

Revisiting the Five Freedoms of Relationships



Volume 24 Issue 3

Some months ago, we spoke about the Five Freedoms, originally presented by Virginia Satir. We elaborated on the first of these and now Mona and Rudolf Kaufmann expand on the second one. Combining this work with the rapid and deep healing tools of TFT, one can make profound changes in their lives and relationships.

The freedom to say what you feel and think, instead of what you “should” feel and think... *by Mona and Rudolf Kaufmann.*

It is really an amazing process... a thought is in your brain and – if you choose, your tongue formulates words and you can express this thought and other people can understand you, if they are speaking the same language. For years we have practiced to move the tongue and the mouth, let air flow in the right amount until we can express what the brain wanted to say.

But there is another part: What am I allowed to say and what not? How do I have to say it so that there are no repercussions or I get scolded? There were “bad” words that might lead to the threat to “wash your mouth with soap” or we were told that what we said hurt the feelings of another person.

This “freedom of speech” is a balancing act, that we all have to learn. There are different rules at different times. What a toddler is allowed to express does not necessarily apply to a school child or a teenager and adults are again under different rules.

In addition to being aware of what we say we are also expected to control our feelings. Only a baby is permitted to totally express his feelings to a certain degree. But even then, when it gets too loud, the mother is expected to control her child’s expression. When a child strongly expresses his pain, anger or disappointment, the adults often are busy trying to put a stop to it by perhaps distracting, soothing, or sometimes threatening it or use physical interventions.



What stays with us through these experiences is the feeling of being either accepted, safe and loved or left alone, unsafe and unloved.

As adults we carry all our past experiences regarding the way we feel about ourselves and the world with us and express ourselves from this background.

We may still hold back to say what we think and feel because we do not know how to express them in an empowered way as an adult. Have you ever felt you are a 4 year or 10 year old in a certain situation? Or, something triggers a strong emotion and you react emotionally and suddenly hear yourself say the same words your mother or father have said?

With TFT we can free ourselves from the blocks that hold us back, let go of the fear, anger and pain that linger unresolved within us and emerge empowered, **to**

say what we feel and think, instead of what we "should feel and think", from a place of self-worth and confidence and in a way that builds connections and love.

When I was in school one of my teachers said something that became an important guideline for me.

He said: *You must always tell the truth but you do not always have to tell the truth.* I would like to add: *I need to be*

aware of my thoughts and my feelings but I am at choice how and when to express them, in this I am free.



Make Peace with Your Past Heal Your Relationships – Live Love

November 16-19, 2017

With Joanne Callahan,
Rudolf and Mona Kaufmann



TFT CONFERENCES

TFT VT Conference at the Synchronicity Sanctuary in Virginia – Inspiring to Say the Least

This was the first formal gathering of Voice Technology (VT) level TFT practitioners in over a decade. It expanded our horizons in many ways from clinical practice and research to application. We had the opportunity to see what our fellow practitioners and colleagues have been doing and how they are applying TFT in their practices, businesses and world.

Many have integrated TFT into their various fields and modalities from Osteopathy to Corporate Consulting and Family Constellations to Trauma Relief for First Responders. All agreed it was an exceptional event and want to participate in it regularly. Tom Greenhalgh and Jim MacAninch (USA) gave an eye opening presentation about working with the first responder populations.

We had 25 participants representing widespread countries such as Japan, France, Switzerland, Brazil, UK, Canada and the USA.

The TFT Foundations had an opportunity to have a discussion/format presentation, working toward ways more can become involved with the work of our foundations.

Even though the conference was only 3 days, we had time to experience some of the modern technological tools for passive energy and polarity balance, the 7 D and NOW technologies.

We also took time for informal networking where I believe many had some of their best conversations.



Tom Greenhalgh and Jim MacAninch (USA) gave an eye opening presentation about working with the first responder populations.



Suzanne Iamamoto (Brazil) gave an inspiring presentation about working with a cancer patient.



Long-time TFT VT practitioners Bob Bray and Ayame Morikawa have a chance to share notes with one of our newer VT level practitioners, Matthieu Steimer.

TFT CONFERENCES

This great conference was limited to our VT level as that is the level we expand and grow from. As these practitioners create new ideas and protocols, they can be tested at this level, then eventually filter down to the Diagnostic and Algorithm level practices.

If you think you would like to join us next time, and be on the leading edge of not only tapping/TFT, but healing and optimal health and well-being, this is the event to attend. You still have time to get qualified for the next one and join us at an upcoming Optimal Health.

You can still join me for an Optimal Health course in June in Virginia... [click here for details](#). And, since it is in Virginia near my home, you would also have the opportunity to try the High Tech meditation we use and test the 7 D technology and the NOW cd.



Judith Steinberg and Oob Nding share a few words and smiles.

Note: the syllabus from the VT conference will be avail to all the TFT-ADV and TFT-VT practitioners - watch for the announcement.

Sharing an Opportunity to Experience High Tech Meditation

As many of you have heard or seen, I bring in meditation to the practice of TFT, or just life in general. The two-work hand-in-hand to facilitate our journey and consciousness.

There is a free webcast meditation, giving all of you the opportunity to experience a superb balancing tool on the last Sunday morning of every month. You'll meet Master Charles Cannon, Spiritual Director of Synchronicity Foundation for Modern Spirituality. The program includes a short modern spirituality dialogue, followed by a 30-minute guided High-Tech Meditation experience.



[Click Here to Register..](#)

TFT and 7 D Balancing tools Light Fires in Riyadh

Our newest Boot Camp trainer, Nawaf Al-Othman, in Kuwait is having great success and shared these two brief comments and happenings at his latest training in Riyadh.

He has had the opportunity to use and experience the new 7 D technologies and just sent me the following text:

“Yesterday we were doing an experiment, somebody was showing negative reading on the voltmeter and I just made her sit on the 7 D pad and her reading turned into positive!”

The other text from his course shared the successful application of TFT for a past trauma.

“Female Student had an incident when she was 16 years old, she was trying to make some tea on a gas range, by mistake she opened all the gas outlets, and when she tried to light up one outlet she heard a bang and she jumped out of fear, 18 years later to that day she wouldn't even think of getting near the gas range. She told us that she tried so many ways to get rid of her fears but every time she would go near the range she felt her whole body shaking.

At the first day of the Boot Camp she applied the trauma algorithm and she felt less scared. Then on the second day when she did the diagnostic sequence she felt much better. She took that holon (tapping sequence) home with her and when she was near the range she started tapping until she felt calm and confident enough to do it. At the end she opened the fire on the range without any hesitation.

She was so proud of herself.”



Thought Field Therapy® Well-Being Retreat... September 11-16, 2016

Whether you're a medical professional, therapist, TFT practitioner—or simply someone who is interested in using TFT to improve your health—you can benefit from working with our team of highly qualified integrative health professionals and TFT specialists as together you work on restoring, enhancing and amplifying your physical, emotional and spiritual health.

As in our last retreat, our September 11-16 event will be at our favorite retreat center in the Blue Ridge Mountains of Central Virginia. We'll spend five full days focused on YOU—not only helping you heal, but also helping you begin a whole new life... one that's vibrant and full of energy. One that you control.

Over the years, we've had hundreds of requests for a program like this—and we've only just now found the perfect location and the qualified experts who can truly deliver on the promise of assessment, healing and reawakening.

If you've ever wanted to:

- Overcome a lingering health challenge or handle chronic conditions that just won't go away...
- Find out what's behind your fatigue, joint pain, malaise, or disinterest in activities you used to love...
- Wake up every morning in the optimum mental state to perform at your peak potential...
- Go through your day full of energy and ready to tackle life's biggest opportunities...
- ...We're inviting you to join our group of outstanding healing experts who will focus on your needs and help you discover the way to optimum health for you.

[CLICK HERE FOR FULL DETAILS!](#)



JOIN US FOR FIVE DAYS IN THE MOUNTAINS

and develop a customized plan for improving your overall well-being...
with a take-home regimen and healing technologies that work!

UK TFT UPDATE

TFT and Hypnosis – June 24th, 2017 in London, England

I will be presenting TFT at the annual conference of National Council for Hypnotherapy. We will be exploring ways to integrate and use the two modalities together. There is an excellent article about TFT, It's all in the Fingers, Thought Field Therapy, in their Spring 2017 journal.

I will be doing a 2-day TFT Update for our long-time UK and European practitioners following this on June 25th-26th and will be reviewing and teaching the new materials at the Dx and Algo levels of TFT. You won't want to miss this chance to update your skills.

[CLICK HERE TO REGISTER.](#)

Date: June 25-26, 2017

Location: London, England
<http://www.number63.co.uk>

Times: 9-5 each day

Fee: \$497 USD

**Open to: Algorithm and Diagnostic level
TFT practitioners and above**

What you will learn about:

- New recognitions and acceptance of TFT
- A new documentary
- New humanitarian projects and research
- New collaborations
- New protocols and applications at each level of TFT
- New specialized courses / Exciting events
- Update your skills at both the algorithm and diagnostic levels of TFT.
- Algorithm – Level 1 - Basic
- New levels of psychological reversals
- New uses for G50
- Better ways of Fine tuning the thought field
- Diagnostic (Boot Camp)- Level 2 – new offerings
- Dan Tiens – Chinese energy centers (the 3 brains)
- We have very powerful new uses for collarbone breathing – aligning us with our goals and desired results
- New uses for 7 sec. treatment (pathogens)
- Assistance with case studies for meeting certification requirements.



[CLICK HERE TO REGISTER.](#)

TFT ONLINE TRAINING

New! The Official Thought Field Therapy® Algorithm Course ...Now Available in Video.

Now you can take the "live" TFT Algorithm training course online! It's an four part video workshop with workbook, manual and more... PLUS you can also get certified as a TFT-Algo practitioner. Join Joanne Callahan in this online training workshop and discover the power of TFT Tapping.

[Click here to get started...](#)

The screenshot shows the website for the TFT Algorithm Course. On the left is a navigation menu with links for 'Tft Algorithm Course', 'Get Certified TFT-Algo', 'TFT Video Resource Library', 'Contact', and 'Logout'. The main content area features a video player for 'Part 1 of 4: Thought Field Therapy® Algorithm Training'. The video player includes a play button, a progress bar at 1:14:53, and a 'Go to Part 2' link. To the right of the video player, there is a section titled 'TFT Algorithm Guides:' with a description and three download buttons: 'Download Reference Sheets', 'Download Workbook PDF', and 'Download Powerpoint Handout'. A teal banner at the top of the main content area reads 'Welcome to the ALL New Thought Field Therapy Algorithm Course!'.

TFT DIAGNOSTIC TRAINING

TFT-DX - The diagnostic approach to helping others.

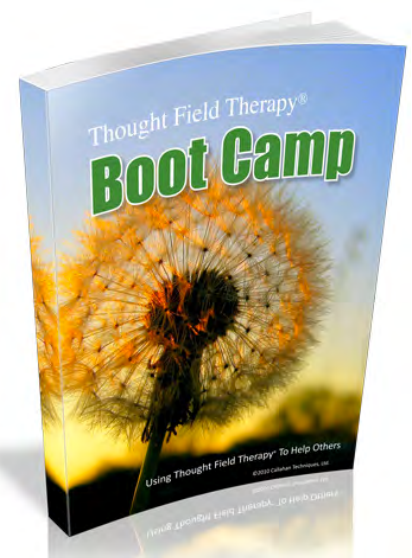
Boot Camp Home Study - On Sale Now!

Our Advanced Home Study Course:

The Easiest Way To Learn To Help Others Using Thought Field Therapy®

The TFT Boot Camp Home Study is for those wanting to experience the training given at the live Boot Camp event, but can't make the time to travel to a Boot Camp. (To get certification TFT-Dx you'll need to attend a live event.) Our ALL NEW TFT BOOT CAMP HOME STUDY takes the best of each level of TFT and puts it all together into one comprehensive program you can learn at home.

[Get more details here.](#)

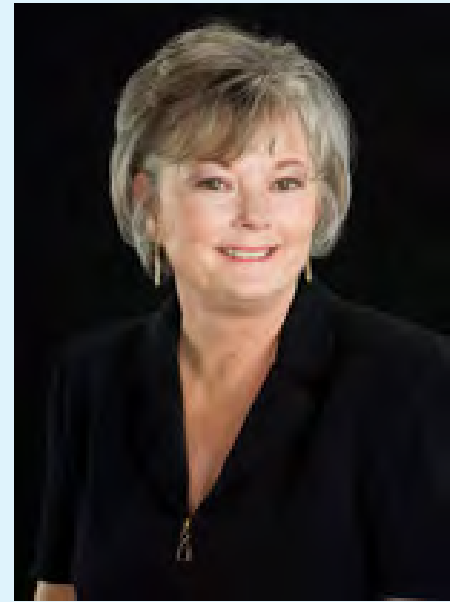


Personalized 30-Minute TFT Tapping Sessions.

An easy and affordable way to get private help. We've set aside a limited number of sessions to work privately with those who want to get a highly focused 30-minute consultation. In this private session, Joanne Callahan will lead you through the individual tapping sequences for your specific challenge or problems.

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

[Click here for more details.](#)



FOR PROFESSIONALS:

The Latest Advancements in TFT Are Here In This Course. This level is where we introduce and test all new protocols.

Voice Technology (VT) Is the Next Step In Your Certification Path. Learn to Use These Techniques... In an Intimate Group Setting... Over Just Three Days... Then Instantly See Results With Your Toughest Cases – Over the phone, even before the end of the class.

You Can! Because, Now, Voice Technology Is a Featured Curriculum of Our Upcoming Optimal Health 3-Day Training Program...

[June 2-4 Nellysford, VA - Click Here for Details](#)

the thought field



THE THOUGHT FIELD

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PO Box 724
Nellysford, VA 22958

TFT NEWSLETTER STAFF:

Editor and Publisher: Joanne M. Callahan, MBA

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Joanne Callahan
PO Box 724, Nellysford, VA 22958
or by email to info@tftx.com



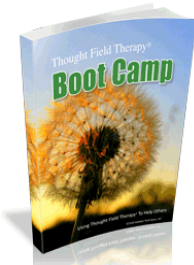
Thought Field Therapy® **Boot Camp** Callahan Techniques®

The Boot Camp combines the basics of TFT-Algo and the full TFT-Dx training into an intensive 2-day course, saving you both time and money.

This Boot Camp is hands-on training, practice and live demonstrations. Attendees have the chance to work on personal issues and many experience resolution of these issues during the weekend. Attendees receive all the materials included in the Diagnostic Training. This material allows you to diagnose and determine the precise sequence of tapping required to quickly help most psychological problems and daily stresses. CE's available.

Join Us At A TFT Boot Camp Near You

www.RogerCallahan.com/bootcamp



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

I would like to thank you for a life-changing weekend! Since I learned my first algorithm my life was never the same! Now I can't imagine living the rest of my life without TFT! Your instruction and guidance is very much appreciated! I'm proud to have joined such a wonderful organization and I do believe we will change many more lives together! Marjorie Alayon