

Tapping Out Trauma, Stress, & Fear



With Thought Field Therapy®

Tapping Out Trauma, Stress, Fear and Anxiety Removes Our Blocks to Achieving Success and Well-Being

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In 2010 Dr. Callahan received the Lifetime Achievement Award from ACEP (Association for Comprehensive Energy Psychology) for his groundbreaking work and leading contributions to this growing field of healing. It is this work that is the source of much of what is known as Energy Psychology today.

He has continued the development and improvement of tapping and TFT over the last 32 years, beginning with the elimination of negative emotions to launching the healing of physical challenges and even the uplifting of consciousness and spirit for improved total well-being.

Today's chaotic and fear ridden world keeps many of us in a constant state of anxiety; anxiety about our jobs, anxiety about our finances, anxiety about our relationships, and anxiety about our health. Between our own anxiety and the traumas of the world, much of our lives are controlled by a negative, contractive state of fear.

TFT, or tapping, can bring control back to our lives, erasing the pain of past traumas, melting fear, and raising our energy and vibration to that of well-being and joy.



ROGER AND JOANNE CALLAHAN



The following pages are an overview of the key elements of Thought Field Therapy, and provide the background knowledge you'll need to master this powerful technique.

The Stress Busing Tapping Ritual is found on pages 14-15.

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

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

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

How Can TFT Help Achieve Optimal Health and Well-Being

Tapping and tuning a thought field is a simple, user friendly process that has been time-tested and proven, across age, gender and cultures. Anyone can apply the process to themselves on a daily basis, eliminating negative emotions as they occur. It even works on infants and animals

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

Just Released - Our New Book!

"Tapping the Body's Energy Pathways"

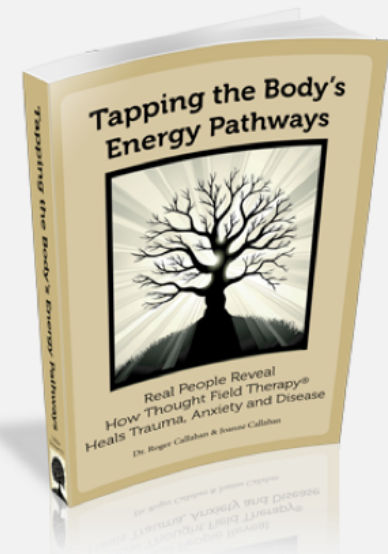
Real People Reveal How Thought Field Therapy® Heals Trauma, Anxiety and Disease.

by Dr. Roger Callahan & Joanne Callahan

With the stories in this book, you'll see for yourself how other people—perhaps with the same disorder or limiting behavior that you have—have used TFT tapping therapy to instantly calm the stress, eliminate the fears and phobias, erase what's holding them back from success, and begin the process of healing, both physically and psychologically... [read more here.](#)

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David Burns on Thought Field Therapy

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

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

For five years, it was correct. I did not smell anything. However, in January 2010 I took the TFT teleclass and was given a customized Thought Field Therapy algorithm, from Dr. Roger Callahan, to regain my sense of smell. It is amazing the capability Roger has developed with TFT and Voice Technology. I have used the algorithm ((a, mf, tf, e, g50, eb) 9g) sq) at least 15 times a day for 40 consecutive days

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Use TFT it really works. In addition to this more extensive usage, I have also used different TFT algorithms to alleviate other worries and anxieties."

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As you will see, TFT has rapid and effective self-help tools to address so many of life's daily stresses and a large variety of our health challenges.

In this guide we will show you how to use some of these tools to eliminate or reduce stress, quickly dissolve anger, quiet the mind from obsessive worry, reduce anxiety, stop negative emotions and behaviours, and eliminate the pain of past traumas. By working directly on the emotional stress points and blocks that keep us from achieving what we want in life – TFT can help us allow abundance, health, love and achievement into our lives. It can help us begin to feel good right away.

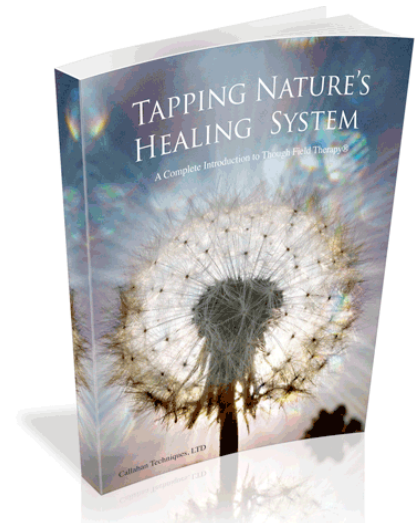
TFT has been proven, over decades, with thousands, around the world, to quickly and effectively eliminate negative emotions, in a drug-free, noninvasive approach to self-help. In 32 years TFT has been self-applied with no report harm.

Purpose of This Introductory Guide

The purpose of this guide is to teach you how to use some of the powerful TFT algorithms in the most effective way possible in order to eliminate your blocks to healing, any associated fears or stresses, and heal the pain of past traumas and any associated nightmares. We will work toward this goal by teaching you some of the basic concepts and then teaching you the appropriate algorithms or tapping sequences.

Levels of Effectiveness in Thought Field Therapy®

TFT Tapping sequences have varying levels of specificity and hence effectiveness. Dr. Callahan began his discoveries in TFT by developing a causal diagnostic system. Or, more simply stated, a way to identify which tapping point is needed, in what order, for your specific problem or issue. It is this system which led to both the more simplified algorithm level, used by most other tapping modalities such as EFT, and the more highly specific, Voice Technology level of TFT. These levels are explained in more detail below.



“Introduction to Thought Field Therapy” Self-Study Course

Perfect for those wanting to learn to use TFT. This new audio course package, is delivered to you online as soon as you place your order.

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Online access to the audio recordings, and the Guide to Thought Field Therapy® in PDF format.

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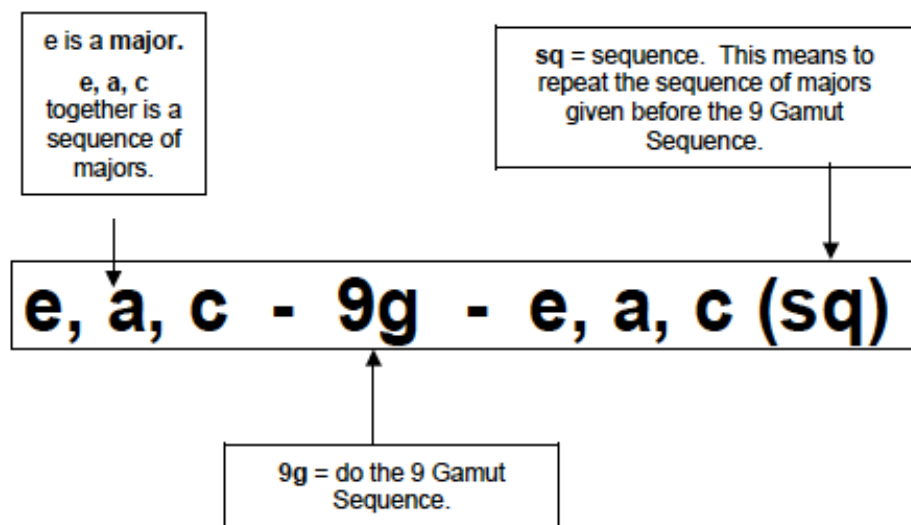
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The Architecture of TFT Tapping Sequences

Holon = complete tapping sequence

Tapping sequences follow a standard pattern. By completing each step in the order prescribed, you will be performing effective TFT in the most efficient manner possible.

There is one standard protocol, and it conforms to the architecture commonly present in TFT. To illustrate this, the TFT protocol for the elimination of a simple phobia is shown below:



In an abbreviated form, it can be written: **e, a, c, 9g, sq.**

The complete tapping sequence is known as a holon. This can be either an algorithm sequence or an individually diagnosed sequence through causal diagnosis or Voice Technology.

Each holon is a "9 gamut sandwich," including majors (top bun), 9g (filling), and majors (bottom bun).

TFT Algorithms The general definition of an algorithm is "A sequence of instructions to be followed with the intention of finding a solution to a problem. Each step must specify precisely what action is to be taken, and although there may be many alternate routes through the algorithm, there is only one start point and one end point" (Youngson, R. M., 1994; *The Guinness Encyclopedia of Science*, Guinness, Middlesex, England, p. 232). The starting point in TFT is usually a high SUD (subjective unit of distress, or, degree of upset or negative emotion) of 8-10, and the end point, hopefully, is a 0-1. In TFT, an algorithm is a recipe or formula for tapping out or resolving a particular Problem. The algorithm was discovered through TFT diagnosis and has been tested on many people and found to have a high success rate. An algorithm allows anyone to facilitate self healing with TFT without needing to learn the more complex diagnostic procedures. If the algorithms are not successful, however, one can then go to the next level, TFT diagnosis, or even to Voice Technology for further help.

TFT Causal Diagnosis The original process and more specific level of TFT, is what we call the diagnostic level. Here the individual (practitioner) is trained in the more complex TFT diagnostic procedures. At this level, the practitioner learns to diagnose (determine a specific tapping sequence) and address problems with greater specificity and hence improved success. This level also allows one to address a much greater number of problems than the algorithm level. They learn how to determine the specific tapping sequence needed for whatever the presenting problem or combination of problems for an individual.

Advanced TFT and Voice Technology This is the most effective level of the TFT diagnostic procedures. This level is a significant advance above the previous two levels. Practitioners at this level of TFT have first become skilled at the original causal diagnostic process. The Voice Technology level of TFT uses the voice to quickly determine a specific tapping sequence. It has the highest precision and success rate. It allows one to use the diagnostic process effectively by telephone, eliminating the restrictions of location.

Each of these levels of TFT follow a basic structure or architecture, containing components developed from the original diagnostic system. Each component has been tested over time for enduring effectiveness and simplicity.

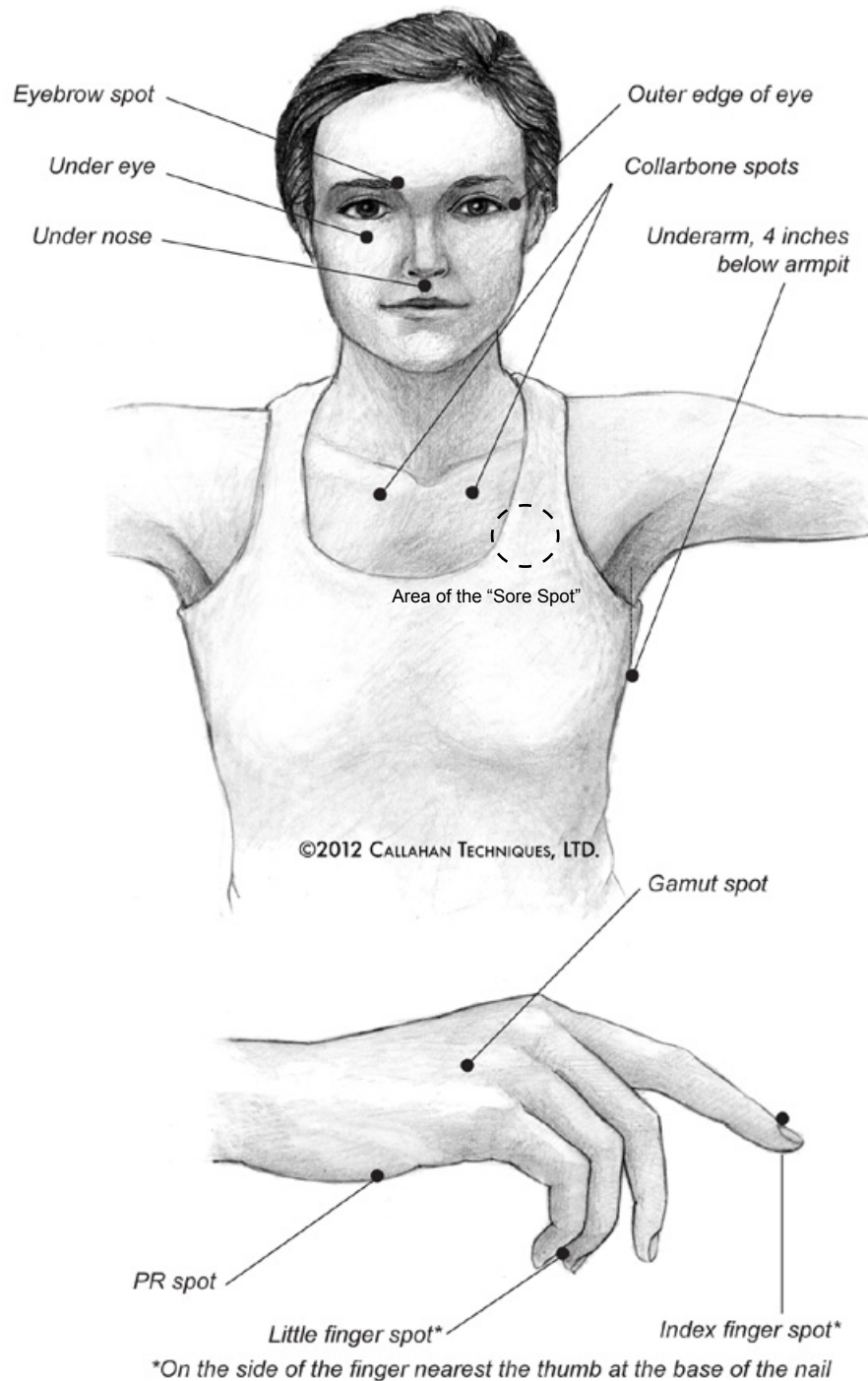
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While continuously tapping the Gamut Spot (allowing about 5 taps for each step), do the following:

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Just Released - Our New Book!

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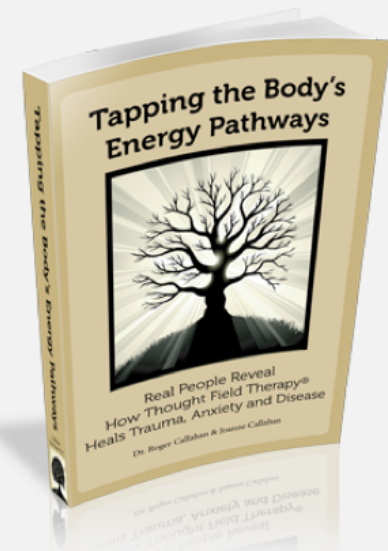
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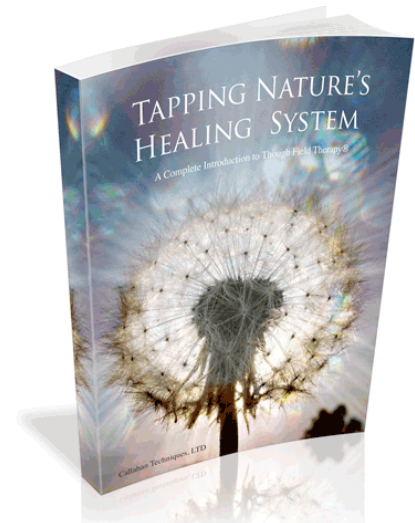
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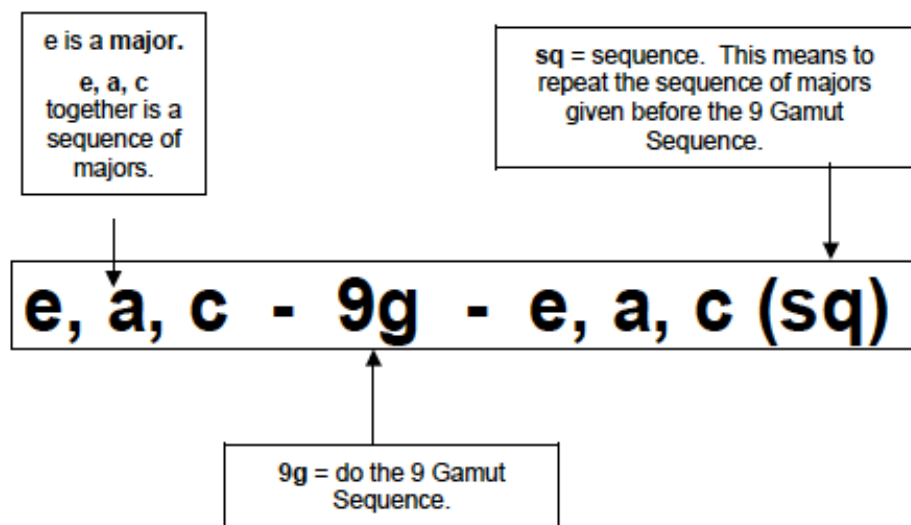
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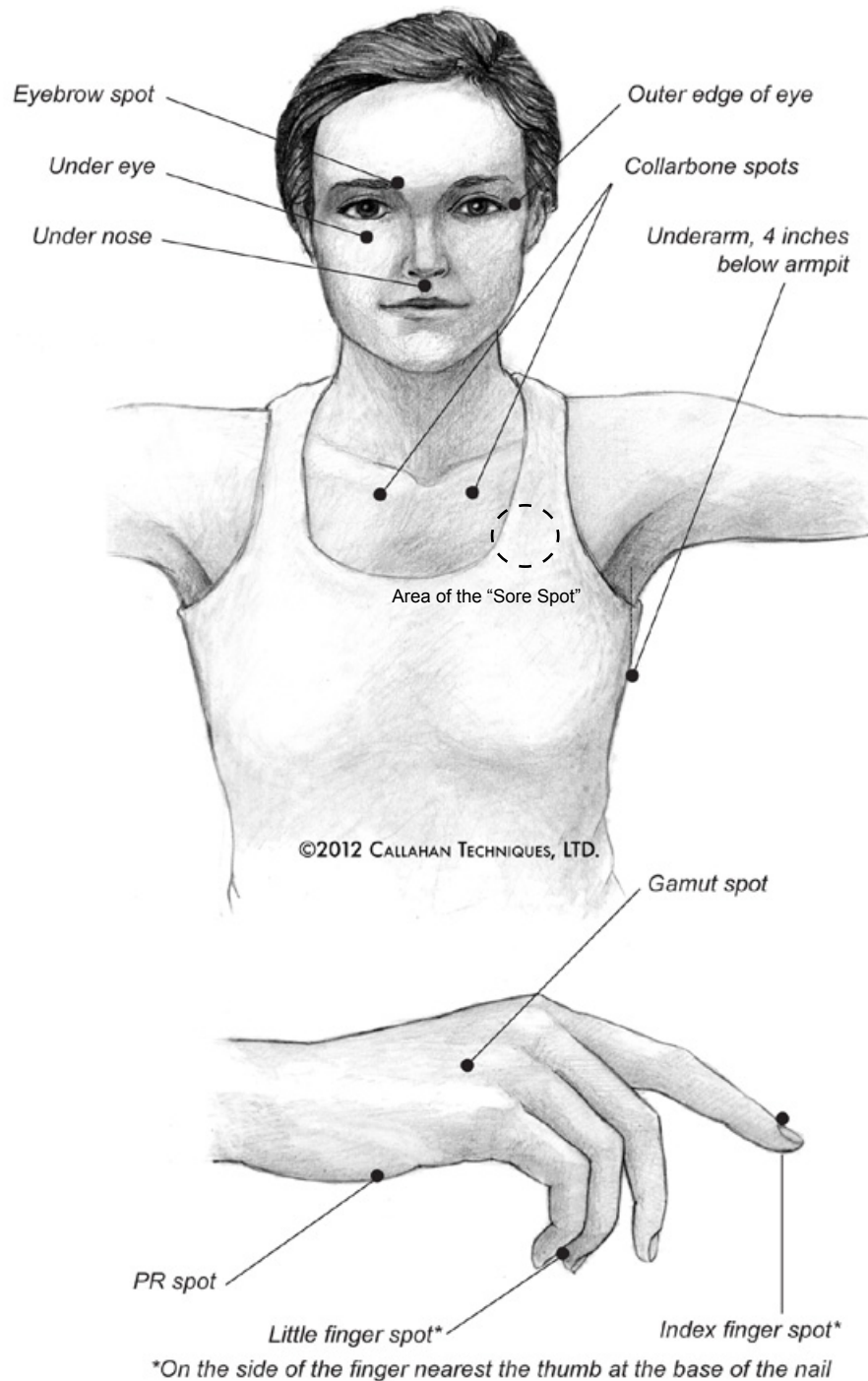
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Collarbone Breathing Exercise (CB²)



Collarbone breathing (CB²) is a protocol developed by Dr. Roger Callahan that will often allow a very resistant problem to respond more rapidly to TFT tapping sequences.

David Walther (1988) had developed a treatment that he called “Cross-K27.” Dr. Walther used it for what he called “neurological disorganization,” and it proved to be useful in work with difficult problems including schizophrenia and dyslexia.

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

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

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

Dr. Callahan recommends that people working on addictions or suffering from generalized anxiety or panic attacks do CB² at least three times a day, in addition to correcting their PR’s 15-20 times a day (side of hand, sore spot, and under nose).

CB² is also often useful in helping address Attention Deficit Hyperactivity Disorder (ADHD), Attention Deficit Disorder (ADD), Learning Disabilities (LD), Dyslexia, Stuttering, Tourette’s Syndrome, and Schizophrenia.

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

Indications that Collarbone Breathing may be needed:

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

THE COLLARBONE BREATHING EXERCISE

The “collarbone points” are located in the following way:

Go to the base of the throat, about where a man might knot his tie. From that point, feel for the notch in the center of the collarbone. Go straight down about one inch, and the collarbone points are about one inch to the right and left of center (see tapping point diagram).

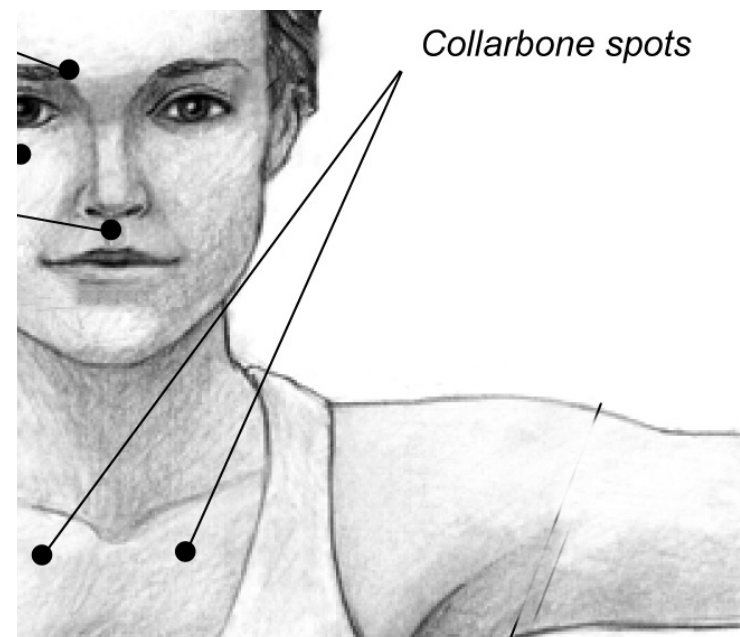
BREATHING POSITIONS

There are five breathing positions in this exercise:

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

THE TOUCHING POSITIONS

1. Take two fingertips and touch one of the collarbone points and tap the gamut spot on the back of that hand while going through the 5 breathing positions. Tap rapidly with about 5 good taps for each of the five breathing positions.
2. Move the same two fingertips to the other collarbone point and repeat above.
3. Now, bend the same two fingers in half and touch the knuckles to the collarbone point while tapping and going through the five breathing positions. Either tuck the thumb in or keep it in the air. Make sure that the elbows are in the air when you are touching the knuckles to the

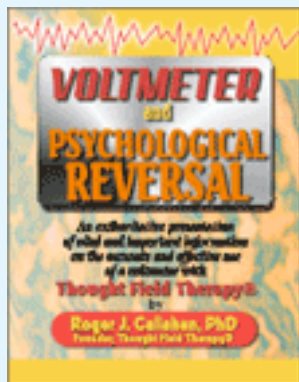


body so that only the knuckles are touching the body. The back of the hand is a negative polarity, so it will not work if the thumb or elbow (positive polarities) are touching the body at the same time.

4. Move knuckles to the other collarbone point and tap while going through the five breathing positions. Make sure that only the knuckles are touching the body.
5. Now, take fingertips of OTHER hand and repeat steps 1 and 2 above.
6. Now, take knuckles of that hand and repeat steps 3 and 4 above, making sure that only the knuckles are touching the body.

You have just done the 40 breathing and tapping exercises—20 with the fingertips, and 20 with the knuckles. You have done five breathing positions on eight touching positions. Please learn to do these well so that you are able to do them automatically.

Psychological Reversal – Blocks to Healing and Success



Get The Book

Dr. Callahan's first discovery was the phenomenon of psychological reversal, an identifiable and correctable block to healing or success. It is a literal reversal in the body's polarity and can actually be measured with a simple volt meter.

He feels that it is also his most important discovery. When one can remove blocks, self-sabotage or psychological reversal, you clear the path for healing and well-being. He has found that any chronic negative condition, whether mental, emotional or physical, has a reversal or

block to the natural healthy state. If you can identify and remove that block, you can allow healing and the positive energy to flow.

Forms of Psychological Reversal (PR) and Corrections:

Massive PR - By massive PR we mean that PR will show up in most domains or thought fields. This is also a correction for a person who is chronically negative or self-sabotaging. It is common in addictions and obsessive compulsive disorders.

Specific PR – specific to a problem or thought field

Correction - for both massive and specific PR is to tap the side of the hand 15 times (see drawing).

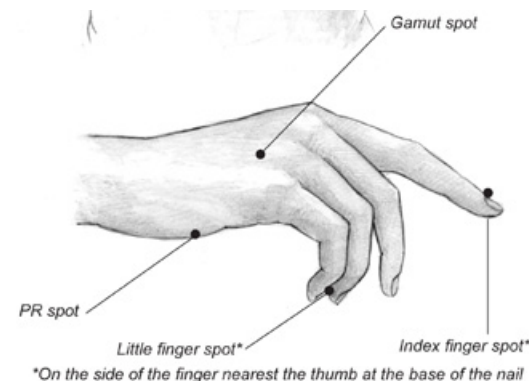
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Mini PR - The correction for mini-PR is the same -tap the side of hand while focusing on the remaining problem.

Level II PR – correction is tapping under the nose while focusing on the remaining problem (see drawing).

Psychological Reversal Corrections

At any level, once PR has been corrected, begin the tapping sequence again from the beginning. If in doubt, correct PR as it will not cause any problem if not needed. It either corrects PR or does nothing.



Mini-PR

Correct for Mini-PR when the SUD has dropped by two points and is still not 2 or below. Then, repeat the entire sequence (majors, 9 gamut, majors).

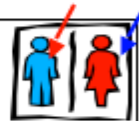
Correction for Mini-Specific PR

Indication: SUD is still above 2



Tap the Specific PR spot on the side of the hand about 15 times while focusing on **what remains of** the Problem.
Repeat the entire tapping sequence (majors, 9 gamut, majors)

Correction for Mini-Recurring PR



Indication: SUD is still above 2 after tapping for Mini-Specific PR and repeating the **entire tapping sequence (majors, 9g, majors)**

Rub the sore spot while focusing on **what remains of** the problem.
Repeat the entire sequence (majors, 9 gamut, majors).
Check SUD. If still not 2 or less, go to Mini- PR2.



Correction for Mini-PR2

Indication: SUD still above 2 after the previous mini-PR corrections have been administered, including repeating the entire sequence

Tap the major point under the nose (un) 15 times while focusing on **what remains of** the Problem.
Repeat the entire sequence (majors, 9 gamut, majors).



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Learn TFT wwith Joanne Callahan, where she'll guide you through the steps in a live teleclass.

You'll also have the chance to submit your personal challenge prior to the class for live demonstrations...

The Floor to Ceiling Eye Roll (Rapid Relaxation)

The floor to ceiling eye roll should be used at the end of all of any tapping sequence when the SUD is a 2 or lower. It will usually bring a SUD of 2 to a 1 (on a 10-point scale) or 0 (on an 11-point scale). If not, you can go back to where you were in the protocol and repeat the sequence.

- While tapping the Gamut Spot continuously, hold the head relatively level, starting with the eyes looking all the way down.
- Taking about 7 seconds while continuing to tap the Gamut Spot, slowly move the eyes in a vertical line from their downward position to as far up as they can go.

This protocol can also be done by itself for general stress reduction or rapid relaxation.

Trauma, in its many forms, is a part of our everyday lives. We experience the effects of trauma not only from wars, disasters and accidents, but from regular events like job loss, foreclosures, divorces, work place violence, and other common occurrences.

These things can leave us in a negative, contractive fear state, or locked in a vice-like grip of reliving the event. Tapping out these everyday traumas can lift the fear and release the grip they have on our lives.

The following simple tapping sequences are very powerful.

They are the powerful algorithms used by our trauma relief teams world-wide.

Trauma Algorithms

Simple Trauma

Eyebrow, Collarbone (using the protocol)

(eb, c)

Complex Trauma

Eyebrow, Under Eye, Under Arm, Collarbone (using the protocol)

(eb, e, a, c)

Complex Trauma with Anger

Add Tiny Finger, Collarbone (using the protocol)
to the end of sequence above for complex trauma:

(eb, e, a, c, tf, c)

Complex Trauma with Guilt

Add Index Finger, Collarbone (using the protocol)
to the end of the sequence above for complex trauma:

(eb, e, a, c, if, c)

Complex Trauma with Anger and Guilt

Add Tiny Finger, Collarbone, Index Finger, Collarbone (using the protocol)
to the end of the sequence for complex trauma:

(eb, e, a, c, tf, c, if, c)

Most Fears, Stress and Worry – Algorithms

When a fear is clearly linked to a traumatic event, it is necessary to tap out that trauma with the trauma algorithm before tapping for the fear.

It is important to make a distinction between a single fear and complex anxiety disorder when tapping for fears and anxiety. A simple fear is limited to one area of a person's life. A person with a simple fear or phobia will typically have no problem functioning in other areas of life that do not involve the object of the fear.

For instance, if people have a phobia or fear of dogs, they will normally be relatively free from anxiety and able to function in life until they encounter a dog. Simple fears and phobias are usually easily eliminated with a single tapping sequence, given below. Complex anxiety disorders will often require individualized tapping sequences from TFT diagnosis and Individual Energy Toxins will usually be involved.

Fears, Stress and Worry Algorithm

Most Simple Fears, Phobias, Stress and Worry

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

Claustrophobia & Feeling Trapped

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

Algorithms for Anger, Rage, and Guilt



Anger

Tiny Finger, Collarbone (using the protocol)
(tf, c)



Rage

Outside Edge of Eye, Collarbone (using the protocol)
(oe, c)



Guilt

Index Finger, Collarbone (using the protocol)
(if, c)

Daily Stress Busting Program

Today's world is chaotic, filled with trauma and stress, from natural disasters, war, terrorists and economic crises. This constant stress on our minds and bodies takes its toll. Studies continually tell us stress depresses our immune system, increases risk of heart disease and aggravates weight and addictive behaviors. Most of us find these stresses inescapable, but, there is something you can do, quickly and simply, to reduce that stress on your system.

Thought Field Therapy® has some proven yet simple, self-help procedures (based on the body's meridian system) that will decrease the stress that we experience daily. These protocols are explained, in detail, in Dr. Roger Callahan's book, *Tapping the Healer Within*. This simple, Daily Stress Busting Program, based on procedures from the book, and proven in relief work in areas such as Kosovo, Rwanda, New Orleans, can offer significant relief from your hectic, unpredictable world.

Please follow the basic tapping instructions given below, and found in *Tapping the Healer Within*, in Chapter 4. Five firm taps at each location is adequate. Remember to tap firmly but not hard enough to hurt.

Tuning into your fear or worry is important during the tapping exercises. If you have several areas of concern you may need to repeat the procedures while tuning into each concern separately.

If something stressful happens during the day, immediately repeat the morning exercise. If you experience a traumatic event during the day, follow the Simple Trauma exercises (pg 98) of the *Tapping the Healer Within*, as soon after the event as possible. You can also go to www.RogerCallahan.com for a [free download of the complete trauma procedure, from the book *Stop the Nightmares of Trauma*](#).



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\$16.95

Add to Cart

The exercises, as given below, can be completed in less than five minutes. Practice them so you can do them quickly and without thinking and they will become an important tool to maintaining balance in your daily life.

Mornings

1. Correct Psychological Reversal – by tapping the side of the hand, on the side where you would do a karate chop, 10 firm taps (pg 84)

2. Anxiety and stress reducing exercise

- ☐ tap under eye
- ☐ tap under arm
- ☐ tap collarbone spot
- ☐ nine gamut series – (pg 80)
- ☐ tap under eye
- ☐ tap under arm
- ☐ tap collarbone spot

3. Floor to ceiling eyeroll – (pg 83 in Tapping the Healer Within)

Midday

1. Anxiety and stress reducing exercise

- ☐ tap under eye
- ☐ tap under arm
- ☐ tap collarbone spot
- ☐ nine gamut exercises
- ☐ tap under eye
- ☐ tap under arm
- ☐ tap collarbone spot

2. Floor to ceiling eyeroll

Evenings – before going to bed

1. Correct Psychological Reversal – tapping the side of the hand

2. Anxiety and stress reducing exercise

- ☐ tap under eye
- ☐ tap under arm
- ☐ tap collarbone spot
- ☐ nine gamut exercises
- ☐ tap under eye
- ☐ tap under arm
- ☐ tap collarbone spot

3. Floor to ceiling eyeroll























*If you find that your worries and stress are only somewhat reduced, you may repeat the exercises more often throughout the day. Some days the exercises may be needed more frequently than other days.

Also, the Collarbone breathing exercise – printed below (pg 86) is an extremely powerful – three minute procedure – very effective for anxiety disorders and chronic high stress. This can be done morning and evenings. It may be helpful to initially list your worries or fears separately. Then repeat the morning exercises for each individual concern.

As you use these exercises on a regular basis, you will help to balance your autonomic nervous system and strengthen and increase your capacity for daily stress.

Key to Abbreviations for TFT Tapping Points

SUD subjective units of distress (a rating on a scale of 0-10 or 1-10 of how upset one is at the moment)

	e	under eye (under the pupil just below the rim of the bone—the inside of the second toe also works if the person is not able to tap on the face)	
	a	under arm (about 4 inches down from the arm pit; in the middle of the bra line for women)	
	c	collarbone (1 inch down from the V of the neck, and 1 inch over to either the left or right side)	
	eb	eyebrow (at the point where the eyebrow begins, near the nose—the outside of the small toe also works if the person is not able to tap on the face)	
	if	index finger (beside the nail on the side toward the thumb)	
	oe	outside of eye (about ½ inch straight out from the corners of the eyes, on the edges of the bones of the eye sockets on the side of the head)	
	tf	tiny finger (beside the nail on the side toward the thumb)	
	un	under nose (below the nose on the upper lip)	
	g	gamut spot (on the back of the hand in the indentation between the bones of the tiny finger and the ring finger about ½ inch back onto the hand—use 3 fingers to tap)	
	9g	9 Gamut Sequence —Tap the gamut spot continuously while doing the following:	
		 1. Close the eyes  2. Open the eyes  3. Move the eyes down and to one side  4. Move the eyes down and to other side  5. Roll the eyes in a circle in one direction  6. Roll the eyes in a circle in the opposite direction  7. Hum a tune (about five notes) out loud with mouth closed  8. Count aloud from one to five  9. Hum a tune again aloud, with mouth closed	
	er	floor-to-ceiling eye roll (while tapping the gamut spot, hold head level. Look down to the floor, and slowly, to a count of 10, roll your eyes vertically up to the ceiling).	

Collarbone Breathing Exercise (CB²)



Collarbone breathing (CB²) is a protocol developed by Dr. Roger Callahan that will often allow a very resistant problem to respond more rapidly to TFT tapping sequences.

David Walther (1988) had developed a treatment that he called “Cross-K27.” Dr. Walther used it for what he called “neurological disorganization,” and it proved to be useful in work with difficult problems including schizophrenia and dyslexia.

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

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

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

Dr. Callahan recommends that people working on addictions or suffering from generalized anxiety or panic attacks do CB² at least three times a day, in addition to correcting their PR’s 15-20 times a day (side of hand, sore spot, and under nose).

CB² is also often useful in helping address Attention Deficit Hyperactivity Disorder (ADHD), Attention Deficit Disorder (ADD), Learning Disabilities (LD), Dyslexia, Stuttering, Tourette’s Syndrome, and Schizophrenia.

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

Indications that Collarbone Breathing may be needed:

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

THE COLLARBONE BREATHING EXERCISE

The “collarbone points” are located in the following way:

Go to the base of the throat, about where a man might knot his tie. From that point, feel for the notch in the center of the collarbone. Go straight down about one inch, and the collarbone points are about one inch to the right and left of center (see tapping point diagram).

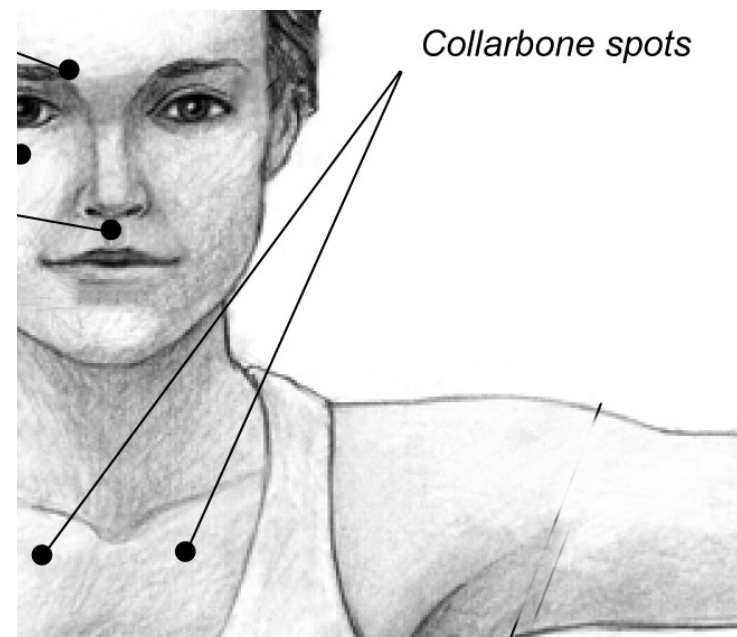
BREATHING POSITIONS

There are five breathing positions in this exercise:

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

THE TOUCHING POSITIONS

1. Take two fingertips and touch one of the collarbone points and tap the gamut spot on the back of that hand while going through the 5 breathing positions. Tap rapidly with about 5 good taps for each of the five breathing positions.
2. Move the same two fingertips to the other collarbone point and repeat above.
3. Now, bend the same two fingers in half and touch the knuckles to the collarbone point while tapping and going through the five breathing positions. Either tuck the thumb in or keep it in the air. Make sure that the elbows are in the air when you are touching the knuckles to the

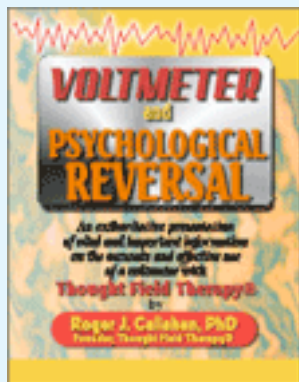


body so that only the knuckles are touching the body. The back of the hand is a negative polarity, so it will not work if the thumb or elbow (positive polarities) are touching the body at the same time.

4. Move knuckles to the other collarbone point and tap while going through the five breathing positions. Make sure that only the knuckles are touching the body.
5. Now, take fingertips of OTHER hand and repeat steps 1 and 2 above.
6. Now, take knuckles of that hand and repeat steps 3 and 4 above, making sure that only the knuckles are touching the body.

You have just done the 40 breathing and tapping exercises—20 with the fingertips, and 20 with the knuckles. You have done five breathing positions on eight touching positions. Please learn to do these well so that you are able to do them automatically.

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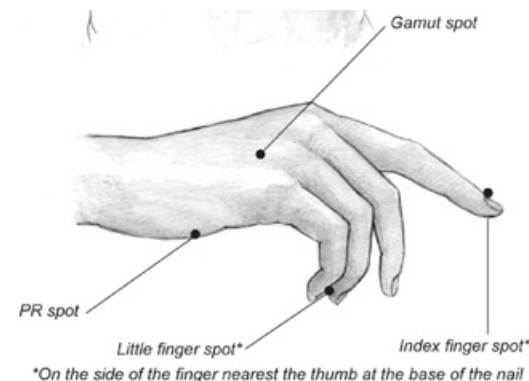
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Level II PR – correction is tapping under the nose while focusing on the remaining problem (see drawing).

Psychological Reversal Corrections

At any level, once PR has been corrected, begin the tapping sequence again from the beginning. If in doubt, correct PR as it will not cause any problem if not needed. It either corrects PR or does nothing.



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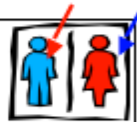
Correction for Mini-Specific PR

Indication: SUD is still above 2



Tap the Specific PR spot on the side of the hand about 15 times while focusing on **what remains of** the Problem.
Repeat the entire tapping sequence (majors, 9 gamut, majors)

Correction for Mini-Recurring PR



Indication: SUD is still above 2 after tapping for Mini-Specific PR and repeating the **entire tapping sequence (majors, 9g, majors)**

Rub the sore spot while focusing on **what remains of** the problem.
Repeat the entire sequence (majors, 9 gamut, majors).
Check SUD. If still not 2 or less, go to Mini- PR2.



Correction for Mini-PR2

Indication: SUD still above 2 after the previous mini-PR corrections have been administered, including repeating the entire sequence

Tap the major point under the nose (un) 15 times while focusing on **what remains of** the Problem.
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The floor to ceiling eye roll should be used at the end of all of any tapping sequence when the SUD is a 2 or lower. It will usually bring a SUD of 2 to a 1 (on a 10-point scale) or 0 (on an 11-point scale). If not, you can go back to where you were in the protocol and repeat the sequence.

- While tapping the Gamut Spot continuously, hold the head relatively level, starting with the eyes looking all the way down.
- Taking about 7 seconds while continuing to tap the Gamut Spot, slowly move the eyes in a vertical line from their downward position to as far up as they can go.

This protocol can also be done by itself for general stress reduction or rapid relaxation.

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to the end of sequence above for complex trauma:

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When a fear is clearly linked to a traumatic event, it is necessary to tap out that trauma with the trauma algorithm before tapping for the fear.

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(e, a, c)

Claustrophobia & Feeling Trapped

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Anger

Tiny Finger, Collarbone (using the protocol)
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Rage

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(oe, c)



Guilt

Index Finger, Collarbone (using the protocol)
(if, c)

Daily Stress Busting Program

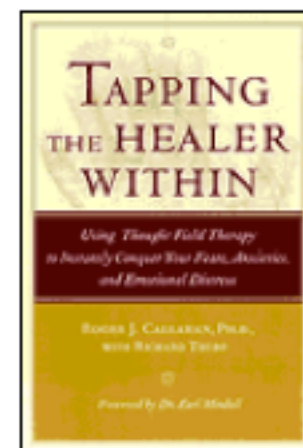
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1. Correct Psychological Reversal – by tapping the side of the hand, on the side where you would do a karate chop, 10 firm taps (pg 84)

2. Anxiety and stress reducing exercise

- ☐ tap under eye
- ☐ tap under arm
- ☐ tap collarbone spot
- ☐ nine gamut series – (pg 80)
- ☐ tap under eye
- ☐ tap under arm
- ☐ tap collarbone spot

3. Floor to ceiling eyeroll – (pg 83 in Tapping the Healer Within)

Midday

1. Anxiety and stress reducing exercise

- ☐ tap under eye
- ☐ tap under arm
- ☐ tap collarbone spot
- ☐ nine gamut exercises
- ☐ tap under eye
- ☐ tap under arm
- ☐ tap collarbone spot

2. Floor to ceiling eyeroll

Evenings – before going to bed

1. Correct Psychological Reversal – tapping the side of the hand

2. Anxiety and stress reducing exercise

- ☐ tap under eye
- ☐ tap under arm
- ☐ tap collarbone spot
- ☐ nine gamut exercises
- ☐ tap under eye
- ☐ tap under arm
- ☐ tap collarbone spot

3. Floor to ceiling eyeroll

*If you find that your worries and stress are only somewhat reduced, you may repeat the exercises more often throughout the day. Some days the exercises may be needed more frequently than other days.

Also, the Collarbone breathing exercise – printed below (pg 86) is an extremely powerful – three minute procedure – very effective for anxiety disorders and chronic high stress. This can be done morning and evenings. It may be helpful to initially list your worries or fears separately. Then repeat the morning exercises for each individual concern.

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a under arm (about 4 inches down from the arm pit; in the middle of the bra line for women)



c collarbone (1 inch down from the V of the neck, and 1 inch over to either the left or right side)



eb eyebrow (at the point where the eyebrow begins, near the nose—the outside of the small toe also works if the person is not able to tap on the face)



if index finger (beside the nail on the side toward the thumb)



oe outside of eye (about ½ inch straight out from the corners of the eyes, on the edges of the bones of the eye sockets on the side of the head)



tf tiny finger (beside the nail on the side toward the thumb)



un under nose (below the nose on the upper lip)



g gamut spot (on the back of the hand in the indentation between the bones of the tiny finger and the ring finger about ½ inch back onto the hand—use 3 fingers to tap)



9g 9 Gamut Sequence—Tap the gamut spot continuously while doing the following:



1. Close the eyes



2. Open the eyes



3. Move the eyes down and to one side



4. Move the eyes down and to other side



5. Roll the eyes in a circle in one direction



6. Roll the eyes in a circle in the opposite direction



7. Hum a tune (about five notes) out loud with mouth closed



8. Count aloud from one to five



9. Hum a tune again aloud, with mouth closed



er floor-to-ceiling eye roll (while tapping the gamut spot, hold head level. Look down to the floor, and slowly, to a count of 10, roll your eyes vertically up to the ceiling).