

# the thought field

## A TIME FOR GRATITUDE, SHARING AND HEALING.

As we enter into the holiday season many of us begin to look back on the year and reflect on it. I personally have much to be grateful for and much to look forward to.

I am so very grateful for the healing gift of TFT and the blessed 25 years I had with the man that created and developed this wonderful tool. I am honored to be able to carry on his legacy and see the fruits of his 34 years of labor developing TFT.

Our documentary, *From Trauma to Peace*, has just been released and it powerfully demonstrates the transformative changes possible in the world. We have submitted it to three film festivals already.

I just received an email and pictures from Celestin, our Kigali trainer, showing all of the treatment and training he just completed while on his vacation. He was sharing this healing tool with another African country and neighbor, Burundi. Last year he did this in the Congo, on his vacation.

Last weekend the IZERE Center began teaching and using TFT for 3000 African Youth from five African nations. Together we are making a difference. Thank you to all of you who contributed to make this happen.

Dr. Ayame Morikawa is training and treating many in Japan, still feeling the effects of the earthquake, and one of our new practitioners and trainers is beginning to help the youth in Rio. Mariela Prada continues to help the earthquake and fire victims in Chile. A newly trained team of researchers in Jerusalem will soon begin a study, and others are using TFT to begin the healing process wherever needed.

**I think one of the most important things that TFT can do for all of us is to improve our quality of life, no matter where or who we are or what we have.** Please join me and our other TFT leaders around the world in sharing this gift with all we can this holiday season.

I have created some packages for training, self-empowerment and gifting that can help us share with others.

Some of our TFT practitioners have given us some great ideas for how they have or will share this season.

I would like to thank all of you have contributed to our newsletters, e-zines and publications throughout this last year. The articles, cases and examples help all practitioners and users of TFT expand their knowledge and application. This issue a couple of our UK practitioners and trainers provide some great information for us.

With love and peace for all during this holiday season,

Joanne



Volume 23 Issue 7

### In This Issue:

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# WAYS TO SHARE TFT AS A TOOL FOR HEALING AND PEACE THIS HOLIDAY SEASON

Mary Cowley is a long-time VT practitioner and founding member of the TFT Foundation and an officer on our board. She is the creator and handles the maintenance of the Foundation's Trauma Relief blog site: [www.TFTTraumaRelief.com](http://www.TFTTraumaRelief.com). (Note the new, easier to find web address for this site).

Through her dedicated efforts we have provided and continue to provide healing procedures for all who may need them. Please share this with all who may benefit this holiday season.

In line with her continued efforts toward peace, Mary shared a great idea with the rest of our board. It is something we all can do.

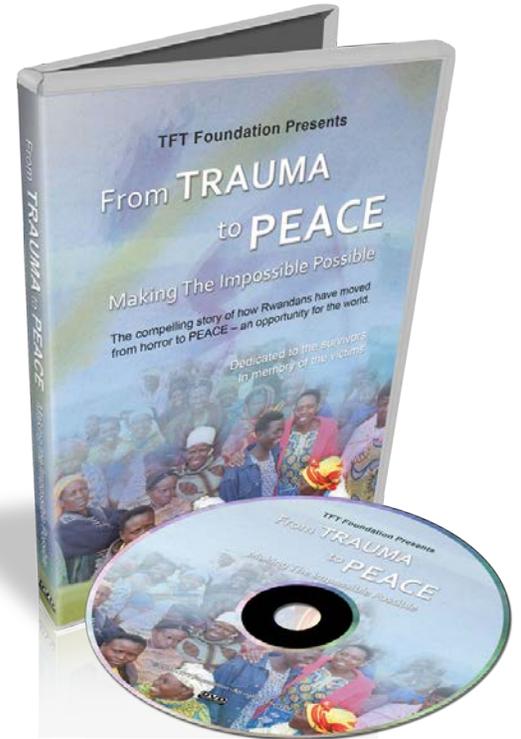
*As a member of the TFT Foundation documentary committee, I was fortunate to be able to view the finished film recently--and I was so moved by it that I decided to send the DVD to friends and family to whom I would normally send a Christmas card.*

*I can't imagine a better gift during this special Season of Peace. IT IS A GIFT OF PEACE! It's also a great way to let those you care about gain an understanding of the therapy you value so much.*

*To encourage ALL of us to contribute in this way to Peace in the world, the foundation board has decided to lower the bulk rate even more until the end of 2014.*

*Below is a sample note you might include with the DVD. You'll probably want to personalize it in your own way, perhaps include how you're associated with TFT. I hope you have fun with it.*

**[CLICK HERE TO ORDER NOW.](#)**



*Dear Friends and Family,*

*This year, rather than a Christmas card, I'm sending you the DVD "From Trauma to Peace: Making the Impossible Possible." It is an extraordinary story of how Rwandans severely traumatized by the 1994 genocide have been able to change their experience from fear, anger, grief and resentment to joy, productivity, compassion and forgiveness. They were able to do this with the aid of TFT (Thought Field Therapy), a safe, easy self-administered energy technique. If you have any questions about TFT after watching the film, please let me know.*

*It is my hope that this film will inspire you...and give you great hope for the possibility of peace on this planet.*

*May you be filled with Joy, Love and Peace during this special season...and forever.*

# Add Power to Your Presentations on Energy Psychology!

Another great idea for sharing the power of healing with TFT came from Victoria Danzig. She too is a long-time TFT and Energy Psychology practitioner. She had a presentation to give for professionals earlier this month and asked for the trailer to our documentary, From Trauma to Peace, so she could share it as an example of the healing work being done around the world.

I wrote her on Friday to ask how her presentation went and she replied with the following:

*It was so inspiring to show the trailer that one of the therapist told me that she wanted to do trauma work using TFT in Third World countries. I can't wait to see the whole film and I'm really looking forward to using more parts of it in future.*

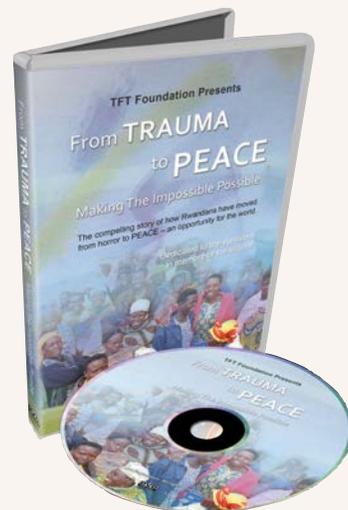
*Thank you so much for your help in making my talk so successful.*

*Big hugs, Victoria*

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[www.AITenergyhealing.com](http://www.AITenergyhealing.com)

Our web master was able to create a downloadable version of this trailer for us and her use. If others would like this to show at meetings, conferences and presentations, please contact me, [joanne@tfrx.com](mailto:joanne@tfrx.com).



## TFT Holiday Gift Value Pack

Includes Our Top-Selling Books:

Tapping the Healer Within (reg. \$16.95)

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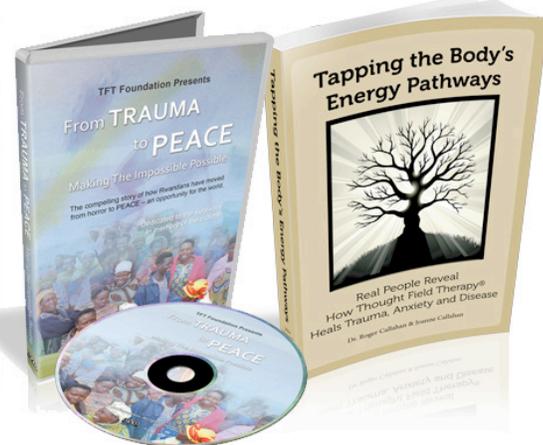
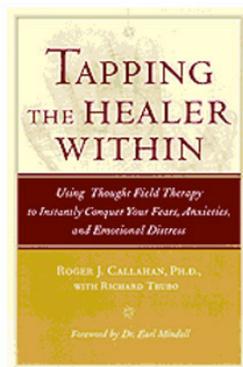
PLUS DVD - Trauma to Peace (reg. \$24.95)  
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# Don't Put Off Those Necessary Health Tests!

How many of us have or still are putting off those medical tests our doctors recommend? Well, TFT can help them become less problematic and improve compliance. If you or a family member has been putting off some needed test or procedure, read what Foundation Director and TFT practitioner, Bruce Paton, says about his experience.



By Bruce Paton, PhD, TFT-Adv.  
TFT Foundation Board Member

## No One Need Die of Colon Cancer!

Wait a minute! According to mortality data compiled by the North American Association of Colon Cancer Registries, colon cancer is the third leading killer of both men and women in this country. Further, the Association predicts that 137,000 men and women will be diagnosed with colon cancer in 2014 and 50,000 (36.5%) will die from the disease! Who says "no one need die of colon cancer"?

Dr. Kenneth H. Cooper, the well-recognized Father of Aerobics, Chairman and Founder of the Cooper Clinic in Dallas, and my physician for 43 years says so! The keys are preventive habits and early detection.

The preventive habits are easy...up the fiber and lower the red meat. I use powdered psyllium husks sprinkled liberally on cereal, in scrambled eggs and in smoothies. Here in Texas we are pretty committed to beef (ask Oprah who was sued by the Texas Cattlemen's Association) but there are lots of alternatives to red meat as an entrée...chicken, turkey, fish, tofu or soy burgers, etc.

Concerning early detection, I had one benign polyp on my first colonoscopy, suggesting a frequency of every five years. Next time around I had three...my frequency became every three years. Next time I had five....it was recommended that any adult sons or daughters (I had two) over 40 years of age start the

screening process immediately. Ok, you have my attention....these polyps can turn malignant in 8-10 years, and when one has a number like five, one begins to wonder if maybe there were six and one was missed! I began to pay more attention to the advice above and I am pleased to report my last colonoscopy yielded only one benign polyp and upped my screening frequency back to once per five years.

The preparation for a colonoscopy is the most onerous part of the process. The cleaner the colon, the better the exam! There are minor dietary restrictions that begin a week before the procedure, culminating in a liquid fast 24



hours before the exam....one drinks a lot of water, clear juices or broths, and a prescribed bowel cleansing supplement during this time. The majority of patients experience some combination of nausea, cramping, bloating and general discomfort....but not the folks who use TFT on these symptoms.

I tapped on eb-e-a-cb, 9g, eb-e-a-cb, and threw in collar bone breathing and floor to ceiling eye roll 3 or 4 times that last prep day and had no negative symptoms, including hunger. The procedure itself is a piece of cake...as Woody Allen once said, "I am not afraid of death and dying, I just don't want to be there when it happens!"

You get to sleep through the procedure and before you know it, your clothes are presented to you and you are out the door, for another several years.

If one has a history of colon cancer with one or more blood relatives, screening should start at 40. If not, 50 is recommended. With a note from your doctor, most insurance companies will cover this at the early ages recommended.

Why play roulette with your life? Don't put it off...if you won't follow this protocol for yourself, do it for your spouse or kids or grandkids!

No one needs to die of colon cancer!

## TFT Self-Help / Self-Empowerment Package – A Gift to Yourself and Family

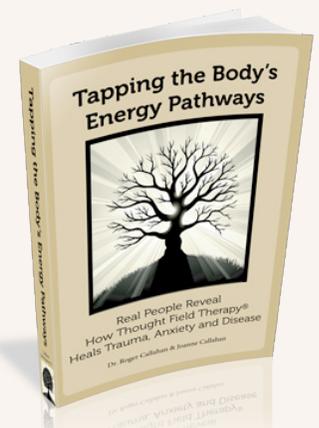
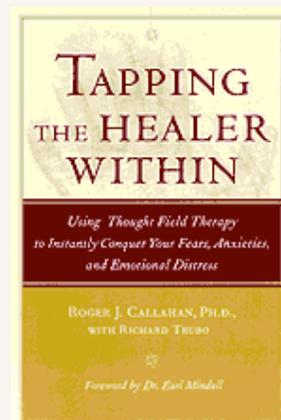
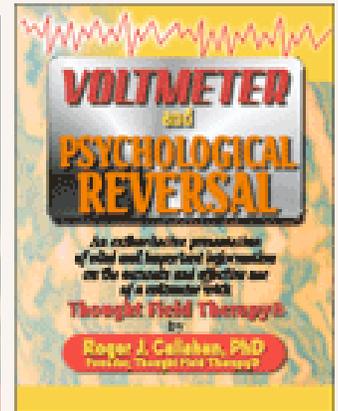
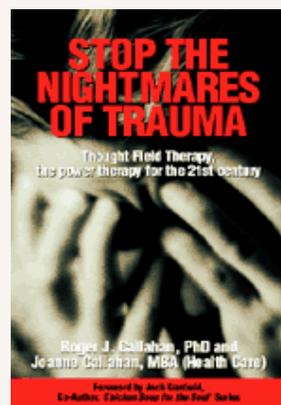
Purchase the Self-Empowerment Package and Get:

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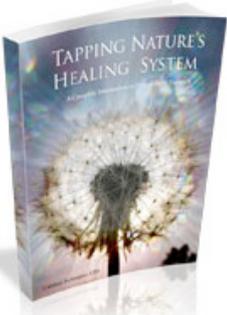
- TFT- Algo Online Course with TFT-Ago Certification (reg. \$247)
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# The Power of TFT - Voice Technology (VT)

Dr. Colin Barron is a long-time TFT-VT practitioner in Scotland and has shared many complex cases with the TFT community over the years. He also is a wonderful resource on our list serve as he frequently contributes his knowledge and experience as both a physician and long-time VT practitioner.

One of the most challenging of psychological disorders is Obsessive-compulsive disorder (OCD) and treatment most often leads to medication and a reduced quality of life for the sufferer. Dr. Barron shares a great example of an alternative for healing OCD with TFT.

## AN UNUSUAL CASE of OCD treated with VT

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

Obsessive-compulsive disorder (OCD) is a common psychological illness. In recent years it has become better known, largely because many high-profile sufferers (such as sportsmen, celebrities and film stars) have admitted to having the condition. Although it is often trivialised by the media, it can ruin lives as conventional medical and psychological treatments are usually ineffective.

Jack, a 21-year-old electronic engineering student at Glasgow University, had suffered from the condition for two years when he first contacted me for VT treatment. As a teenager Jack had suffered from shyness and a lack of confidence and when he first started University he became very anxious in social situations. Eventually this anxiety spread to every aspect of his life and he was chronically tense to the point where he had difficulty concentrating on his studies.

One day in December 2009 things took a turn for the worse. Jack was reading a newspaper report (about some people who had been killed a train crash) aloud to his brother when he made a crass and insensitive comment about the tragedy. Suddenly Jack felt a feeling of great anxiety as a thought entered his mind that he had insulted the spirits of these dead people and was going to be 'punished'. From that



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

moment on Jack became convinced that 'spirits' could monitor his thoughts and if he said (or even thought) anything 'evil' he would face dreadful consequences. Ironically he was in reality a kind, caring and sensitive person who wouldn't harm a fly.

Jack lived in Helensburgh on the north side of the Clyde estuary and made the 50 mile return trip to Glasgow University every day in a car provided by his wealthy parents but soon this commute became a nightmare as Jack became convinced that he had committed traffic violations such as speeding or crashing a red light without realising it.

If he went over a bump in the road he started worrying that he had accidentally run over someone and had to turn back to check. All this made him even more anxious than before and, halfway through his third year at University, he went off sick as he could no longer face his daily commute and University life.

His GP put him on the anti-depressant drug Citalopram which had no effect and was he referred to a psychiatrist who stopped his medication and sent him to see a clinical psychologist who attempted to treat him using Cognitive Behaviour Therapy. Unfortunately this was not effective and eventu-

ally his aunt (who practised homeopathy and was familiar with many alternative therapies) suggested he try Voice Technology TFT since she knew this had a high success rate and could even help supposedly 'incurable' cases of OCD.



In TFT a detailed history is not always required but in Jack's case I spent quite a long time getting all the details of his condition. I also contacted his psychiatrist since his worries about 'evil spirits monitoring his thoughts' suggested he might be suffering from a psychosis such as schizophrenia which I was not licensed to treat. However his NHS psychiatrist, who was surprisingly amenable to the idea of Jack receiving alternative therapies, reassured me that this was not the case and that Jack's strange symptoms were entirely related to an anxiety disorder and there was no evidence of a psychosis. Rather unusually, Jack's OCD consisted purely of obsessive thoughts and he had no compulsions to do things such as washing his hands repeatedly or checking that doors were locked fifty times a day.

I started my treatment by asking Jack when he thought his anxiety and lack of confidence had started and he recalled an incident when he was 11 when his gym teacher 'who was a bit like Lee Ermey's character in "Full Metal Jacket"'. I had screamed at him for being unable to jump over the vaulting horse and told him he was 'useless' and would 'never amount to anything'.

Jack started to cry as he told me about this upsetting incident so there was no need to check his SUD and, after he had taken a moment to compose himself, I diagnosed five sequences with VT which removed his distress completely. Jack said he felt a weight had left his shoulders and when he thought of the incident the gym teacher seemed distant and much less threatening. 'He was probably a hen-pecked husband and that explained his behaviour,' said Jack. Suddenly Jack visualised a picture of his former gym teacher doing the ironing wearing an apron while his wife sat on the sofa behind him eating a box of chocolates while she nagged him constantly. We both laughed at this new revelation.

Next I treated the incident when he made the unfortunate remark about the dead train passengers and got his SUD from 10 to 1 with just two holons. Finally I treated his general sense of anxiety which went from 4 to 1 with just one VT diagnosed sequence.

Jack was instructed to do PR correction every half-hour and collarbone breathing three times a day and repeat a VT diagnosed sequence for anxiety whenever it recurred. After another two weeks of treatment involving a total of two hours VT time Jack said he felt much more relaxed and in control and realised how daft his obsessive thoughts were. The only individual energy toxin I found was ginger beer which Jack agreed to stop drinking as it did seem to make his anxiety return.

Jack had to repeat his third year at university as he had missed so many lectures due to his OCD but went on to get a First Class Honours degree. Two years later I got an e-mail from him to say he had moved to the USA to take up a dream job with a major electronics manufacturer and was engaged to a beautiful American girl who loved his Scottish accent. 'I can't thank you or TFT enough,' he said.

**Dr Colin Barron offers VT consultations worldwide by phone (except for the USA and Canada).**

**E mail: [colin.barron4@btopenworld.com](mailto:colin.barron4@btopenworld.com) Tel 0044 1786 821019 [www.colinbarron.co.uk](http://www.colinbarron.co.uk)**

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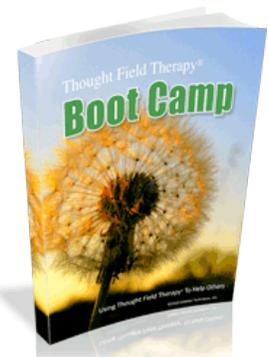
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**Boot Camp**

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# Toxins and TFT

We occasionally get asked the question, "Are toxins only relevant in TFT?". Roger used to answer, "No, they are relevant in life, however, TFT is one of the only modalities that gives you a quick way to identify and neutralize them." Additionally, TFT results happen so quickly, it gives one the opportunity to observe a change due to toxins. One of our long time UK trainers and practitioners shares an interesting and relevant article.

By the way, I am a huge tennis fan and both Roger and I personally observed the case mentioned below.

## Djokovic Diet Change

Novak Djokovic is one of the top tennis players in the world and as has become Champion at Wimbledon in 2014, it is fitting to look at what changed his performance back in 2010 particularly with regards to diet and food sensitivities.

The catalyst for changing his diet was a consultation with the leading Serbian nutritionist Dr. Igor Cetojevic who told Djokovic to stretch out his right arm while holding a slice of bread in his left hand and asked him to resist. The right arm went weak. This confirmed that Djokovic was sensitive to bread and further tests confirmed it was specifically gluten, a protein that is found in wheat and other bread grains. This was the moment he discovered why he had suffered so many mid match performance collapses in his career to date.

This was the start of a lifestyle change that led to a gluten-free and no-dairy diet that transformed the Serb to becoming world No 1 within the next 12 months. He was open about this in his book 'Serve to Win' and many professional athletes have had similar tests and made changes since, although not all of them so open about it.

Dr. Igo Cetojevic who had no specialist interest in tennis accidentally whilst flicking channels watched Djokovic's quarter final match with Jo-Wilfried Tsonga at the 2010

Australian Open. Djokovic was two sets to one up when he suffered a health crisis where he had trouble breathing and vomited violently during a toilet break, his strength sapped he won only four more games and lost to Tsonga. Cetojevic suspected immediately he might have an intolerance as the symptoms suggested an imbalance in his digestive system which was triggering an accumulation of toxins in his intestines, in TFT we call this the 'Barrel Effect' based on the work of Dr. Doris Rapp, a specialist in sensitivities and allergies. Six months later Cetojevic told Djokovic of his suspicions that food sensitivities were causing his physical problems and affecting his mental state and the test confirmed it. The diet was changed and the rest is history.

I have been helping clients identify Individual Energy Sensitivities (IET'S) for many years and have taught TFT (Thought Field Therapy) a method used to identify sensitivities to hundreds of therapists over the years. In addition to the simple arm testing process, TFT teaches a method that also deals with identifying false readings known as Psychological Reversal that can affect the accuracy of any diagnosis. Individual Energy Sensitivities are not allergies, they affect the energy system as opposed to the biological system that allergies affect, so are different.



John Plester TFT-Adv RCT, Boot Camp Trainer, England UK

So what is so important about identifying Individual Energy Sensitivities, that a therapist working with the mind needs to know about it. Firstly with weight loss clients, a IET is often a craving and can lead to water retention and weight gain, so I always eliminate them as part of my weight loss programme. Incidentally, addictions are often as a result of IET's as the cravings are often for them.

Secondly, IET's have a huge effect on the mental state, often being a major factor in anxiety orders and panic attacks, often IET's are the root cause of the original reaction to the event and fear or anxiety thinking strategy was developed to protect the individual from future occurrence, unfortunately this will often snowball into a more serious anxiety condition. Also IET's cause Psychological Reversal which can lead to self sabotage of any psychological therapy, so some of the most complex therapy cases are made so as a result of this condition.

I have worked with some of the most complex cases over the years, where the client has been through a whole range of different therapies and therapist without success, but identifying IET's was the difference that made the difference in the change process. Thought Field Therapy can treat Psychological Reversal, but cannot cure IET's, only abstinence can do this, however TFT can play a huge part in identifying them.

If you want to learn the TFT diagnostic skills to identify Individual Energy Toxins and treat for a whole range of psychological problems, join me on 28/29 March 2015 for the next intensive TFT Boot Camp. Alternatively if you want a one to one consultation contact me via my website: [www.johnplester.com](http://www.johnplester.com).

Ngub Nding and Leandro Percario discuss the importance of toxins in improving our quality of life. Click image to view video.



**Join Ngub for a Boot Camp in Paris, France on Dec. 6-7, 2014,  
in both French and English.**

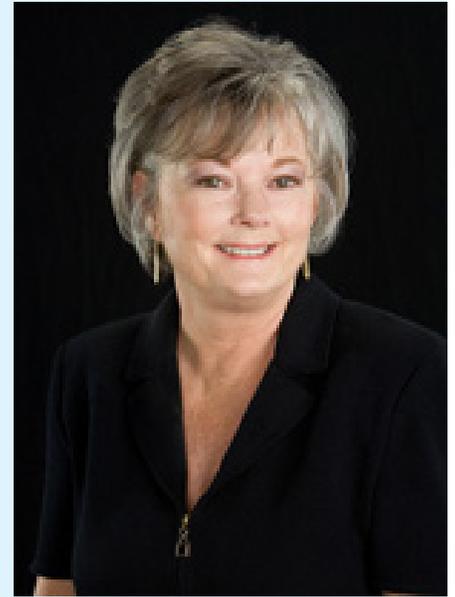
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This is a great opportunity to work with the co-developer of TFT on a one-on-one basis, to get your personal tapping sequence that you'll be able to rely on for long-term relief.

[Click here for more details.](#)



## Official Thought Field Therapy® Online Algorithm Course

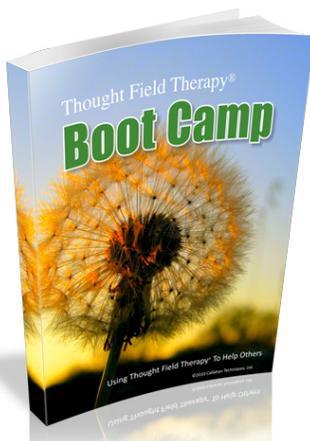
Now you can take the "live" TFT Algorithm training course online! It's an eight part audio-class with workbook, manual and more... PLUS you can also get certified as a TFT-Algo practitioner.

Join Roger and Joanne Callahan in this online training and discover the power of TFT Tapping.

[Click here for more details... On Sale Now!](#)

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, Grief and Loss, Embarrassment, Physical Pain, Self sabotage and Negativity, Compulsive Behaviors, Addictive Urges, Weight Loss, Eating Disorders and Weight Loss Challenges, and Insomnia. A small circular logo for "Official Thought Field Therapy" is also visible. At the bottom, there is a small photo of Roger and Joanne Callahan and a short paragraph about the course.

# TFT TRAINING



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

# the thought field



## THE THOUGHT FIELD

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## 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@tfrx.com](mailto:info@tfrx.com)



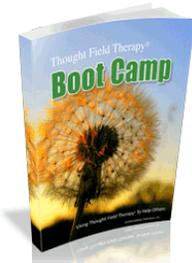
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"I have heard so much about the power of TFT and want to be able to add it to my practice, but I don't have the time or need to learn all the levels of training and comprehensive theory. Can't you just give me the most effective tools to add to my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