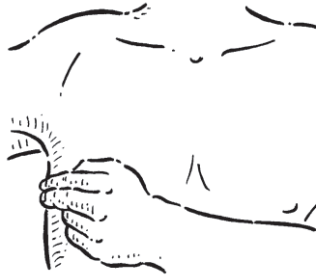


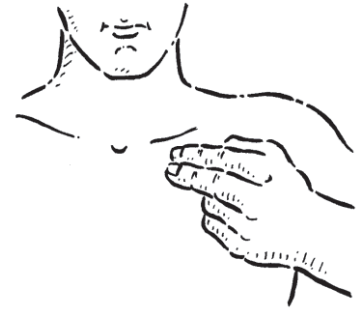
TFT VOICE TECHNOLOGY SUPPORT – Key Points to tap.



1. Under Eye



2. Under Arm.



3. Under Collarbone.



4. Tiny Finger.



5. Middle Finger.



6. Index Finger.



7. Side of Eye.



8. Under Nose.



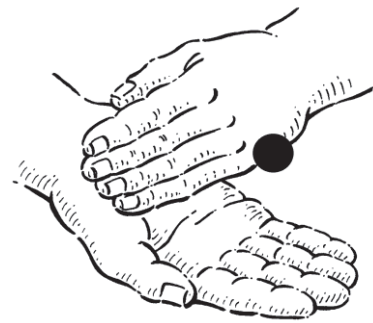
9. Under Lip/ Chin



10. Gamut Point.



11. Outside edge of Thumb.



12. Side of Hand
(Karate Chop)

13. LIVER POINT – under the left breast top of rib cage

The GAMUT SEQUENCE



Tap the Gamut point whilst doing the following sequence keeping your head level :



A. Close your Eyes



B. Open your Eyes



C. Look down to one side



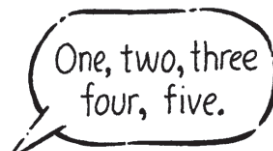
D. Look down to the other side



E. Roll eyes round one way



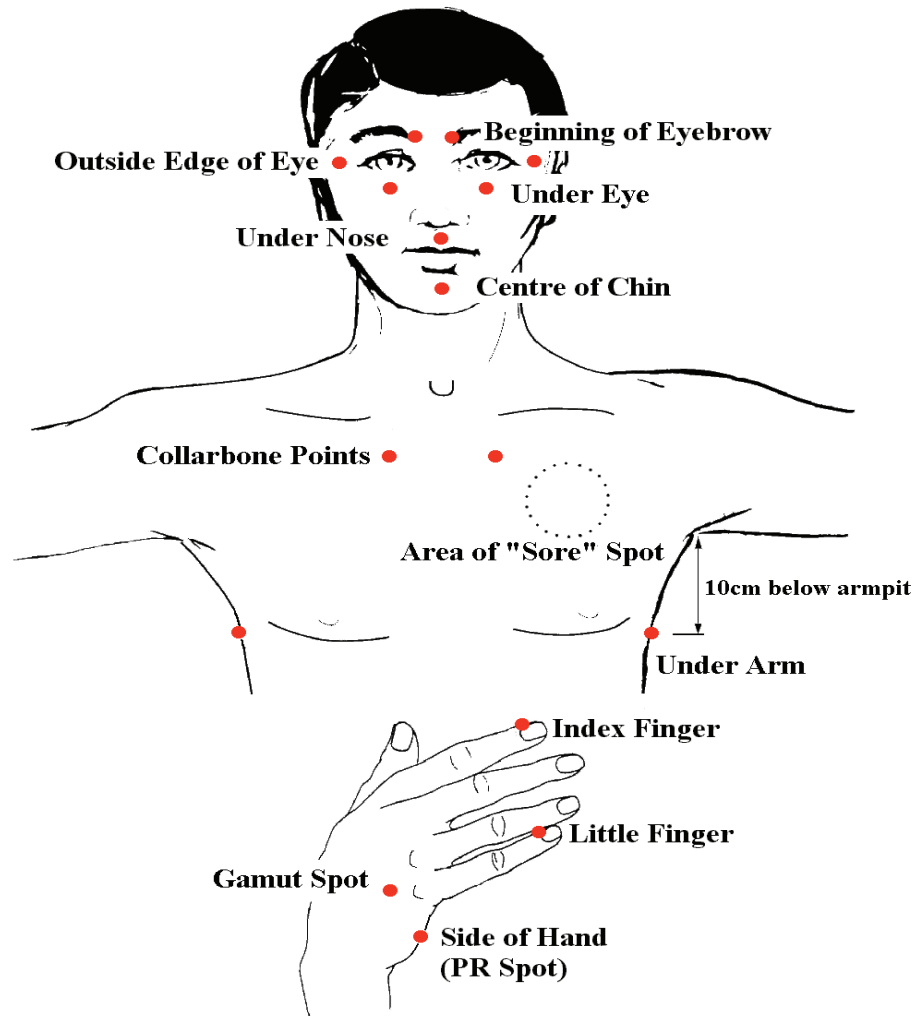
F. Roll eyes around the other way



G. Hum a tune out loud H. Count 1-5 out loud I. Hum a tune out loud

THE CALLAHAN TECHNIQUES®

Treatment Points
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Floor to Ceiling Eye Roll



Tap the Gamut Point and roll your eyes from the floor to the ceiling without moving your head.

Collarbone Breathing Technique

This exercise is TFT technique designed to maintain a positive polarity in your energy system and is useful to keep you emotionally and psychologically balanced. Ideally, do this first thing in the morning (easy to do in the shower) and last thing at night or whenever you feel out of kilter during the day.

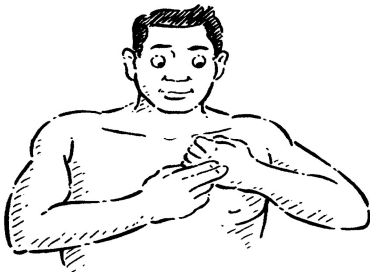
1. Place two fingers of one hand on one of your collarbone points, keep your thumb away from the body and tap the gamut point continuously whilst doing the following breathing process.

Take a deep breath in and hold for 5 seconds.
Let half of the breath out and hold for 5 seconds.
Let all the breath out and hold for 5 seconds.
Take half of a breath in and hold for 5 seconds.
Breathe out normally.

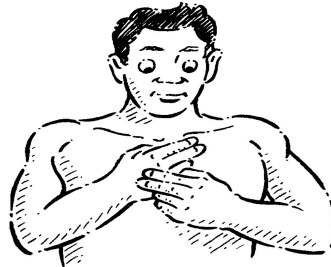
Then slide the two fingers over to the other collarbone point and continue tapping the gamut point and repeat the breathing process as above.



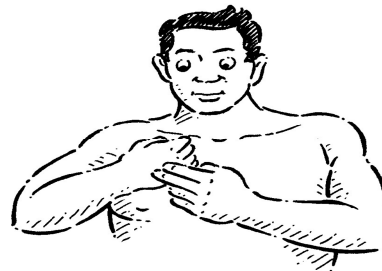
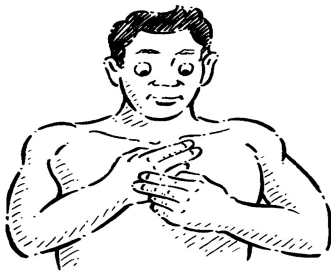
2. Now fold your hand into a fist with the thumb on the inside and place the knuckles onto the collarbone point and repeat the breathing process as before, tapping the gamut point whilst you do so.



Now repeat the above steps again but this time use the other hand.



4 Fold fingers into a fist with your thumb on the inside, then place the knuckles onto the collarbone point and repeat the breathing process, tapping the gamut point whilst you do so.



Thought Field Therapy Programme

Personal TFT Sequence

STAGE 1 – Personal Algorithm

STAGE 2 – The Gamut Sequence – to be done whilst tapping the gamut point.

1. Close your eyes
2. Open your eyes
3. Move your eyes down to the left
4. Move your eyes down to the right
5. Move your eyes round clockwise
6. Move your eyes round anti clockwise
7. Hum a tune out loud
8. Count from 1 to 5 out loud
9. Hum a tune out loud

STAGE 3 – Repeat your personal algorithm from stage 1

STAGE 4 – Check your personal rating on a scale of 1-10

If more than 2 - Tap the PR Spot on the back of your hand (karate chop) x 20 and repeat stages 1-4 again.

If 2 or less - Tap the gamut point whilst rolling your eyes slowly from the floor to the ceiling without moving your head.