sammy had no conscious recollection of how this problem developed but when I subjected him to the TFT diagnostic process using Voice Technology I discovered a trauma at age 19 which he had no conscious recollection of. At the start of the session Sammy's SUD for motorway driving was 9. After treating this unconscious trauma it dropped to 3 and then by treating the presenting problem i.e. driving on motorways, the SUD dropped to 1. A few days later I received a text message from Sammy in which he said he had driven on motorways several times since the treatment session without any anxiety. This case illustrates well the value of checking for past traumas which may be relevant using the TFT diagnostic process. Although this can be done using TFT - Dx (muscle testing) it is much easier to do using the TFT - VT process as it is much less tiring for the client.

Dr Colin Barron is holding a TFT Optimal Health training in Glasgow on 8-10 November 2014.

To make a booking or for further details contact Colin on 00441786 821019 or email colin.barron4@btopenworld.com



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and Excitement

Treating Sleep Problems with TFT

By Dr Colin M. Barron M.B. Ch.B.,TFT-VT

Insomnia has become a modern epidemic with 30% of the population reporting sleep problems at any one time. There are many reasons for this; the very stressful lives many people now live, the widespread use of cell phones, I – Pads, laptops and smartphones mean that many people have great difficulty in ‘switching off’ and enjoying a deep restful sleep. Prior to the Industrial Revolution the only form of artificial light that was available was candlelight so people tended to go to bed when it became dark and woke when it became light resulting in a much more natural sleep pattern.

I have helped many people with sleep problems over the years and would like to pass on some of my experience. Although some TFT practitioners treat sleep problems just by diagnosing a sequence for the insomnia and then tracking for toxins I find that a check on the patient’s ‘sleep hygiene’ and making a few lifestyle changes can make a great difference.

One very simple measure I always suggest to sleep disorder sufferers is that they make a habit of going to bed and getting up at exactly the same time every day. The reason for this is that the human body likes regularity. Our bodies like to eat, drink, defecate, rest and sleep at the same time each day. By establishing a fixed time for bedtime this allows the body to learn to maximise its sleep hormone output at that particular time.

Other measures which help are the use of opaque

blackout curtains to ensure that the room is dark enough to allow sleep and elimination from the room of as many electronic devices as possible. I also tell all my sleep disorder patients to avoid any kind of intellectual activity in the last three or four hours before they go to bed and this would include such things as working on the computer, looking at the internet and playing with their mobile phone, etc.

I also like to avoid using the word ‘insomnia’ because it implies a condition which is fixed, unchangeable and incurable, something which is blatantly not the case. I prefer to use terms like ‘insufficient sleep’ or ‘sleep disorder’ since this implies that change can take place.

Another common problem in treating insomniacs is that they may already be taking hypnotic drugs such as zolpidem which give people a sleep pattern dictated by the pharmacokinetics of the drug. Typically people taking these medications fall asleep about 30 minutes after ingestion, sleep for about



five hours and then wake up with a terrible hangover. Furthermore, five hours of drug-induced sleep is probably only as refreshing as about three hours of natural sleep so the best that can be said about drug-induced sleep is that it is better than no sleep at all. The problem that all current hypnotic drugs have is that anything powerful enough to knock you out is still going to be circulating in your bloodstream the next day resulting in feelings of tiredness, lethargy and even depression. It is possible that one day medical science will create a new family of hypnotic drugs which work by directly stimulating the brain's sleep centre without any unpleasant side-effects, but such a development in pharmacology is many years away.

I always explain to people who are taking hypnotic drugs that the first stage in getting them back to a normal healthy sleep pattern is to come off these medications. This should always be done in consultation with their general practitioner for legal and ethical reasons. Usually when people come off sleep medication they suffer a rebound insomnia but this usually recovers within a few days .

I have found that some people who stop taking sleep medication eventually start to sleep normally again. It is rather ironic that one of the causes of insomnia is the use of sleeping pills which makes people dependent on them. Sleeping pills can cause dependency (in other words people become dependent on them), habituation (i.e. they are habit-forming) and tolerance (i.e. the dose has to be increased to get the same effect) I would not say they were 'addictive' in the true sense. It is more that people become reliant on them and find it difficult to come off them.

There's an old saying that inside every fat person there is a thin person trying to get out and in the same way I believe that inside every insomniac there is a person with a healthy sleep pattern waiting to take their place!

Janey, 43 worked in IT for a multinational company based in Glasgow. She came to see me at the Glasgow Nuffield Hospital because she had not been sleeping well for several years. Her GP had prescribed zopiclone but was unwilling to let her have the drug long - term and would only give her a two week course every few months. However Janey said she did not like using the drug as it left her feeling drowsy and lethargic the next day.

Using Voice Technology TFT I diagnosed a sequence for her insomnia which I instructed her to repeat every bedtime. I also treated her anxiety about not falling asleep and her fear that she would not be sufficiently alert to cope with the job the next day. I also instructed her to treat any obsessive thoughts which were preventing her from falling asleep using VT- diagnosed sequences.

I also instructed her to fit blackout curtains in her bedroom and to refrain from using any electronic devices after 6 PM. She also agreed to take some daily exercise and have a relaxing hot bath every evening before going to bed. I did a check of some of the most common toxins and the only one I found was toothpaste so I recommended she changed to a more healthy type of toothpaste which she bought from a health food store and which later checked okay with VT. Six weeks after initial appointment Jenny reported that she was now sleeping seven hours every night and also felt better from doing some exercise every day. She had reported these improvements to her GP who found it hard to believe how much she had improved.

Colin Barron is holding a TFT Optimal Health course in Glasgow on November 8-10, 2014.

For further details or to make a booking contact Colin on the 0044 1786 821019 or email colin.barron4@btopenworld.com

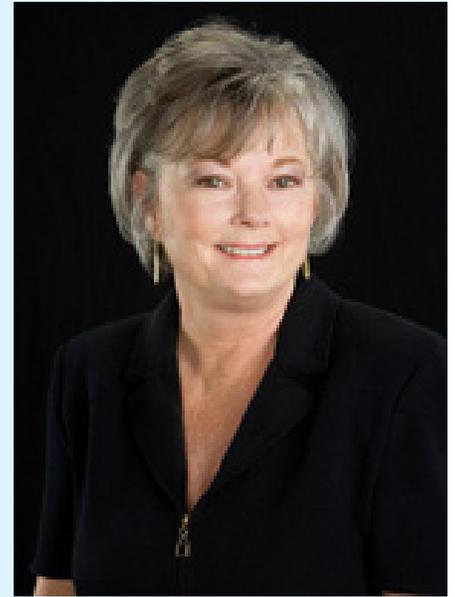
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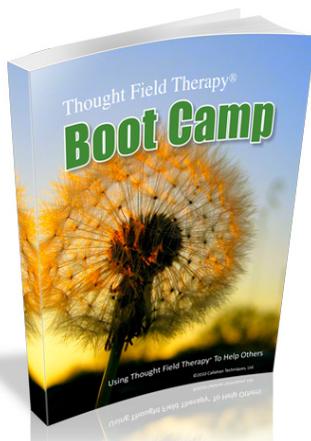
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A screenshot of the website for the Official Thought Field Therapy® Online Algorithm Course. The page features a navigation bar with links for HOME, YOUR TFT ALGORITHM COURSE, TFT ALGORITHM TEST, SUBMIT CASE STUDIES, and LOG OUT. The main content area has a large image of a hand tapping on water with the text "Tapping to Better Health". Below this, there is a section titled "New: The Official Thought Field Therapy® Algorithm Course" which lists various conditions it addresses, such as Fears and Phobias, Depression, Anxiety and Panic, Anger, Guilt, Trauma and Post Traumatic Distress, Shame, Relationship Pain, and more. A circular logo for "Callahan Techniques Thought Field Therapy" is also visible. At the bottom, there is a small photo of Roger and Joanne Callahan and a call to action to join their online training.

TFT TRAINING



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How TFT Changed the Life of an Entire Family with Ease

by Alexandra Maillet, TFT Adv.

The first day this 7 year old boy came to see me, his dad told me he was very angry, got into fights with almost everybody, including his sisters, his parents, his teachers and his classmates. He is the second child in a family of 3 and it was hard for him to find his place and space between his two sisters.

I was supposed to do a TFT session with him and his dad but the father needed a TFT session as well so he left and got treated by Ngub. So I stayed with the boy.

We started by treating the relationship with his teacher and classmates. He was leaving the following week on a school trip and his parents were worried. In the beginning he tapped the points and was focused. About 10 minutes after we started, he said he didn't want to tap anymore. So, I asked him if he could make a drawing and I would continue tapping for him on myself. He agreed and I kept on asking him to tell me names of friends and classmates. I treated if necessary;

I checked all the reversals, perturbations and all the SUDs related to all the names he would give me.

Then I asked him how he felt regarding his sisters. He told me "fine". I checked all the reversals and perturbations regarding his sisters. Then we were done.

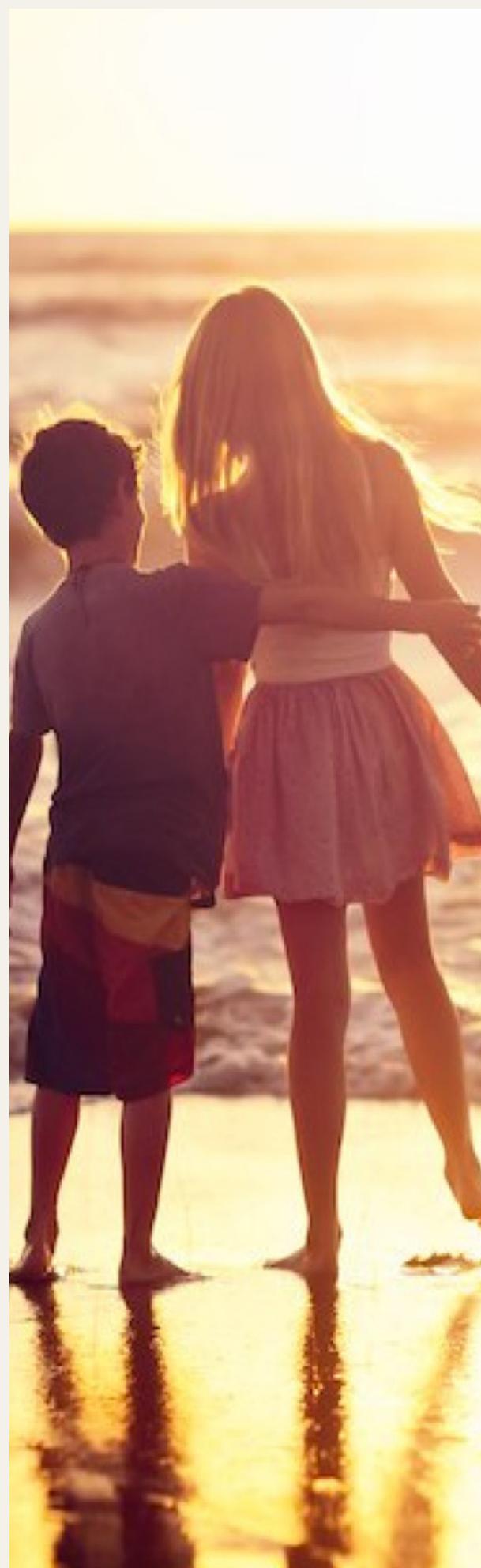
I saw him 2 weeks later with his mom. This time I only treated

his mother because he didn't want to tap and only wanted to go play with Ngub. That gave me the opportunity to help his mother release the frustration she felt regarding her children, always fighting and being rude. She felt overwhelmed by her job and felt that she couldn't give as much attention to her kids as she wanted. We tapped all the reversals and perturbations related to all that.

A few weeks later, the father stopped by to tell me how happy he was because his son was feeling much better, his grades had improved, he wasn't fighting with his sisters anymore, his relationship with his teacher and classmates improved as well. The father shared with tears in his eyes, that the whole family dynamic had changed. The family was happier and relaxed. They spent more time all together! He said: "I don't know what you did but you helped my family and now I have hope for a better future for my kids!"

I just showed them what to do. THEY were willing to change. THEY did what was needed to be done. They could enjoy the changes!

This is why I chose to do TFT with kids and families! You can help change the entire dynamics of a family with TFT, without suffering!



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THE THOUGHT FIELD

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PO Box 1220
La Quinta, California 92247

TFT NEWSLETTER STAFF:

Editor and Publisher: Joanne M. Callahan,
MBA

Contributors:

Dr Colin M. Barron M.B. Ch. B, TFT-VT
Alexandra Maillet, TFT Adv.

Submission Information:

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submission can be sent to:
Joanne Callahan
PO Box 1220 La Quinta, California 92247
or by email to info@ttrx.com



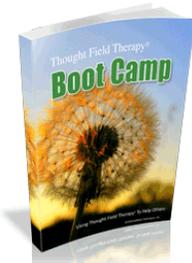
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"I have heard so much about the power of TFT and want to be able to add it to my practice, but I don't have the time or need to learn all the levels of training and comprehensive theory. Can't you just give me the most effective tools to add to my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