

**Mental Field Therapy (MFT)** is based on the recognition that many states of emotional or physical distress, such as depression or chronic pain, are often conditioned responses. MFT is the simple and effective treatment that can be used in physical, emotional and psychological conditions to help neutralize and stabilize your current state of mind, a past trauma, or a future event. MFT breaks the mental pattern or connection between the original traumatic event and the habitual or conditioned stress state that is currently being activated. Over time this technique re-wires the neural pathways resulting in lasting relief. The pioneer of this work is Roger Callahan PhD.

## **Applications:**

### **Medication uptake enhancement**

This includes foods, vitamins and minerals. Tapping each point 10 times each, immediately after taking a medication, vitamin or herb will assure that the medication and/or nutrient is welcomed into the body, metabolized properly, and protected against allergic reaction. The medication will therefore become better tolerated and more effective.

### **Allergy desensitization**

1. Tap and tone 33 seconds per point and then rest 20 minutes.
2. While being exposed to the allergen, tap each MFT point 10 times, then avoid it for the next 24 hours.

### **Resolving Energy Blockages**

Holding an organ, tooth, or other bodily area while tapping the points will re-establish the normal energy flow through the areas. This helps you gain the ability for introspection on related experiences.

### **Deepening the healing state**

The healing state will be deepened after a healing intervention such as acupuncture, neural therapy, taking a homeopathic remedy, etc. Tapping all the MFT points after each healing intervention will increase the effectiveness of the therapy.

### **Emergencies**

During a crisis tap all points while someone else organizes the emergency measures. MFT can help abort an otherwise fatal allergic reaction.

### **Pain**

Especially facial and tooth pain. Tap area and adjacent MFT points until pain shifts and eases. Follow the pain until it concentrates into one point. Hold this point and tap entire MFT sequence.

### **Other concerns including:**

Emotional stress  
Anxiety and panic attacks  
Sudden bad news  
Obsessive thinking  
Feeling stuck  
Sexual problems (premature ejaculation, difficulty with orgasm)

Fears and phobias  
Insomnia  
Relationship problems  
Emotional coldness, excessive criticism  
Finding oneself projecting onto others  
Stuck work relationships and situations  
Stuck health problems

## MFT Tapping Technique

1. Tap the MFT points 9 times each unless otherwise specified.
2. **Focus and truly experience** the problem or current emotion: Fatigue, anxiety, fear, stress, anger, helplessness, etc.
3. Focus on the correct tapping sequence and hand placements.
4. While you tap, verbalize: **“Even though I feel \_\_\_\_\_, I deeply and completely love and accept myself”** (or other appropriate affirmation)
5. After a few rounds, you may substitute verbalization with toning (mouth open, making an “Ahhhhh...” sound)
6. Do tapping 4 times a day for 6 weeks.

1) **CROWN** Saggital suture: Stimulates all organ systems. Elbows out. Hold one hand in front of the other on top of head. Use all 10 fingertips while tapping. Spread fingers to cover more distance.

2) **EYEBROW**: Bladder meridian. Tap on the bony ridge below the eye brow. Elbows down. Little fingers at inside of eyebrow. Thumbs outside of eyebrow ridge. Equally distribute fingers.

3) **TEMPLE**: Liver and gallbladder meridians. Temple bone area. Elbows out. Tap on bone. Tap at 40° angle of self.

4) **NUCHAL LINE**: Occipital area. Stimulates information flow between brain and body. Elbows out. “Karate chop” using sides of hands instead of fingers. Tap right below the ridge on the back of the head.

5) **STOMACH** and small intestine meridian. Elbows out. Tap fingers on cheeks on imaginary vertical line that passes through pupil of the eye. Thumb trails off to the side.

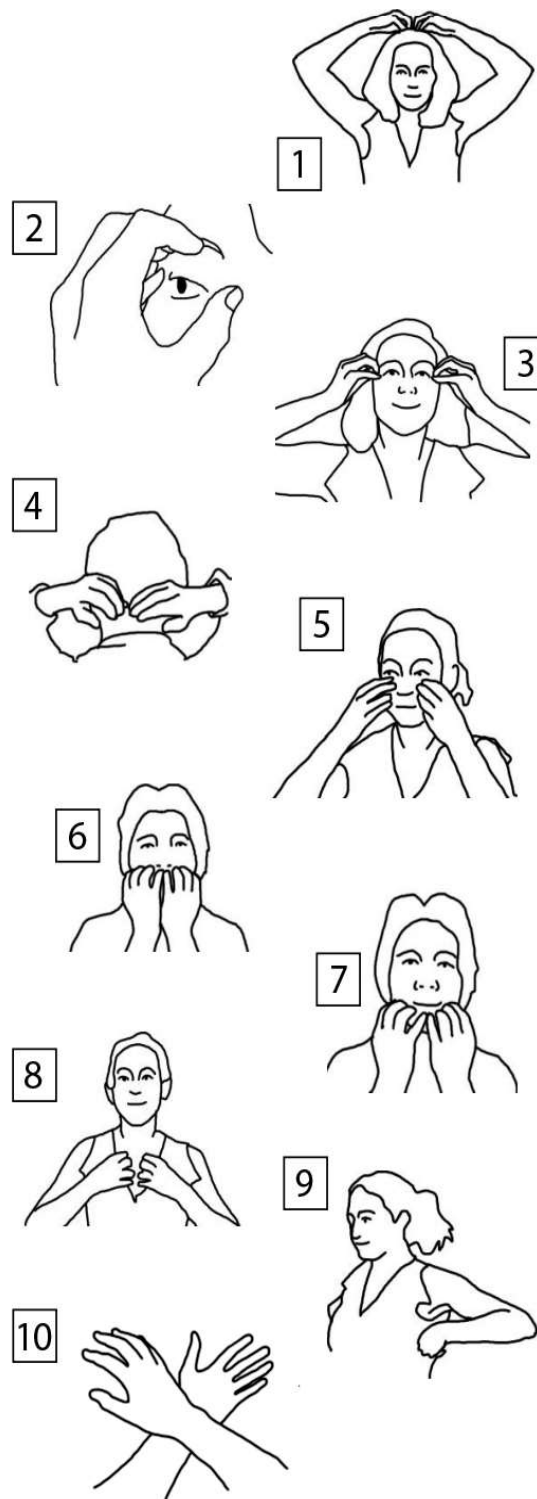
6) **UPPER JAW LINE**: Dental acupuncture points. Elbows down. Use both hands. Pinky fingers meet in middle. Horizontal line of the teeth.

7) **LOWER JAW LINE**: Lower jaw dental points. Elbows down. Use both hands. Tap on teeth below lips.

8) **THYMUS**: Kidney/Adrenal Meridian. Elbows out. Tap hollow underneath the collar bone adjacent to the sternum. Use all fingers. Fingers in straight vertical line.

9) **SPLEEN** and large intestine meridian. Elbows out, monkey tap strongly with the index finger side of hand. Tap one hand width below the axilla in the mid-axillary line.

10) **HEART** meridian. Tap inside of wrists together.



## Suggested Positive Affirmations

The following phrases can be substituted in the latter half of the phrase verbalized in step 4 of the MFT Tapping Technique. Always start with “**Even though I feel \_\_\_\_\_, {insert affirmation here}**”. The first bolded phrase can be used for a variety of conditions and should be used unless otherwise led or directed.

- **I deeply and completely love and accept myself**
- I choose to feel valuable, joyful, and complete
- I am lovable
- God loves me
- I am valuable
- I am free
- I am good
- I am OK as I am
- I am able to love
- I trust my intelligence
- I am ready to be well
- I am ready to be completely well
- I am willing to be well I am willing to be completely well
- My body is able to be completely well again
- My heart, brain, liver, breast, etc... is able to heal and be well again
- I am able to be well again
- I am ready, willing, and able to be well now
- I have the right to be free, to be joyful, to be healthy, to work, to love and be loved, to live in peace, to choose my own medical care, to have beauty in my life, to make a contribution, etc...
- My brain remembers how it feels to be completely well
- My brain is now ready, willing, and able to activate all those functions that lead me to perfect and permanent health

## 20 Minute Writing Technique

This technique is useful for moving traumatic events to a different part of the brain so that the connection between the event and a habitual response to similar words, events, colors, etc. is broken.

Write each day for 20 minutes at a time.

1. Make a list of all traumas you can remember as far back as you can go. You can add to the list as new events come up into your conscious mind.
2. Number each incident 1 to 10, 10 being extremely traumatic and 1 being of lesser magnitude.
3. Start with the 10's. Choose one to write on that day.
4. Have paper, pen, and timer ready. Set timer for 20 minutes.
5. Begin writing about the event; write anything that comes up even if it doesn't make sense. Keep writing.
6. Do not lift your pen from the paper. If you run out of things to write about, repeat a sentence or word until something comes up.
7. If an overwhelming emotion comes up during the process stop the timer and use the MFT tapping technique to tap it out. Then start the timer again and keep writing.
8. Stop at the end of 20 minutes. Drop the pen when the timer goes off, even if mid-word.
9. It's best to dispose of the writing unless you plan to write a book or use the information gathered for some other work.
10. End with a positive outcome. What you have learned, what might not have come to be, etc.