

TAPPING For HUMANITY

Winter, 2016

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

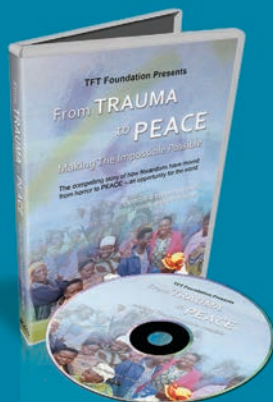
INSIDE:

Creating Peace One Heart at a Time

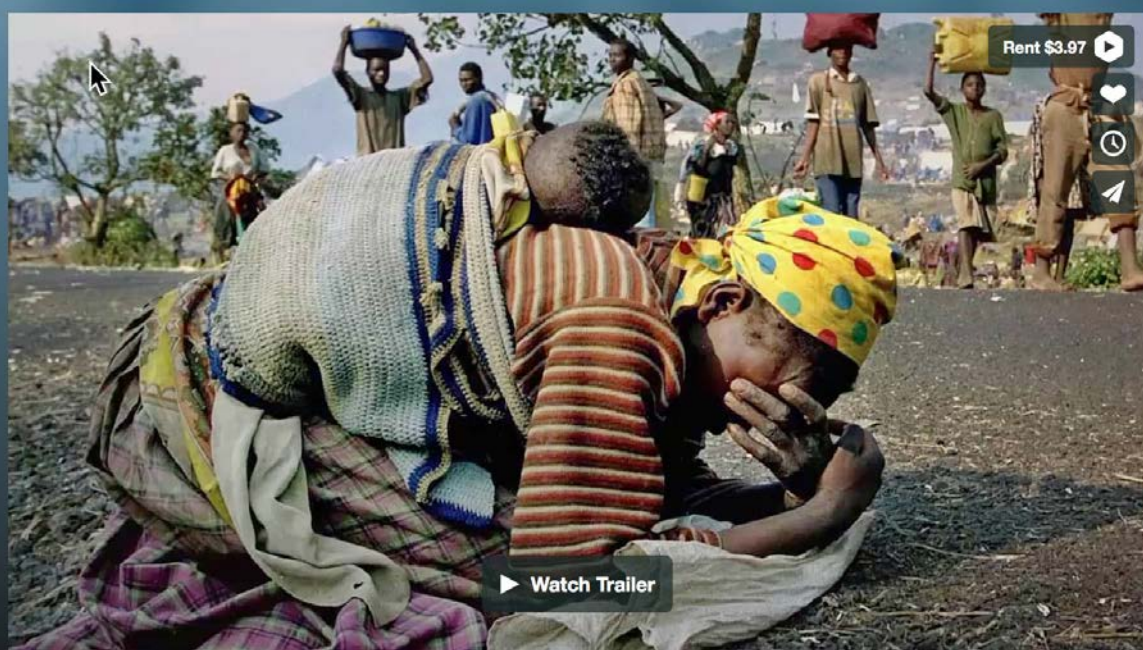
Group Tapping Teleconferences for
Community Relief and Restoring
Inner Peace

Genocide Commemoration
Ceremony in Bisesero, Rwanda

Rwanda IZERE Centre in Byumba
Quarterly Community Day
treatment clinics for the many
suffering from trauma



From Trauma to Peace
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From TRAUMA To PEACE: Making The Impossible Possible (2015)

from TFT Foundation PRO on December 13, 2015

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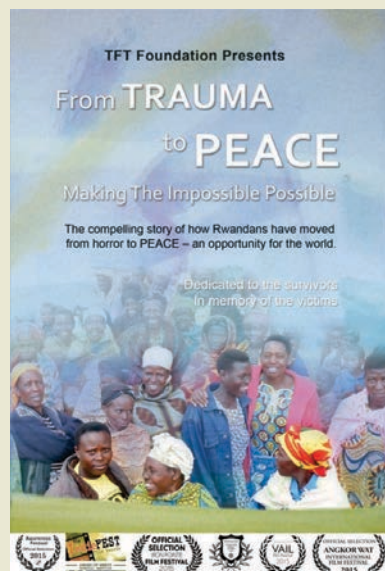
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Can we transform TRAUMA and its
debilitating states of anger, violence
and hatred, into PEACE - compassion,
forgiveness, hope and love?

WE CAN, and it's happening around the world. We
can create peace through a proven model for large
scale trauma relief, individuals responding in their
local communities, and sharing the healing tool of
TFT - and it's available to all.

**Check out our New Documentary - Rental and
Purchase proceeds go to the TFT Foundation.**

<https://vimeo.com/ondemand/fromtraumatopeace2015>



Tapping For Humanity is Published Quarterly
by the TFT Foundation.

Creating Peace One Heart at a Time

This year is nearly at an end and as I sit and reflect on this last year, I feel so blessed to be a part of this loving, healing community of TFT friends and practitioners. Each year we expand our organizational reach and our ability to share healing with increased numbers. This year I am also seeing many more individuals stepping up and reaching out in new and innovative ways to help their neighbors and communities.

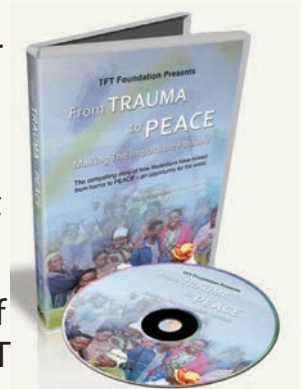


As world-wide disasters have taken a toll on our communities, the TFT Foundation and TFT practitioners have stepped up and begun offering help where needed. The use of our TFT Trauma Relief blog continues to grow. We have just added the videos in French in response to the need in France www.TFTTraumaRelief.com. UK TFT Foundation board member and lead TFT trainer in Paris, Ngub Nding, has stepped up and offered tapping conference calls for all who need it. Read more about that in this issue.

San Bernardino, CA's shootings were met with offers of free assistance from our Redlands TFT Trainer, Jacqueline Smillie, and her colleagues at Redlands Community Hospital. They will also be continuing this free help service.

Board Secretary/Treasurer, Mary Cowley, has begun a Group Tapping for World Peace corner in our Tapping for Humanity.

Board members Suzanne Connolly and Jenny Edwards have been working hard on grant proposals to provide TFT research and treatment for our veterans and another one for TFT with school children.



The TFT Foundation has launched the new revised and edited version of *From Trauma to Peace* and it is now available on Vimeo. UK and USA TFT Foundation board member, Oob Nding, has edited the new trailer and created our foundation Vimeo page. **See the new trailer:** The NEW edited version of "*From Trauma to Peace*" is AVAILABLE TO ALL on Vimeo. [Click here to view the new trailer.](#)

The TFT Foundation now has a proven three-fold plan for humanitarian work providing rapid response in times of need:

1. Increase awareness through the documentary "*From Trauma to Peace*"
2. Provide the same tapping protocols used in trauma relief missions to all who desire it
3. Begin localized Tapping Initiatives after a disaster to quickly restore inner peace

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Dr. Howard and Phyll Robson recently represented TFT at a UK PTSD conference and have continued networking with these professionals. They are now working with me on a PTSD Healing Retreat in the UK this spring, organized with the UK TFT Foundation. It will benefit the continued PTSD work of the foundation.

With much hard work and dedication, Fr. Augustin has led the IZERE Center in expanding their reach in northern Rwanda. They continue to increase the numbers they help during the quarterly TFT Community days. We wish to thank the Ruth Lane Foundation for their ongoing support of these healing days.

The IZERE Center currently has one full-time psychologist and one part-time social worker that provide TFT to all who come for help. We thank Dr. Bruce Paton and family and PepsiCo for their help in supporting these hard working professionals. There is much need for an additional part-time therapist and we would welcome your help in providing this for 2016. We can support another part-time therapist for only \$400 per month or \$1200 for a quarter. This would substantially increase the number of people they can treat each week at the IZERE Center.

TFT Kigali has increased their presence and help during the national mourning period, assisting the Red Cross with the many suffering and providing TFT tapping on national radio. Celestin Mitabu has also continued to share the healing power of TFT with neighboring African nations. He has spent his annual holiday last summer and now the Christmas season in places like the Congo and Burundi and is now in Sudan, training and treating those in need.

There are so many suffering in this region and we, as Americans, can't even go there due to unsafe conditions. Without Celestin's dedication they would not have the opportunity or access to this powerful healing tool. We thank Celestin for his service to humanity. We thank those of you who have contributed to support his out reach. He has further trainings planned 2016 to these other African nations. He is working hard to give them the gift of healing for their countries. Please help us support his work on behalf of TFT Kigali and the TFT Foundation.

As you can see, much is going on to support our trauma relief efforts and allow us to respond rapidly when the need arises, anywhere in the world. Our board members are all hard working, dedicated professionals and give much of their time and resources. As you read this issue, if you see a niche or area that you too could assist in our mission, please contact me, joanne@tftfoundation.org.

Group Tapping Teleconferences for Community Relief and Restoring Inner Peace

On Friday November 13th terrible events happened in Paris that literally traumatized the whole population of France and many others all over the world. As a TFT trainer/practitioner and UK TFT Foundation board member, I've had the privilege to participate in a trauma relief mission in Uganda in January 2014. This experience changed me on many levels. One of the realizations I made at the time was that all the good that TFT can bring to a community half the way around the world might also be needed right at my door step. So when the Paris events occurred it was obvious that TFT could be a great asset for the community in order to support as many people as possible, as quickly as possible and as often as possible.

With a group of French-speaking TFT-Adv practitioners, equipped with our know-how in TFT and our experience in guided meditation, we committed to give our best to help anybody we could reach that would be willing to participate.

We opted for teleconference calls to offer free group tapping and short meditation with a two-step goal. One was trauma relief for as many people as possible and the second was to guide committed volunteers into leveraging what is known as the meditation effect, aka the Maharishi effect. It basically refers to the fact that people meditating have a tangible measurable effect on the well-being of their entire community. Many experiences, largely documented, have established this fact beyond any shadow of a doubt. The impact on the lowering of criminal activities, acts of terrorism, accidents, etc. is indeed compelling.

Using a free teleconference call system made it very easy to schedule sessions twice a week to begin with and weekly later on. Using each practitioner's personal network, we sent emails and used Social Media to let people know about the initiative, which led to up to 100 participants at a time on a call.

Technically, TFT is a great tool to help several people at a time. When a group of people come together physically or focus together on the same topic, their Thought Fields tend to unite to form a common Thought Field that can be, for all intents and purposes, looked at and treated as an individual (or collective) Thought Field.

Having a group of people at the same time on the phone and asking them to focus on the same topic would create the previously described condition. TFT Voice Technology (VT) can then be applied to the collective Thought Field with minor adaptations. The Subjective Unit of Distress (SUD) was indeed tested for the entire group and monitored accordingly.

The sessions were facilitated by a group of TFT-Adv practitioners, each of which had specific roles to fulfill regarding the group of callers. One would lead the session and determine the tapping sequences. One would systematically check for and surrogate-correct any encountered



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reversals. One would check for the need for Collarbone Breathing and surrogate-treat as necessary. One would monitor the level of consciousness. One would monitor the level of presence. One would check all of the above for the group of practitioners. One aspect of this initiative was the fact that it was bilingual, led in French and simultaneously translated into English. One of the TFT-Adv practitioners was solely dedicated to the translation.

The session leader would first ask all of the callers to focus on the event and apply the VT protocol to bring back as much balance as possible. This portion could be done multiple times until the group is ready for the next phase. That would also be determined using resonance testing. The next phase would then consist of selecting specific emotions or values that the session leader would ask the group to focus on in order to determine a new SUD. During the first sessions, anger, guilt and sadness were most prevalent.

Over time the focus evolved towards freedom, steadfast positive mindset and inspired action. Having the callers focus on specific emotions helps make the collective field even more congruent and by so doing is a tremendous asset in the clearing process.

When a deeper level of balance is attained, the callers would then be guided into the meditation part of the session. The guided meditation mainly consists of having the group focus on and feel in their body the positive attributes that we wish to see more of in our communities, including a greater sense of peace, love, pure life energy, friendship, goodwill, etc. Having them embody these emotions/vibrations and spread them in their environment is a key intention of the procedure. The meditation uses intentional focus, visualisation and breathing techniques to

build-up and manifest the energy.

At the end of each session, callers who would still need further help were invited to speak up and received personal support using VT.

After seven sessions in five weeks, we have had a wide spectrum of comments and feedback, from deep relief and inner peace, to further disturbances that appeared between sessions. Those were addressed by referring the participants to the Trauma Relief blog resources, in particular the Complex Trauma Algorithm and the Collarbone Breathing videos.

Overall, many participants felt the need to let us know how helpful these sessions were for them and how much they would look forward to the upcoming sessions. They became regular participants and continue to express gratitude for the opportunity to be of service to the community.

One key element that seems worth mentioning here is the required level of inner balance in the group of facilitators. TFT is indeed a fantastic balancing tool to be used daily by anyone who would seriously consider helping others at that level. Self-awareness of one's inner balance is in my opinion an absolute requirement.

The more TFT practitioners engage in similar initiatives, the greater impact the TFT community can have globally.

Ngub Nding

UK TFT Foundation Board Member
TFT Trainer & Practitioner

TFT Foundation-Rwanda at the Genocide Commemoration Ceremony-2015 in Bisesero, Rwanda

TFT Kigali Assisting with the Commemoration Activities 2015

These pictures were taken during the commemorating activities at Gitarama. The TFT Kigali team worked together with nurses from the Gitarama Catholic Hospital



Many people come to attend the commemoration ceremonies in large numbers. Some of them are seated where they can be in the shade.



Richard and Ruth, TFT Kigali team members, provided care for many. These are after recovery.

Testimonies:

1. Veronica is the only one in her family who survived the genocide. She could not feel joy at her graduation or her wedding. Unlike her fellow students she had no family to share her joy with.

During our taping she was very emotional and she shared that she had had an unforgivable heart. The TFT team had helped her and she left happy.

2. Muragizi Frank was only 4 years old when the Genocide occurred. His family was wiped out. He told me that as he was growing up he tried to look for somewhere he could get a picture of his father, mother, brothers and sisters but he could not get one. So he doesn't know what his family looks like. He said that he doesn't have a story to share



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with his future family (wife and children) about what his parents, friends and sisters looks like. We treated him and promised him that he could keep meeting our therapist afterwards so he could continue to have peace after the treatment.

3. Gloria Keza was 5 years old when her family members and parents died. She grew up at the orphanage until after she completed her studies and was married. But she is difficult to her husband because she did not have the experience of living in a family and seeing how wives and husbands stay together. Many times she is criticized for not well behaving, simply because she never had the experience where father, mother, and children are staying together. To help her problem, I just used many algorithms and many times she was reversed. Finally she started feeling better and she asked me to write down the algorithms I had prescribed and I also added shame and guilt.

4. Murego Louis is aged 58 with no family, wife or children. He is a former Catechist in a Catholic parish of Nyanza. He lost his wife and 7 children, 4 girls and 3 boys. After the genocide many advised him to get another wife so that he could have other children. It was too much for him, he even left the Church. He doesn't attend any church as he said his wife and children went to take refuge in a church and that was the end of their lives. He doesn't have a loving heart to other people, he just has a judgmental heart against those who killed his family. We helped him he was ok.

Those are some of the complex cases I have worked with and my friends have more.

MAHAMA BURUNDIAN REFUGEE CAMP

We are very strongly committed to reaching out to our neighbors who also need assistance. We helped in Burundi Bujumbura. In fact Burundi is in a difficult condition where they are struggling to elect their president for the third term. Many people have been internally displaced. Rwanda has 60,000 Burundi Refugees in Mahama Refugee camp in the Eastern Rwanda Province. They also have Ruyigi and Mwaro Camps and these two are internally displaced. We wanted to conduct treatment in the three refugee camps so as to help our friends in need. Last time when we trained Burundians, we promised that we would come back and I think this was the right time for them as they were displaced.

We took our TFT Mission to the MAHAMA Burundian Refugee Camp located near the Tanzanian border with Rwanda, about 400 meters from the border. The new camp was established when violence erupted. Six months ago their president was re-elected for a third term and people were contesting him to take that 3rd term. Many were saying that he was a poor performer and trouble maker.



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That was the time when they started killing each other and thousands crossed neighboring countries and the rest were internally displaced. The largest and newly established camp has many challenges, one of them being lack of school materials in the new primary school that was established, lack of moral education where girls and boys are involved in immorality and traditional alcoholic problems. There are small tent houses crowded with family members, lack of shoes and clothing for the children and they have more psychological problems because so many of them dropped out their education. Many of them have lost their businesses as they were all looted.

We trained Teachers because NGOs like ADRA started a school where students will meet in a house made by tents. All the teachers are paid by ADRA NGO which is a Seventh Day Adventist Organization. The fact that we are good partners with the Adventist University made it very easy for us to partner with the ADRA Project to advance TFT teachings. During this training we did meet with a few trained Burundians. They received our trainings when we went to Bujumbura last year for them. It was the second time for them and they were even more committed because of the multiple psychological problems they were facing in this huge refugee camp.

After training with the teachers we had some time to monitor the treatment by the teachers helping children. This would allow the teachers trained to be more familiar with TFT and to apply it after we leave.

Thank you for your contribution that helped us to travel to many places and help many people during this period. We insure you that every single dollar helped to transform Rwandans during this period of Commemoration.

Celestin Mitabu
Kigali TFTfoundation



This is the big tent with the classrooms inside. At the end of the training, the teachers had time to help their students. This young boy is called Olivier. He is in P2 and while running away he did not know where his mother and father are or whether they died or not. These are the reasons why he doesn't concentrate in school and at night he has bad dreams.



Tapping for Humanity

Rwanda IZERE Centre in Byumba held quarterly Community Day treatment clinics for the many suffering from trauma.



IZERE Center December 2015 Community Treatment Day - Waiting Their Turn

The first set of pictures/slides, shares scenes from the June Community Treatment day. As you can see the help of an additional therapist is badly needed. This last set of pictures shows the many that come and wait their turn for the opportunity to be helped with their suffering. Fr. Augustin, head of the IZERE Center and our lead trainer in Byumba sent me the following report of how much TFT has helped their region and how the local authorities and clergy are recognizing it and asking for it to be made available to more.

“Hello dear Joanne!

I would like to let you know that we had an excellent TFT Community treatment day on 22nd of December, 2015.

In the morning we had our meeting and witnessed several testimonies from healed clients and therapists.

In the meeting, with the Bishop, priests, and religious and local authorities, after showing them the power of TFT and what we have done in last 5 years, and the impact of our work, and after hearing the witnesses of the therapists and healed clients, they all appreciated the power of TFT. They saw it as a tool for the changing of society in mind, thought, relationship, and economic development.

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The Bishop, himself has witnessed how using TFT has helped him. He also told to the assembly how TFT is transforming the society. He said that, since the offering of TFT as a Diocesan service began, the problem of many people who come to ask him for support had reduced considerably! They asked us if it is possible that TFT could be used in the whole Diocese because it fulfills a basic need to heal our society!

After the meeting and testimonies, we went to the Izere Center o meet with over 200 clients who were waiting for treatment!

Before offering treatment, we had a time to review with the therapists the algorithms to be used in treatment!

After the treatment which took around 3 hours, it was the good time of sharing the dinner and wishing one another Merry Christmas and Happy New Year.

Warm regards

Fr. Augustin Augustin"



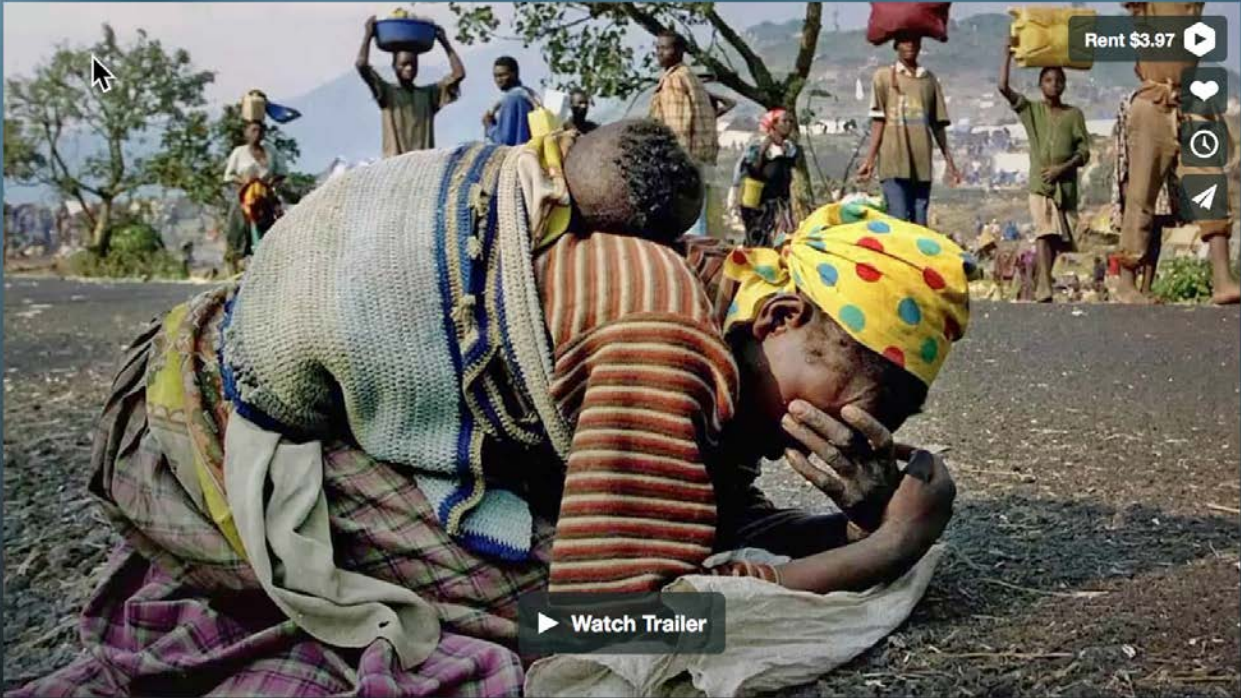
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Can we transform TRAUMA and its debilitating states of anger, violence and hatred, into PEACE - compassion, forgiveness, hope and love?

WE CAN, and it's happening around the world. We can create peace through a proven model for large scale trauma relief, individuals responding in their local communities, and sharing the healing tool of TFT - and it's available to all.

Please share this link with all you know and love.

<https://vimeo.com/ondemand/fromtraumatopeace2015>



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Watch Trailer

From TRAUMA To PEACE: Making The Impossible Possible (2015)

from TFT Foundation PRO on December 13, 2015

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In order for us to continue and expand these many programs around the world, and be ready to respond to those affected by disasters, we need your support. Over 94% of the funds we receive go directly to programs such as these. See the smiling faces of those you are helping around the world.

If you wish to contribute, whether it be in personal time or service, funds, airline miles or the many ways we can reach out to others in times of need, contact me, joanne@TFTFoundation.org or go to our web site: www.TFTFoundation.org and click on DONATE.

GROUP TAP FOR WORLD PEACE

Dear Friends,

As we end the holiday season of peace and enter a new year, the TFT Foundation thought it an ideal time to start the Tapping for Humanity "Group Tap for Peace" corner. In this new section will be a TFT algorithm, or tapping sequence, focused on WORLD PEACE so that we all may participate in an important group effort for peace not only within, but without as well.

It has been known since the beginning of Thought Field Therapy that the technique enables individuals to feel at peace within themselves. What has become evident through the foundation's humanitarian work throughout the world over the past six years is that TFT is also a powerful instrument of peace for whole communities. When one's debilitating and self-perpetuating feelings of guilt, grief, rage and revenge are transformed into life-enhancing feelings of peace, love and joy, the life-changing effects may first be felt within, but then naturally move outwards as our productivity, interactions, and state of being shift.

TFT is as effective as it is because of the deep energetic level on which it works. This energy field permeates life and all mankind. By our focusing on world peace and doing a TFT algorithm diagnosed for this purpose, we can affect the greater whole. Each new "Tapping for Humanity" will contain a newly diagnosed algorithm to keep in tune with consciousness as it evolves. This is a simple yet powerful opportunity for each of us to promote peace for all.

Peace Algorithm, Jan 2016

Tune into "World Peace" and do the following:

Side-of-hand (20x)

index finger*, little finger, middle finger, under eye—9 gamut—index finger, little finger, middle finger, under eye

chin (20x)

under eye, little finger, middle finger, liver spot (bottom rib in line with breast)—9 gamut—under eye, little finger, middle finger, liver spot

outside-of-eye (20x)

index finger, little finger, middle finger, thumb—9 gamut-- index finger, little finger, middle finger, thumb

**Unless designated otherwise with "20x", tap 5-7 times on each spot.*

Here is the code for the above algorithm if you prefer code format:

sh (20x) if tf mf e 9g sq, ch (20x) e tf mf L 9g sq, oe (20x) if tf mf th 9g sq, er

Please let me know if you have any questions or suggestions at marycowley@me.com.

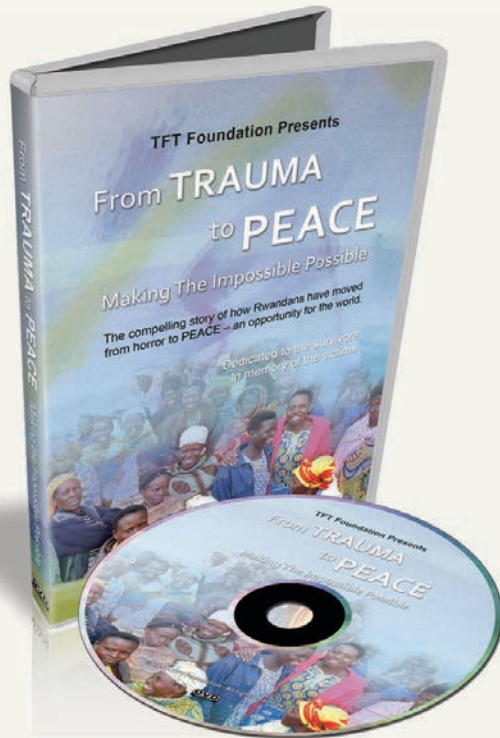
Gratefully,

Mary Cowley, PhD, TFT-VT

Secretary-Treasurer, TFT Foundation



TFT Foundation Documentary



The TFT Foundation's documentary From Trauma to Peace is complete!

Watch and hear story after story told of the horrors suffered by Rwandans and the transformative healing that has taken place in their lives since learning TFT.

The Rwandans have forgiven. And, through the healing power of TFT, they have not only forgiven, they have transformed themselves from survivors to happy, productive and loving people.

The documentary shares the work the TFT Foundation has done in Rwanda since 2006. The research that has been completed, the trainings of TFT leaders, and the humanitarian relief are all compelling. The stories of each life, family and community that can now smile, laugh, love one another and be productive again will melt your hearts as it has ours. It deeply conveys the great need for trauma relief in our world.

> [Click here to purchase - Only \\$24.95 with Free Shipping](#)

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.