

TAPPING For HUMANITY

Spring Issue, 2013

Humanitarian Work With
Thought Field Therapy...
"Changing the World One
Thought at a Time"

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TFT in Uganda 2012

Somali Trauma Relief in the US

Esophageal Spasms Relieved



The Filming "From Trauma To Peace"
in Rwanda is Now Complete.

"I never smiled in my life until I was treated with TFT"

I took a quote out of one of the articles for my headline as this issue of Tapping for Humanity is particularly touching. Heartfelt stories, insights and cases reveal the depth of change and healing that is not only possible with TFT, but is taking place around the world.

Rwanda, Africa – "Another woman shared that TFT had allowed her to meet the man – a house helper – that had killed her own father – and FORGIVE HIM. She said they often see each other on the street and he walks her from the bus stop to her home."

United Kingdom – "The young car driver was emotionally destroyed. Could not eat or sleep. His grandfather was always next to him, on a suicide watch. No longer did he want to go to University to continue his education, nor did he want to live..... Even when someone has only known TFT very briefly, they can try to help themselves or their loved ones with very positive results. In the few weeks that followed, the young man started to study law at his university. He reclaimed his life."

Paris, France – "This first step is usually quickly followed by the second one. This truly amazing moment when, for the first time, someone has to acknowledge, after feeling really bad, that her/his Subjective Unit of Distress (SUD) is now at 0... It is so unbelievable; some people will literally not believe it! What we know in TFT as the Apex phenomena could actually be the very manifestation of someone's belief, imagination, general "mind ability to expand" limitations. We might all have our own "mind boundaries" when it comes to what we are able to consider REAL. One could consider it a major parameter of our ability to adapt, improvise and overcome, facing whatever life has in stock for us... Fortunately, it can expand, tremendously. TFT could very well be one of the most powerful, Rational, ways to make this "little" miracle happen."

United States of America – "I have suffered from GERD (Gastro-Esophageal Reflux Disease) since 1977. I also have developed Barrett's Esophagus, a pre-cancerous condition caused by acidic assault on the tissues of the esophagus. I am under the care of a gastroenterologist and monitored for my Barrett's Esophagus. Having exhausted medical options for treatment, other than yet more medication, in November of 2010 I set up a Thought Field Therapy® (TFT) protocol for myself.
continues...

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By mid-May 2011 I had accomplished a reduction of 75% in esophageal spasm activity. Since that time I have continued to treat my esophageal spasms with TFT."

One of the authors put it this way, **"The healing process seems to open up people's creativity by clearing that which stands in their way."**

From emotional to physical and even spiritual, the healing is profound, changing the lives of individuals, families, communities and now countries.

The new video trailer for our documentary, shares the feelings of our translator, Prosper, after he has witnessed the changes in his people and his country. Please take a few minutes and watch these heartfelt comments and his statement – "we are all one."

TFT, and those of us sharing it, is so much more than just eliminating a fear or ending the effects of a trauma, we are expanding the consciousness of a human being and the way we interact with one another.

There is so much need in the world for the sharing of these simple but powerful tools for healing our planet.

The TFT Foundations (USA and UK) have been asked to help and have undertaken multiple projects for this upcoming year:

- We have been asked to come back to Uganda to have a country-wide healing/tapping day and to train more TFT practitioners.
- They need help to establish a TFT Center in Uganda, like in Rwanda, so they may continue healing many 1,000's more in their country.
- The IZERE Center in Rwanda needs support to continue their healing work and expand their reach into the prisons and schools.
- A Somali refugee population in the USA needs help healing from unimaginable atrocities and the displacement of over 10,000 people.

- The completion and distribution of our documentary will help facilitate the expansion of TFT around the world.

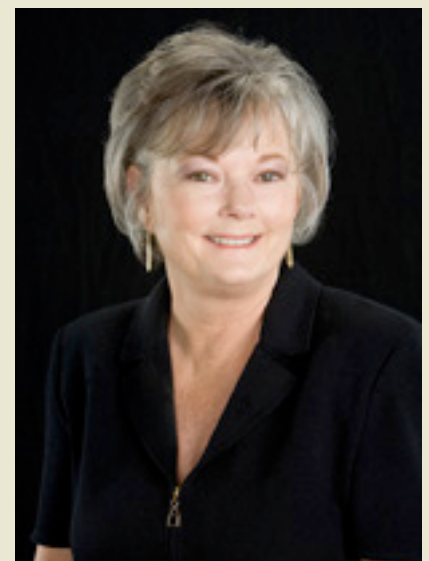
These are just some of the many projects on our plate. There are so many more if only we had a means to raise funds. Our foundations have accomplished so much, including the PTSD studies to help increase acceptance, and all on very limited budgets. Our board, team members, and committee members all donate their time with 93% of every dollar going directly to programs they are supporting.

In today's economically challenged world – so many organizations that are or were doing the work of helping others, are finding it increasingly difficult to stay afloat. Please help us continue to grow and expand our ability to share TFT with many more in this traumatized world. If you can contribute air miles, administrative services, volunteer hours, or grant writing services, please email me, Joanne@TFTFoundation.org or if you prefer to contribute funds, visit our website at www.tftfoundation.org.

Sincerely,

Joanne Callahan, MBA,
President, TFT Foundation
www.TFTFoundation.org

PS. Please take a minute to watch the new video trailer for our documentary on our home page.



Filming “From Trauma To Peace” in Rwanda

by Bob Stone, Maui, Hawaii

Whenever I am traveling, I attempt to have few expectations, as I find it opens one up to all possibilities and experiences. And so it was with my recent trip to Africa. Here are a few excerpts from my filming journal.

Today is training day in Kigali for new and returning TFT therapists. Several of the people we interviewed last week returned for the training, but also with their photos, artwork and crafts they have created after healing their own trauma. The healing process seems to open up people's creativity by clearing that which stands in their way.



DIANA, INTERVIEWEE, PROSPER

Our filming day was awesome. Stories you can only imagine are told and interpreted – stories of what we might consider deep, dark secrets. I am amazed and deeply touched by these people and their willingness to share.

“Do you have photos?”

“Yes”

“Are you willing to share them?”

“Yes.”

“Can we come to your home and film you there?”

“Yes.”

And each story included a statement like; “I never smiled in my life until I was treated with TFT.”

FILMING PHOTOS



This was a day that we followed up on interviews by going to people's homes and having them share photos and deeper stories. “Deeper stories” is what we got! One woman shared that her husband came home from the TFT training and apologized for being such a “bad” husband – blaming her for his misfortunes. He owned his responsibility. Another woman shared that TFT had allowed her to meet the man – a house helper – that had killed her own father – and FORGIVE HIM. She said they often see each other on the street and he walks her from the bus stop to her home.

These people all use TFT in their lives on a daily or weekly basis and almost all have been trained as TFT therapists, so they have the tools to help their family, friends and neighbors. What a gift!

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These are the stories that will be included in the film – stories of hope, healing and forgiveness. Something that many cultures around the world can learn from.

Last Location – Mahalo!

As I take my last look at the lake, I reflect over the time we have had here. The faces of my new friends pass through my mind and I tear up at the thought of leaving. It's my intention to return and capture more stories, perhaps for a screening when the film is complete, many months from now.

We have gathered 27 hours of footage, and the real work begins now; Transcribing, translating, reviewing and editing all the wonderful testimonials and stories. I always bear in mind a quote that I don't know is accurate. Someone once asked Michelangelo how he carved the magnificent sculpture of David. He said, "I just carved away everything

that wasn't David."

And so it is with a film. Especially challenging is the amount of quality content – paring that down to an hour for public television. It's a far cry from where this project started – the hope of creating a half hour show from sparse existing footage. Although the project has morphed into this amazing journey, I want to thank the countless others who came before us; the teachers, therapists, trainers, filmmakers and photographers that documented their journey here as part of the whole.

And especially I want to thank the fearless Rwandans who have taken upon themselves the task of healing their nation and their people. One people - putting aside and forgiving the past and those who transgressed them. Amazing!



TFT and driving, my personal story

by Monika D'Agate, London, UK

TFT and driving, my personal story

Last year when I had the pleasure and honour to meet Joanne Callahan in London, I was asked how I can help TFT and its foundation. My response then was: 'I don't know yet, but when the right time comes I will. When something inspires me, I become quite creative'. Only 6 days later, on the way to the driving test with my pupil, another driver crashed into the back of our car. I had 22 minutes to the time of the test, a traumatised young driver, all the collision details, and another 3 miles to get there.

A CCTV camera

The CCTV camera on board my car recorded everything. When I viewed the video footage, I realised what my camera had recorded, and how important this film is. I realised I needed to show the world what TFT can do. Having a car crash and driving test so close together, and being able to overcome the trauma in such short time has never been seen before. That was the beginning of the idea for the documentary 'Driving without fears'.

The film should be available for public viewing in the very near future.

My TFT journey first began back in 2007, when I met Guy Marriott. I was very fascinated by what he did, and read an article written by him, called 'A Different Drummer'. It's about TFT, what it did and how effective it was. I looked into TFT very briefly then, but at the time didn't realise what potential it had for me and my business. Now I know that there are no coincidences in life, it's all working in synchronistic order, all meant to be.

My life at that time was a rollercoaster of emotions; I was getting divorced after 22 years of marriage. I had numerous plans for my life and my own business to run. The car, which in my business of teaching people to drive, is an essential tool, was constantly breaking down on me...No working car, no business. Customers might go elsewhere. Things were just getting from bad to worse. Was I heading for a breakdown too? On a personal level I had no one

to turn to for help and assistance. Most medical doctors believe in pill popping to help people with life's problems, but I did not want to take that path. The world as I knew it had collapsed.

Ready for changes

That was November 2008, the recession had begun. I walked into a book shop, straight into a book: Paul McKenna's 'I can make you rich'. One part of the book dealt with fears. I realised I had a fear of not earning money. Even though on a rational level I knew how to work my finances well, deep down in the subconscious I was afraid. I was left with a wound I didn't know I had. In my twenties and my very first recession, our home was almost repossessed. So every time I had a lesson cancellation, I would be anxious, angry and fearful.

I followed the steps in Paul's book and felt better, my fear and anxiety went away. So I set out to test it further. I took the book in the car with me to try it out with my pupils going to the test. "After all fear is fear so this should work too", I thought. It did. I recognised the tapping to be TFT from my brief encounter the year before. After a little research I found there was also something called EFT, but I also realised this to be a 'borrowed' idea rather than the real thing. I became a TFT Algorithm therapist in March of 2009. Ever since then I have been helping people with lots of different emotional issues.



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Everybody can make a change

I would like to share with you the stories of people from all different walks of life, different levels of education and intellect, having different types of problems. All they had in common was that I was there, teaching them to drive and wanted to help them achieve whatever was necessary to live better and more fulfilling lives. The following cases are of people who were helped by me, because I could see they needed help and they were happy that someone cared. Names have been changed to protect the identity of my clients.

The reasons that hold many people back from achieving happy lives is as numerous as there are people. I think the fundamental core is fear and anxiety borne out of their lives experience and the environmental conditioning they have received, as well as their natural levels of ability or inability in dealing with what life has thrown at them. That very old 'nature versus nurture' debate.

One of my very first TFT clients worked in a print shop. He was anxious about many things in his life and as trivial as it may seem to some, suffered with nerves and diarrhea on every workday, all because he worried his print machine would stop working, he would be blamed and lose his job. He had a family to support. We did the basic fear algorithm for his driving 'mock test' fear. Amazingly all his work related anxiety disappeared too, with just one tapping session. I only learned about his work anxiety issues after they had been eliminated.

Let's talk about Jane

Jane was a young woman in her thirties, who 10 years prior was involved in a collision with a car, riding a motorcycle. A few years later, when she had the courage to take up car driving lessons, all seemed fine until reading Richard Hammonds book about his high speed crash. She's read a paragraph that described his recovery and very painful stomach injections. The very same ones she had been given many years prior. At that point her driving lessons had become impossible, the more anxious she had become, the more annoyed her instructor got. She developed a driving phobia. When she came to take her first driving lesson with me, she could not sit in the driving seat. In panic, her face was white and her palms were sweating. It only took one tapping session, and she overcame the initial fear, which then was followed with 1.5 hour driving lesson. Whilst teaching her to drive, I uncovered other self-esteem issues, which we had to

deal with on subsequent lessons. TFT combined with driver training had given her chance to achieve one of her dreams – driving, as well as help her overcome other emotional issues that were not driving related.

Being a TFT therapist is about helping everyone on day to day issues, so they can move on and deal with things in a rational instead of an emotionally negative way.

Bankers have feelings too

Job description: Investment Banker. On a personal level: intelligent, confident and caring. That particular morning she was working on legal paperwork that arrived the day before. This was an issue relating to her partner, although very upsetting, it had to take its legal process to resolve...so we should allow it to... if we can put our emotions aside. Lack of sleep and floods of tears in the car were not a very good learning environment. Yet again I used the power of TFT to get rid of her anxiety, return to rational thinking and carry on with learning to drive in a normal way.

Not an exception

Another of my clients, a female solicitor in her thirties came to me because she was fed up with being patronised, felt that at her "age" it was too late to learn to drive, and needed all the help she could get. She never had a driving fear but the inability to understand and perceive what's happening "out there", especially with her husband driving his Porsche fast at times, made her an anxious passenger. We discovered that by using TFT and honing on the driving skills, her learning was making fast progress. She was also afraid of driving downhill, which made it impossible to really drive around here, a place called Belvedere, with very good all-around views from a top of a big hill. The basic anxiety algorithm fixed that and there's a possibility that she'll not be afraid of going skiing any longer either.

Fear of learning for your A-Levels could hold you back

A young lady doing her A-level exams and learning to drive at the same time, did not have any learning phobias that were driving related, but did have a fear of biology exams she was studying for, going down steep hills, and dogs. Seeing dogs go near her was petrifying. She was living in constant anxiety about her exams, even picking up books from the library to learn that particular subject was making her feel uneasy. Yet again TFT got rid of that and allowed her to study in peace. Her dog fear was far deeper though, and she was absolutely petrified of even the smallest of

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chihuahuas. Her fear was “installed” in her from the earliest childhood; her mother had been telling her that she should stay away from dogs as they will bite her. The problem with this kind of behaviour in a country full of dogs makes life very difficult, especially because dogs can sense your fear and even the kindest of dogs will bark and growl at the person that is afraid. I knew that I did not have the time to get rid all of her fear but to reduce it to the level that will stop her from screaming and running from any dog that goes near her.

No reason to be afraid

Many people are afraid of driving fast. Sometimes the reason is PTSD, but very often there are reasons not related to driving. Even though TFT will be very fast at alleviating their fear, the long absence from fast driving and perhaps inability to plan and anticipate the surrounding environment, demands therapy as well as driver education to build confidence and advanced driving skills.

One man in his early fifties was hit on the head with a flower vase, because his girlfriend's teenage son decided to end an argument with his mother in that way. The man developed a phobia of fast speeds within hours of the incident. His job demanded driving on the busiest of UK motorways. One 2-hour session was enough to get rid of his driving phobia, but it's imperative that the driving confidence and skill of the person reaches a much higher level than the one they had started with in order to prevent any further potential driving problems.

After emotional abuse

One of the local dog walkers approached me with a 7 year old fast roads driving phobia. She had lived in an abusive relationship for a long while. The day after a drinking session and with a hangover, this lady was driving on a local dual carriageway with a speed limit of 50m/h. Within minutes of getting on that road, the cars around her started to flash past her, making her feel very anxious on the verge of panic. She managed to leave the road via the first exit. From then on, she could not face driving above 40m/h and only on single carriageways. Some journeys that she needed to make had to take all day, instead of 2h. Yet again, TFT worked within the first hour to remove the phobia and panic. Then it was necessary to build her confidence using TFT and driver coaching.

Sometimes TFT alone might not be enough

One of the more interesting cases of “fast road phobia”

I came across after a TFT conference in London. This particular person is a TFT Dx therapist, and a few other high level practitioners had attempted to remove her 20 year old fear, without success.

With a phobia of this kind it's difficult to prove whether the cure had worked without driving. Also, if someone has not experienced a fast type of road and its conditions in 20 years, it will be impossible to expect any level of competence or ability, even when the fears have been reduced or eradicated. It may even be dangerous to get rid of the fear but not train in the latest driving techniques, as well as an evaluation of the driving skills necessary to cope in the new environment.

On day one, this person was even anxious being driven by me on a motorway. So we had started with therapy and driving in slower sections of dual carriageway. We were progressing onto busy intersections of one of the busiest motorways in Europe, the M25 on day two. Towards the end of that day, I was the passenger being driven by now, my ex client. TFT and driver coaching have worked its magic, Again!

Never passing an exam

There was a young man who found learning very difficult, although he did not have any learning difficulties that were ever diagnosed. Once, as a very young boy, his father came home drunk to wake the boy up with the knife to his throat. In his childhood, being bullied and undermined by his father left him with a scar of not being able to concentrate, He always felt that he wouldn't be able to learn anything and that he was too stupid. His work was suffering as he could not pass his basic exams to receive a permanent work contract. In learning to drive, the requirement for a driving test is passing the theory test first.

He was unable to study and to learn for that too, so I asked him to bring his laptop with his study materials. When he was getting anxious, angry and irritated, I used TFT with him to remove his emotional troubles. He went on to pass his theory test first time, and when he passed his driving test, also first time, he broke down crying. He was 26 years old and those were the only exams he'd ever passed in his life thus far. Later I was told that he passed his work exam too, giving him a proper contract with a much better salary.

Death on the road, the collateral damage...

When we think of victims in road deaths we should never

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forget how many people suffer emotional damage as a result. It's not just about the one that drove the vehicle that injured or killed the person, the family and friends of both sides may become damaged too. Time may not heal all the wounds.

A lady in her late twenties started learning to drive with me. She told me she was not afraid to learn or drive, but that she had nasty memories, which always make her feel deeply unhappy, especially around Christmas and her younger brothers' birthday. He was killed a decade before, when he was only 15. His decision to cross a busy dual carriageway had not been a very wise one. It was not the first time either, but this time his luck had ran out. The entire family was devastated. My pupil was very sceptical about TFT at first, but after only one tapping session it had such effect on her that she no longer has any negative emotions associated with the passing of her brother. She is now learning about TFT and is trying to help all her friends with their emotional issues. Life has to go on: removing those emotional blockages allows us to continue without the unnecessary and continued pain.

...and the young lives that are ruined

This last story still has not had its final conclusion as of yet. This young man is a very kind and sensitive individual, high achiever with very good grades at school. He has a supportive and caring family.

He only had his driving license for one year when an accident happened. Driving his father's car only on occasion had given him very little experience. Furthermore, the country he lived in has very poor standards of competence, allowing people to take their driving test only after 30h of practical driver education. Where it could be enough for someone with existing skills, for most people starting from scratch, it's half or even less of what is really necessary to be competent and safe on the road. Sometimes people think that they are born with driving skills and they acquire more common sense as they get older. It's rarely the case for the former one and not always the case for the latter.

One late evening, this 19 year old was driving back home from his factory, where he had a part time job. His parents bought him a car the week before. He was approaching a bend, not going fast, but when a car came up from the opposite side, blinding him with its high beam lights, he

hit something. It was a man on a bicycle, wearing dark clothing, on a bike without any lights. He was as dark as the road and the night that surrounded them and was not wearing a helmet. The young driver went to the cyclist for aid. The man was then taken to hospital by ambulance. The following day the 36 year old died from the sustained injuries, leaving a wife and a young son behind. The young car driver was emotionally destroyed. Could not eat or sleep. His grandfather was always next to him, on a suicide watch. No longer did he want to go to University to continue his education, nor did he want to live.

This young man is a relative of one my students. She had tried the effectiveness of TFT for herself, and felt the need to help him. I gave her all the resources that were necessary to alleviate his emotional trauma and pain. Although we could have used Skype, she wanted to be there in person.

When she first saw her nephew, he was very thin, with sunken eyes that looked blank. The grey expression of his face resembled a shadow of someone she once knew. Not having the experience, or any in-depth knowledge of TFT she followed the steps I had given her. His SUD was 10 to start with. She described that within 15 minutes he begun to change: "as if a black and white sketch was being filled in with colour". Within 30 minutes, the young man had a faint smile on his face and the colour has returned to his sunken cheeks. He started to interact with people around him. In the next 30 minutes he was fast asleep. The following morning he woke up angry at everyone and everything. They have used TFT twice again to balance his emotional state. The positive outcome was immediate as it is with most TFT cases. Even when someone has only known TFT very briefly, they can try to help themselves or their loved ones with very positive results. In the few weeks that followed, the young man started to study law at his university. He reclaimed his life.

No one can change what has happened, but regardless who was at fault, life has to go on. With TFT it was possible to achieve immediately. The only other options given to him, were prescriptions drugs offered to him by a doctor. He refused to take any.

The one thing that he was not able to do was to get in a car to drive again. This is where this story will continue. When he's able to come to visit his aunt, he will come to see me, to get back behind the wheel of a car again.

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The death on the roads amounts to staggering numbers worldwide. According to the World Health Organization, 3500 people die on roads every day. What about those injured, and all families and friends left behind? What about the witnesses that have been affected by the trauma of what they saw? None of these people were prepared for these events. Not many will be offered any effective help with their emotional problems, followed from those incidents. Many will have lives put on hold for years due to resulting trauma. How many are out there no one knows for nobody keeps those kinds of statistics.

I don't think enough people know about the power of TFT. I hope I will be adding another step to show many, how easy and effective it is to use, so they will use it for themselves and anyone else that may be in need of help. Whether it is to diminish the effects of a road rage incident, the past trauma of losing a family member or a friend, or the very tragic events of being involved in a fatal collision, TFT should become the tool to achieve those positive outcomes.

Like an emotional aspirin available in every medicine cabinet in every home, always there whenever you need it.

Monika D'Agate

www.1stLondonDrivingAcademy.com
London, UK

TFT Press Release

Janelle & Friends Benefit for The Child HELP Partnership of St. John's University

Tuesday, March 19, 2013 - 7:00 PM
The Metropolitan Room
34 West 22nd Street (Between 5 & 6 Avenues),
New York City

http://metropolitanroom.com/show_right.cfm?id=87667&cart

Janelle, a TFT-DX practitioner, is also a professional jazz singer in New York City. (www.JanelleWithU.com)

She will celebrate her 45th birthday by performing American Songbook standards in a variety of styles such as swing, bop & cool, in addition to a few bossa nova, ballad & blues numbers.

Her friends joining her are jazz veterans. For more information on each, simply google their respective names & instruments: Bernard Purdie on drums; Mike Weatherly on bass; Keith Ingham on piano; Marc Daine on guitar; Warren Chiasson on vibraphone; Ray Blue on tenor sax.

Janelle is dedicated to doing what she can within her sphere of influence to help relieve suffering in the world by empowering people with knowledge & skills to improve their quality of life. This is why Janelle is also dedicated to serving as a link between the TFT community & New York City & its surrounding areas by cultivating symbiotic, synergistic friendships with key individuals & organizations providing mental health / psycho-social services to clients at hospitals, hospices, shelters, schools, non-profit / faith-based organizations. She also offers workplace wellness programs, which are based on her academic background & career experience (BA in business management, master degree in public health promotion & education).

The Child HELP Partnership provides mental health services to underserved children & their families who have been traumatized by neglect, abuse, witnessing or experiencing crime, & natural disasters (i.e., Super Storm Sandy). The founder & director, Elissa Brown, PhD, is a child psychologist who is committed to educating families & child caretakers to help prevent unintentional injuries to children by running community-based classes, programs & services. These classes also help prevent child sex abuse by educating parents & caretakers how predators cultivate relationships to emotionally trap their targets. She & her team also provide cognitive psychology-based clinical therapy.

All proceeds from raffle ticket sales & a silent auction will go to The Child HELP Partnership for a tax-deductible donation receipt.

Ticket are \$30.

http://metropolitanroom.com/show_right.cfm?id=87667&cart



Three Magical steps when starting with TFT

by Ngub NDING, Paris, France

For the first time, a TFT Boot Camp took place in Paris France, last February 23rd and 24th. It has been a unique opportunity to confirm a previous observation about what happens in someone's mind when first exposed to TFT.

The first noticeable moment is when one decides to give TFT a chance, to actually try this curious, quite "childish looking" to be honest, technique. It might not seem like much from an experimented practitioner or long time patient point of view. It might seem a quite distant moment in time now... It might even be not that much of a special moment for those who were already into that "kind of practice", therapy, concepts and such. It still is a very significant moment in time as it marks the first real opportunity, the first real contact with TFT's efficiency. Being out of curiosity, having an honest open mind or being in such a bad state that it doesn't really matter anymore, we are ready to try anything...



Ngub NDING, Paris, France

This first step is usually quickly followed by the second one. This truly amazing moment when, for the first time, someone has to acknowledge, after feeling really bad, that her/his Subjective Unit of Distress (SUD) is now at 0... It is so unbelievable; some people will literally not believe it! What we know in TFT as the Apex phenomena could actually be the very manifestation of someone's belief, imagination, general "mind ability to expand" limitations. We might all have our own "mind boundaries" when it comes to what we are able to consider REAL. One could consider it a major parameter of our ability to adapt, improvise and overcome, facing whatever life has in stock for us... Fortunately, it can expand, tremendously. TFT could very well be one of the most powerful, Rational, ways to make this "little" miracle happen.

These recurring moments of observing on ourselves and (sometimes it is even more powerful) on others the simple efficacy of TFT starts a virtuous cycle of belief, confidence and actual progressive Peace of Mind. Not that nothing

bothers us anymore but, from now on, thanks to TFT, "we might very well have the answer, a workable, efficient solution to most if not anything that might "try" to get us unbalanced..." As it happens, a new level of the "magic cycle" starts here. The real belief, the confidence, the realization that nothing is ever going to be an insurmountable obstacle to our peace of mind anymore! In some cases it might take time maybe, but in the end we know for sure that we will be happy, healthy, at peace... Again.

It might very well be one of the great virtues of practice, practice and practice... Or should we say: Good Practice, Good Practice, Good Practice...

It goes without saying that we are looking forward to the next TFT Boot Camp in Paris, April 27th and 28th, as it will be a new opportunity to watch the attendees and relive with them these magical first moments with TFT.

Khufu's Tomb

by Dr. Howard Robson, UK

It was the usual warm sunny morning in Cairo early this year. Because of civil unrest, we had been changed to a hotel several miles north of the city centre. As compensation, however, it was situated on the banks of the Nile, and the pyramids of Giza were just visible through the haze.

Our group of six physicians had arrived at our hotel around 2.30am, and we were looking forward to a day of sightseeing before we began our duties. Our reason for spending a week in Egypt, was to supervise, and participate in, diploma examinations for junior doctors, on behalf of the British Medical Royal Colleges, together with senior local examiners who would be meeting later in the afternoon.

Our time was limited, but as some of our group had not visited the pyramids before, this was an obvious choice for the team.

As none of us knew everybody else in the group, the morning provided an opportunity to introduce ourselves informally. Some were interested that a physician and cardiologist, retired from full-time practice, should have an interest in complementary medicine and psychology, and I briefly explained TFT.

Although I had visited Giza one year previously, with a similar group, I had not explored inside the Great pyramid of Khufu. Several of us took the opportunity to do so this time.

The entrance was part way up the pyramid, having been made by robbers long ago. The initial tunnel within the pyramid had been created by the robbers and was used by subsequent visitors, and was mainly less than five feet high, and barely able to let those pass from the opposite direction. After some distance, there was a long ascending gallery, narrow, but high, with smooth inwardly sloping walls. This led into Khufu's burial chamber. The gallery incline was at 45°, and it was difficult to identify the entrance to the actual chamber at the top of the gallery, it seemed so far away.

Despite security concerns in Egypt, there was a steady stream of visitors in the pyramid, climbing up to the chamber, and coming back.

As we reached where the ascending gallery began, a lady and her husband were squeezed against the wall. She was hiding her face, and there were tears in her eyes. She could go no further she said, obviously due to claustrophobia due to the enclosed conditions. In the cramped situation, I treated her as best I could with TFT for anxiety, hoping that at least she would be able to make her way out. My colleague was intrigued by my attempts. Her husband was very caring and felt that she would eventually be able to make her way to the exit.

Together with my colleagues, I made my way up to the spacious burial chamber itself, which over many years had been stripped of its contents, apart from Khufu's sarcophagus. I was looking round the chamber, having been there for only a few minutes, when I saw a familiar figure – it was the lady who had suffered the panic attack also looking around the chamber appearing relaxed, and chatting to her husband.

My colleague was left to struggle with his prejudices - how could something so simple as TFT be so effective? We left the pyramid and continued our short tour, before returning to more conventional medicine.

Storytelling in Rwanda

by Suzanne Connolly, Sedona, AZ

Ever have the experience of thinking something would turn out really well and it turned out even better than you could have possibly imagined?

Well, that's what happened to me when I accompanied the TFT Foundation's small documentary crew to Rwanda this January. Emmy award winning documentarian Robert Stone and I arrived in Rwanda on the evening of January 8th and were met at the airport by a group of Rwandan friends and taken to the Kigali Guest house where we met up with Bob's assistant for this documentary, Diana Gross. She had arrived a day earlier from South-East Asia.

Diana is a traveling teacher and documentarian who is currently doing a media - storytelling project in Cambodia. Along with our interpreter, Prosper Ishimwe, we fast became a team and the four of us

worked seamlessly throughout ten days together; myself making introductions to old friends, Diana interviewing volunteers who wanted to tell their story, Prosper interpreting the stories into English, and Bob filming.

It had long been a burning question at our TFT Foundation board meetings. How to keep the good work that we've begun in Rwanda going? How to help the Rwandans reach their goal of spreading TFT throughout all the Provinces of Rwanda and throughout Africa and beyond?

Funds are always limited and the needs are so great. Several members began suggesting that we make a documentary film for the world to see. At minimum, it would give the rest of the world a picture of how Rwandans are leading the world in the area of peace-making and forgiveness. Even more, the film might raise, not only awareness, but also it could



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potentially bring in contributions to keep the work going in places like Rwanda, Uganda and beyond. The TFT Foundation made a decision to take on the film-making project, and before long, the Foundation received several donations from foundations and donors who specifically want to support the idea of a documentary.

Bob Stone and Diana Gross were so emotionally supportive and excited about this documentary that they worked for a dramatically reduced fee and completely waived their daily per diem wages, to help us get this project off the ground. Within a year, we plan to have a documentary that can be shown at film festivals worldwide and on public television.

We had a tight schedule and only ten days to complete the filming. At 8am, the day after arriving, we were on our way to meet new TFT trained

community leaders who were using TFT to help others in their respective communities. These community leaders had been trained in TFT by Celestin Mitabu, who was assisted by Darling Clementine. Earlier last year I had heard about how well the training had gone.

When we arrived at the Stella Bar, our new Kigali meeting place, imagine my surprise when I saw a large lounge room filled with familiar faces. The community leader TFT-practitioners sitting in that room had been selected from the participants of the 2008 research and they had been so happy with their own experience with TFT that they were eager to learn how to share TFT with others.

These former study participants told life-changing stories of their before and after TFT experiences. Bob and Diana were able to get some of the stories on film and do follow-up visits to their homes. The

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on film and do follow-up visits to their homes. The stories almost always began with some version of: "I thought this was crazy! How could tapping help MY problems?" And the stories almost always ended with something like: "The first time in my life I've been really happy is after doing TFT."

One woman talked about forgiving her neighbor who killed her family. The neighbor now walks her home from work at night to make sure she gets home safely. We have so much to learn from these Rwandans!

The next day we enjoyed a celebration in the village of Father Augustin. Father Augustin was ordained last August and, following the local custom; he was fulfilling his obligation to say a Mass at the home of his parents within a year of the ordination. I was asked to say something when the speeches were being delivered, but due to having arrived with a case of laryngitis, I deferred to Bob who gave a heartfelt, sometimes teary, speech of appreciation.

We were all honored that the celebration was scheduled to take place while we were there. There was singing, drinking banana beer and other ales, orange and citron Fanta, dancing and then a long ride to Byumba where we would be staying for the next few days; a surprise introduction, for Bob and Diana, to life in Rwanda.

The following days included visiting and filming government officials, who were now using TFT at their government centers and a Saturday "Community Day", an opportunity for Bob and Diana to film people being treated by the Rwandan therapists at the Izere center, the home of the Rwanda ATFT Foundation.

Bob and Diana were also there to film some of a TFT training being given by Celestin Mitabu to another group of 36 community leaders. This group included twelve therapists who work with the Rwandan

Government Deployment Mobilization Agency, a hospital for former soldiers who were wounded in the 1994 genocide. It also included five nuns who worked with severely mentally handicapped children and a nun who began a center for abused women, Sister Donatille Mukasekuru, a Clinical Psychologist, who was attending the training because she had clients who were requesting TFT! There were many questions about alternative tapping points as so many worked with clients who had lost limbs or were challenged in other ways.

There were so many stories and if anyone would like a copy of a longer journal I have written, please email me: smc@suzanneconnolly.com.

We are still in need of donations to complete this vital project. Please show your support with a \$5.00 or more donation. It all adds up and awareness raised by this film, will touch people's lives in ways that we may never know.

You can see the heartwarming video clip of Prosper's summary statement at <http://youtu.be/-GiMZb81PMU> and donate at www.TFTFoundation.org



TFT in Uganda 2012

by Phyll Robson TFT-Adv, TFTFoundation (UK)

In June 2012 I made my second visit to Kasese District in Western Uganda as a member of a TFT International team. The visit took many hours of meticulous planning and preparation to ensure that the research study we planned to undertake replicated the two previous PTSD studies carried out in Rwanda by the TFT Foundation, and would be scientifically credible.

I was keen to work with Fr. Peter to plan the training schedule and research study day to day workload. I had worked with Fr Peter on my previous trip to Uganda in 2009 when we developed a very intuitive working relationship that helped us to make good progress on a very demanding schedule. On our recent visit the team was privileged to have his support every day we were in Uganda.

Months prior to our arrival Fr. Peter arranged a timetable with us so that venues for training and the study, catering for everybody including study participants, and accommodation for ourselves, could be in place. He assembled a team of catechists to identify 40 people who were willing to undertake the PTSD training and be able to sacrifice the considerable amount of time required to undertake the assessment and treatment of the 256 PTSD study participants, over a period of three weeks. They also had to identify the 256 suitable volunteers prior to our arrival. It was imperative that we had interpreters available at all times to enable us to treat anyone who requested our help, and to prevent any untoward problems. We are indebted to them and their families for the sacrifices they made to enable us to complete our research.

Most of the study participants had to travel long distances on foot, twice or thrice during the study, depending on the group they were randomly assigned to. We provided funding to enable them to have a meal and fluids on the day that they came. Many of the mothers came carrying their babies on their backs, when attending the study. One gentleman attended in his wheelchair, propelling it over very rough and dusty roads to keep his appointment.

Poverty is a national problem in Uganda and has contributed to the peoples' lack of access to

basic necessities. Agriculture is the backbone of rural communities, but famine has caused great challenges in the country including many deaths from malnutrition, and widespread ill health. Many of the people we treated were suffering from stress, exhaustion, insomnia, aches, pains, fear, domestic violence and nightmares. TFT transformed their lives very quickly, with many reporting that they had experienced the best nights sleep in years.

The trained catechists also continued to practice TFT in their communities, to spread the benefit of therapy and train others to use this therapy on their relatives and friends.

Dr. Howard Robson, PTSD study lead researcher, and I will be presenting the results of the 2012 study at the ACEP Conference at the end of May.

We have been invited back to Uganda to undertake a follow-up study, and to help to establish a TFT Centre in Uganda.

There is nothing like the excitement, relief and sheer joy on the faces of those who experience the benefits of TFT. Making those special moments possible is our passion. We are all aware of the need to conduct more research, particularly large studies. We have done just that. Please help us continue our research to enable TFT to be the accepted treatment of choice. Please make a donation to enable us to continue our research. It will benefit TFT practitioners and clients across the world.

I know that I speak for Howard (UK), Roger (USA), Bitta and Mats (Norway), when I tell you how much we all enjoyed working with Fr. Peter's team and sharing their irrepressible enthusiasm to learn and practice TFT. Through their dedication and commitment TFT has spread into the villages where they live and beyond.



Somali Refugee Trauma Relief in the US

by Donna M. Gates, Ph.D.

Nadifa* was young when Somali extremists over-took her family farm, raping and murdering her mother in front of her. Some time later, her father was kidnapped, released after several hours, only to be re-apprehended and murdered by the assailants. Today as an adult, she struggles with flashbacks, nightmares, and a sense of fear when she leaves her house.

Aziza was about 30 years old when extremists came to her family farm. Her father was forced to sodomize his mother, and she was then killed in front of the family. Aziza was then witness to the assassinations of her adolescent son and her father. Leaving the bodies lay, the family fled to a very violent Somali refugee camp on the border of Kenya and the Sudan where clean water and waste systems were lacking, food and basic necessities were scarce, physical and sexual attacks were rampant, and security was almost non-existent. Today, a refugee in the United States, she struggles with depression and on-going post-traumatic stress.

Taban was an adolescent when his mother was raped and killed in front of him by Somali extremists. He became separated from his father and brothers when they fled in different directions. They have yet to be reunited. After working in the United States for several years, he started experiencing flashbacks and suffered an emotional break that has rendered him unable to sustain a job and provide for his family. He fears deportation.

These are just three brief stories among the tens of thousands of traumas experienced by Somali citizens during the Civil War that began in 1991 with the overthrow of Siad Barre. Armed conflict raged between the Ethiopian and Somali Transitional Federal Government forces and Somali troops versus the Islamic Court Union and other affiliated militias. One refugee explained, "First they went to the cities. They then went to the villages. And then they

came to our farms." Conditions in Somalia since the onset of the war have resulted in what has been considered one of the worse humanitarian crises in the world (refugeesinternational.org).

As of October 2012, there were an estimated 1.3 million Somalis relocated internationally and over a million living in Kenya, Ethiopia, and Yemen (refugeesinternational.org). The United Nations has helped to place many refugees in the United States, and an estimated 10,000 Somalis have settled in Lewiston, Auburn, and Portland Maine. Many positive changes have been reported since Somalis settled in Maine, including a lower crime rate, increased per capita income, and increased business activity (Newsweek magazine, Jan 2009). The Lewiston Sun Journal reported that Somali entrepreneurs have opened dozens of shops in previously closed storefronts (August 2010). In June 2011, the newspaper reported a growing number of immigrants earning high school diplomas and attending community college.

Nonetheless, many Somali refugees continue to experience debilitating post traumatic stress symptoms from the horrors they experienced in the Somali war. Fortunately, Thought Field Therapy has been found to be extremely effective in alleviating post traumatic stress disorder as well as associated anxiety, depression, hyper-arousal, social withdrawal, and other debilitating symptoms.

Suzanne Connolly, Joanne Callahan and I are pleased to announce The Somali Refugee Trauma Relief Program. With the support of the TFT Foundation's Trauma Relief Committee, we plan to implement a large-scale treatment program by replicating the programs conducted in Rwanda and Uganda. Trainers will teach basic TFT skills to local community leaders, who will then be responsible for administration of treatment. We hope to reach as many as possible of the 10,000 Somali refugees who want trauma intervention services with the intention of relieving distress and improving the quality of life.

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We plan to begin this program in the fall and need your help. If you wish to help support this desperately needed treatment program, with services such as travel and housing for our team, administrative supplies or services, volunteer hours, and much needed funds, please email Suzanne Connolly at smc@suzanneconnolly.com or myself at donnagatesphd@aol.com.

Or, you can donate funds directly at www.TFTFoundation.org.

This model of large-scale trauma relief allows us to provide help for 1,000's with a limited budget and a small relief team, as we have done in Rwanda and Uganda, thus maximizing the benefit every dollar donated. This model also provides them with the tools to help themselves.

We look forward to helping to heal Somali trauma sufferers living in the United States through this proven program.

(*Names and some details have been changed)

Donna Gates, Ph.D., TFT-Adv., is a psychologist in Maine who can be contacted at donnagatesphd@aol.com

Fundraising Book Corner:



TFT Foundation board member Dr, Robert Bray has offered to donate 100% of the proceeds from the sale of his latest book *"No Open Wounds – Heal Traumatic Stress NOW - Complete Recovery with Thought Field Therapy"* to the foundation.

Unlock the grip of emotional stress, pain and fear simply, safely and instantly. Thought Field Therapy® helps you to make choices that allow you to live on purpose and fully connected to health, love and joy.

Shirlymac says:

This book was a true gift for people suffering with emotional Trauma. I loved the way it helped me take back my life!!! Thanks from my whole family.

Dr. Jenny Edwards wrote:

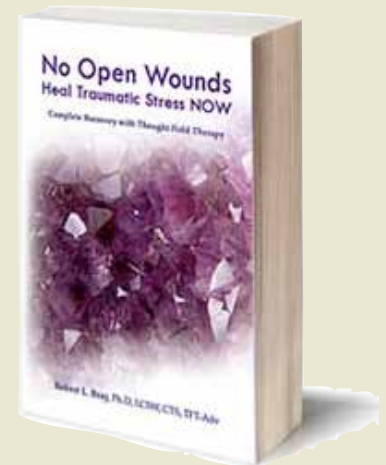
All I can say is, "WOW!" You have provided a book from which both the general public can benefit, as well as practitioners who are using Thought Field Therapy! The book includes strategies that people who have been suffering from traumas can use improve their quality of life.

And Caroline E. Sakai, PhD, Clinical Psychologist says:

Dr. Robert Bray orchestrates his compelling case histories with theoretical and practical information to create a step-by-step guideline for the treatment of trauma. He elaborates on his NOW model utilizing Thought Field Therapy and illustrates it well with deep personal, crisis, and trauma work experiences.

Click here to order your copy of No Open Wounds, and have 100% of the revenue go to support trauma relief.

Also, please visit the tftfoundation.org website watch the video, share it with everyone you know and help us begin to create PEACE amidst a chaotic and traumatized world.



Esophageal Spasms Relieved with Thought Field Therapy® “Chapter 2” 20 Months Later

by Lois Sugarman, RN, PhD, FT(Ret.), TFT-Adv

I have suffered from GERD (Gastro-Esophageal Reflux Disease) since 1977. I also have developed Barrett's Esophagus, a pre-cancerous condition caused by acidic assault on the tissues of the esophagus. I am under the care of a gastroenterologist and monitored for my Barrett's Esophagus. Having exhausted medical options for treatment, other than yet more medication, in November of 2010 I set up a Thought Field Therapy® (TFT) protocol for myself. By mid-May 2011 I had accomplished a reduction of 75% in esophageal spasm activity. Since that time I have continued to treat my esophageal spasms with TFT.

Change in predominant feature of GERD

In the early years the predominant feature was acid reflux, spasms as the predominant feature came many years later. However, an initial spasmodic episode in 1977 was the very first manifestation of any problem whatsoever. This event was perceived by me and the emergency medical personnel as a cardiac event. In the emergency room I was told it was not. I have since learned the term for the spasm I experienced at that time is “nut cracker spasm”. By November 2010 I was suffering almost constantly with esophageal spasm activity that is almost nightly. Acid reflux was very rare and remains so. At this point in time it is essentially out of the picture.

Characteristics of esophageal spasms

Characteristics of the esophageal spasms remain intriguing. My esophageal spasms, with very

minimal exception over the years, always occur at night, sleeping position seeming to make no difference. Sleeping on wedges has not been helpful. Some spasms begin with minimal discomfort and escalate while other times they are severe from the onset. They may come close together or, as an example, an hour, or hours, apart. Sometimes I feel as if one might be “lurking”. I have been restless enough nights to wonder if some might be subclinical in nature but never actually manifest. As I reported previously, I can sometimes cause a spasm to cease by rapidly drinking a full glass of water. More effective is getting on my feet and drinking a hot liquid. However, getting on my feet is much more important than the hot liquid which I believe has the lesser role to play.

Patterns of esophageal spasms

I have watched for patterns; there appear to be no real ones. Within the interval of time from May 2012 until now there have been approximately three episodes of spasm activity during waking hours, including one where I was enjoying a symphony concert! This one was sudden and extremely painful.

As noted, most of my spasm activity occurs during the night. Actually, it more generally occurs during the hours toward morning, between 2AM and 5AM



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or perhaps even 7AM.

Role of stress

I am becoming more and more convinced that the role of stress, for me, is a greater culprit than IETs. Checking this possibility with TFT VT usually indicates stress as the instrumental issue rather than something else. I also use VT to check the necessity of a new treatment sequence for the spasms. In addition, I verify the results of VT by checking treatment points as to whether or not these points indicate the presence of perturbations. Data recorded from May 1, 2011 through December 31, 2012 for a total of 600 days indicate 50% "good" nights (no activity) and 50% "bad" nights (anywhere from one spasm to as many as six to ten). As an example, the months of April, May and June of 2012 were particularly difficult for me although one would not conclude this by the numbers for each of these months. These particular months were very, very stressful for me, all issues I diligently treated with TFT. In more recent months I have needed to respond to my younger sister who is coping with triple negative breast cancer, ovarian cancer last year.

Oddly, the month of September 2011 revealed only two nights of single spasm activity. Since December 1, 2011 through December 31, 2012 nights with spasm activity total 69%, 31% without spasm activity. Also interesting is as of January 19, 2013 there has been no spasm activity for the previous 37 nights with the exception of two mild episodes of one spasm each.

Reduction in role of IETs

What I experienced in the earlier recorded segment (November 2010 - May 2011) was the important role of IETs (Individual Energy Toxins). Over time

IETs have played a greatly reduced role. I am intrigued by this development. The only way I can account for this phenomenon is that, since my earliest involvement with TFT in the late nineties, much cumulative tapping over time has caused my immune system to become stronger.

A puzzle

I would like to find answers to a number of questions, some being these. Why does almost all spasm activity occur at night? Why does most spasm activity occurring during the night take place in the hours closer to morning? Why is it possible to sometimes halt spasm activity mechanically, that is by drinking water? What does the sensation of a spasm "lurking" mean? Is this subclinical activity as might be the restless nights followed in the very early morning hours by overt spasm activity? Why does it appear that stress has predominantly become a more important player than Individual Energy Toxins? Why long periods of time with no activity, or at least relatively little activity? What is the etiology of esophageal spasms? It seems as if no one knows; most of any conversation focuses on acid reflux, not spasms.

Future plans

I will continue as I have been doing. What transpires in the way of spasm activity currently and in the near future will be of particular interest. There will be further opportunity to examine the relationship between spasm activity and stress, additional stress. Only yesterday I learned my brother has melanoma. He is my sister's twin.

Once again, I have yet another reason to be grateful to Dr. Roger Callahan and to TFT!

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In this new 1-day workshop, we'll work personally with you and others who want to master the tapping algorithms (sequences) to relieve virtually any condition.

Join Us At The All-New TFT Tapping Workshop

All profits will go towards the UK Foundation trauma relief missions.

**Friday May 3, 2013 in Birmingham, UK
A Live Event for Those Wanting
To Master TFT In Their Daily Life!**

100% of Profit Supports UK TFT Foundation's Trauma Relief Missions.

Only £149

Click here for registration details!

TFT Foundation Publication Guidelines

We welcome article submissions:

Please submit articles via e-mail to:

info@TFTFoundation.org

1. The Publication is created, edited, proofed and produced by TFT Foundation volunteers who receive no payment for their work.
2. Schedule of Publication: January 15; April 15; July 15; October 15. All submissions must reach the editor at least 2 weeks prior to publication. Since the Publication will be an on-going, electronic one, we may accept some submissions for interim use, updating an issue already available on the web.
3. Purpose: The TFT Foundation Publication is designed to inform the public about the use of TFT to help people around the world. For example, such information can be of a humanitarian nature, professional service to others, on-going TFT research, help for animals, and work of TFT Foundations.

4. The TFT Foundation Publication will be in the form of an E-Zine and will be available on the WEB. Therefore, people from all walks of life can have access to information about TFT, the TFT Foundations, and the work of practitioners. Practitioners can use the E-Zine in their private or agency practices and disseminate the WEB address to their clients and other interested parties. Viewers have the option of downloading this E-Zine.
5. Submissions for publication should be written in Microsoft Word. Rich Text (RTF) format is acceptable when Microsoft Word is not an option. Copy should be double spaced with the name and credentials of the author at the top along with the Title. Submissions should be spell-checked before submission.
6. Do not include or embed any clipart with the article. It will be returned to you for removal of clip art.
7. No copyrighted material will be accepted.
8. If a submission is written in a language other than English, an English translation must be included so that both will be published together.
9. Podcasts and video links may be submitted. The decision to use such material will be up to the editor and/or TFT

Foundation Board.

11. Photos must be digital and meet the specifications of the E-Zine Layout volunteers. Jpeg format is acceptable.
12. TFT Practitioners are encouraged to advertise in the E-Zine. Advertising guidelines and costs may be obtained from Joanne Callahan, TFT Foundation President.
13. Books, Journal Articles, and other mentions will be published. We do not do book reviews.
14. On occasion, copy may be returned to an author for suggested changes or rewriting. In most cases, material will be either accepted or rejected based on the original submission. Edited material will not be provided to an author for final approval.
15. Stock photos will be used to dramatize or enhance an article but no photos of clients or information pertaining to a client by name will be published without their expressed and signed release on an official TFT Foundation Release Form. Every effort shall be made to protect the privacy of an author's client.