

THOUGHT FIELD THERAPY: Is it for you?

PHOBIA?
ANXIETY?
PAIN?
ADDICTION?
TRAUMA?
PROLONGED SADNESS?

Do any of these things describe you? Are you tired of feeling this way? Do you feel tired, down, stressed, irritable, anxious? Do you avoid things? Do you dread doing things? Are you tired of taking drugs hoping to feel better and still having headaches and stomach pain?

Well. End your agony today. Thought field therapy can help. A simple series of tapping techniques which you can learn, use, take with you anywhere, and use the techniques which can help you resolve all of this ...and more.

Roger Callahan was the founder of this innovated energy healing technique that utilizes tapping to heal the injured parts of the emotional responses. Essentially, it works by retraining our brain to respond in healthy (calming) ways to stimuli. For example, when we encounter the feared object (spider) we tense, increase breathing, feel fearful, think frightening thoughts, experience fear, etc. Tapping retrains the brain to calm the central nervous system, think rational thoughts, relax and either cope with the feared object or it merely goes away (spider crawls away and does not harm). Example: when we feel anxious about flying, we think about this, imagine all kinds of horrible things that might happen, become nauseous, shaky, maybe even experience panic attacks, ... Tapping calms the brain and body helping us to think rational thoughts, breathe deeply, regaining rational control, and eventually healing the “wounded” parts of phobia of flying. Example: most pain is stress-related. We feel the pain because we are tensed up, tightly drawn and our bodies are inflamed. Tapping causes a relaxed (calming) response which releases the “strings of tightness”, thereby increasing circulation, releasing healthy endorphins, ridding inflammation and ultimately relieving pain.

So, how can you learn this today!

Simple! Just call for an appointment:

Jessie Rayl, licensed counselor and certified Thought Field therapist since 2000. Instructions can be given over the phone or face-to-face. The only “device” you need is a comfortable place to sit and your hand. You do not even need to believe to heal—many do not and heal just the same. Some do well with one session, some need repeated sessions.