

## Tapping

### Mental Field Therapy (MFT) Technique and Applications

**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. 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 hum 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.

<p><b>Emotional stress</b>  <b>Sudden bad news</b>  <b>Obsessive thinking</b>  <b>Feeling stuck</b>  <b>Sexual problems (premature ejaculation, difficulty with orgasm)</b></p>	<p><b>Insomnia</b>  <b>Relationship problems</b>  <b>Emotional coldness, excessive criticism</b>  <b>Finding oneself projecting on others</b>  <b>Stuck work relationships and situations</b>  <b>Stuck health problems</b></p>
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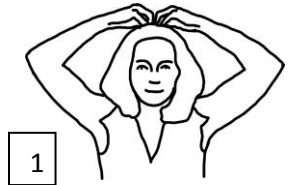
# MFT tapping technique

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 accept myself**
5. After a few rounds, you may substitute verbalization with humming.
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, all organs.

*Elbows down.* Little fingers at inside of eyebrow.

Thumbs outside of eyebrow ridge. Equally distribute fingers.



**3) TEMPLE:** Gallbladder. Temple bone area.

*Elbows out.* Tap on bone. Tap at 40° angle of self.

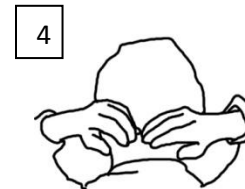


**4) NUCHAL LINE:** Occipital area.

Stimulates information flow between brain stem and body, from neck down. **Tap 18 times.**

*Elbows out.* Use sides of hands instead of fingers.

Tap at bone/soft tissue junction, do upper line most often.



from neck

**5) STOMACH LINE:** Stomach, small intestine.

Elbows out. Find the bony ridge under the lower eye.

Fingers vertical, past lips. Thumb trails behind.



**6) UPPER JAW LINE:** Dental acupuncture points.

Elbows down. Use both hands. Pinky fingers meet in middle.

Horizontal line above the teeth.



**7) LOWER JAW LINE:** Lower jaw dental points.

Elbows down. Use both hands. Tap on teeth below lips.



**8) SPLEEN 21:** Large intestine.

Elbows out, monkey tap strongly with the index fingers.

Tap one hand width below the axilla in the mid-axillary line.



**9) THYMUS:** Adrenal Meridian

*Elbows out.* Tap hollow underneath the clavicle adjacent to the sternum.

Use all fingers. Fingers in straight vertical line, thumbs slightly to sides.

Or, fingers form a V line joining at the thymus.



# Suggested Positive Beliefs

**I deeply and completely 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

I am perfect as I am

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.
9. It's best to burn or 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.