

DELTA LIFE SKILLSsm

EMOTIONAL FREEDOM IS IN YOUR HANDS with EFPsm

Integral Energy Psychology

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TRAUMA ELIMINATION USING ONLY WRITTEN INSTRUCTIONS FOR CALLAHAN'S TRAUMA ALGORITHM©

A very dramatic example of the power of the meridian tapping method (early Callahan Techniques version) comes from the description of the results from a client who received my instructions in the mail with no oral/verbal coaching by me; she just followed written directions. This method was used due to the extreme distance involved (large time zone difference and expense of phone calls. Email was not an option at the time. The first set of procedures she used was Dr. Roger Callahan's Trauma Algorithm. With persistence, she was able to eliminate this set of traumas as well as use the other Callahan algorithms for other problems as needed. Subsequently I sent her other methods related to Callahan's Thought Field Therapy and Energy Kinesiology methods.

I quote her description at length (original hand written copy available from the author). She is a bright divorced woman about 50+ years at the time (Reports are in letters from 1997 to 1999). The report is edited [in brackets] to protect the client from her ex husband. My comments are in { }. Her ex-husband while married played "mind games" similar to those in the 1944 movie "Gas Light," trying to shake her sanity.

1997 May 3 Statement (from "Meridian Tapping Record" form.

Description of the nature, triggers and circumstances of the problem: Unwanted vivid memories of [prior] episodes with ex-husband's [many] months of psychological games designed to (to quote family doctor) "drive [me] to insanity and divorce." Triggers are anything which reminds me of that time -- something on T.V. perhaps. Once I begin remembering a specific episode I cannot stop the "film" until I've gone through everything that was said or happened. I feel as I felt at that time -- like a mouse circling a small cage in panic. Also a sort of torn apart feeling...

Comments on post session feelings: The blocking off of old emotions lasted about a week from that one session. When it did creep back it was very mild and easily corrected by a tapping session. [Because of family gatherings] I expect to be seeing [my ex-husband] once in a while and hope to have strength enough for this face to face reality check. Now that would mean I was cured.

Expanded comments beyond the "Meridian Tapping Record" form: ... Here's my experience in detail....

I did not really think these procedures would work for me but I decided to try. {A classic reaction}. First I read all the material carefully and made out my own "cheat sheet" with the specific instructions for PTSD and the psychological reversal corrections. I had [my current husband] read them to me as I practiced some dry runs. I had a problem with accessing my issue-related feelings on cue. Could only get up to a "3" {using a 1 to 10 Subjective Unit of Distress/SUD scale} rating and did not notice much difference at the end.

However when a "real" episode took hold of me I went off by myself, and threw the whole bag of tricks on it. This time I could tell it was really working. I felt like I was battling the old demons with strong ammunition. My taps got more aggressive as my feelings threatened to overwhelm me, and when I felt the bad stuff get stronger I switched often to the psychological reversal strategies with positive talk which in retrospect seems wildly excessive. It seemed necessary at the time.

I have no idea how long I was involved in this but I sure knew when I was finished. I felt dazed and sort of empty for a few minutes. Then collected my wits enough to turn my thoughts to my issue -- dredged up some bad memories. It was like a giant billboard or something slammed up to block the emotions. It said "This is only an event" i.e., without any emotional baggage attached (like the second world war was an event). This was an astounding moment!

I couldn't believe that this stuff was really gone!! I got out my old journals from that time and read a few pages as this always brings on terrible stress. I read on and on with serene objectivity. Wondered why I had written so much about how I felt as it now seemed unimportant. Felt more facts should be included. One very positive thing happened with this reading. I can now access clearly [my children's] feelings and problems at that time. Used to be blotted out by overwhelming personal emotions.

1997 June 30 Statement (in a letter).

Thank you ... again for your help in my mental crisis. I realize now that this has been an inevitable outcome of my horrible months at the end of the [ex-husband] relationship. For so many years I was just holding all together because I had [my children] to look after. When [they were independent] I starting taking care of other people I notice in my journal that since Christmas I've been dealing with [those horrible months] in a direct way finally, and actually making some progress with the stuff. Then came my two [ex-husband] related events, combined with some present stuff that sent me into all the PTS {Post Traumatic Stress} symptoms plus a generalized 24 hour a day anxiety. What I didn't tell you [was about new problems family members here are having]...

The meridian tapping procedure really saved me mentally. I was at the exact point in my life when chucking past garbage was not only appropriate but essential if I was going to deal with the present problems. I am almost completely disconnected with bad emotions concerning that time. [Recently, I attended community event and] it happened that I came in the same entrance at the same time as [my ex-husband], and I did not feel that horrible stab of terror. Just felt recognition and nothing else. It was as if he were a person from some other lifetime.

I now realize from reading my old journal that [my ex-husband] was not only targeting me with crazy-making behavior but also targeting [our children]....he targeted me only when children were not present. When they were present they were part of the drama; they were used.

1997 July 10 Statement (in a letter).

Just a line to let you know that things are progressing ...

Also I have seen a therapist myself. ...[She] is a terrific help. With [background] information as a framework she was able to whisk me from childhood problems to [my current husband's] problem in one session. Told me I had a very strong "symbolic" stage (?) which agreed with my usual confidence in my inner core of tranquillity. She tagged various problems in my childhood as affecting me in adult life and I could see that her observations were accurate...

One interesting phenomenon was that in therapy session when I mentioned the [many] months of hell with [my ex-husband] I started to cry. Sadness has never happened before in my recollections of this. Therapist felt this was a good thing, a progression. I told her about [the] tapping procedures, as they would be responsible for this emotional surprise. She was very interested and wants me to photocopy the information for her.

Without [your] help in eradicating the past garbage, I would have been swamped by this latest thing. I know that.

1997 December 6 Statement (in a letter).

Have been reading some self improvement books. I was so impressed with the meridian tapping results that I am pursuing other similar avenues...Also reading for spiritual insights. The two seem to go together.

1997 December 8 Statement (same letter).

I think my new interest in self-help and spirituality is all due to [the] meridian tapping therapy. Before I let go of all that garbage all my energies went to just keeping my head above water. In a way all that negative stuff now is useful in that it deepened and broadened my experience and brought me to seeing that I need some self development, etc. If I can only convince myself that "I'm worth it." Anyhow -- tell me what to read. I'm ready to go.

1998 July 16 Statement

I used the tapping therapy again recently to banish my free-floating anxiety and it worked very well. I think this anxiety is partly about being alone and partly about [my ex-husband] encounters. I did notice one eye position which was stress producing and worked on it.

I had a very successful (compared to the [earlier] episode) encounter with [my ex-husband] during [a family get together]...I decided to enjoy the day and focus on [others]; also to think of about [my ex-husband] as an unwanted thought intruding on a meditation -- just let him

float through my consciousness whenever he happened by and then forget about him. This worked so well that I did not use my back up plan of doing the Freeze Frame {a technique from the HeartMath Institute}. So you see all these things are working very well for me. I really revel in this. Used to have a fixed idea that doing anything for myself was somehow wrong. Stupid, hey?

Now I find I am also more interested in buying clothes I love, doing things to house "just to make my self happy." Need used to be my only prerogative. I find [I can ask for money] but I used to ask only when disaster loomed {the Pschoenergetic /Polarity Reversal--self-sabotage has been eliminated!!} ...Reading this over I notice I forgot to mention that current anxieties are not PTSD. That has been banished from my life by the tapping therapy. Never think of the past at all in that regard. Could that be why I have more anxiety about [my ex-husband's] present escapades?...Quite sure I'll be fine anyway. Merely enjoying therapy.

1998 October 26 Statement (in a letter).

I am working on [the] new Tapping [instructions] etc. {I sent her an expanded version of corrections including the "Body/Mind Tune Up" which provides a variety of simple do-it-yourself energy kinesiology techniques from a number of sources. As well I sent her a copy of the trauma cases video from Garry Craig's Emotional Freedom Technique/EFT course to better demonstrate the concept of "Aspects"}. I've always liked the [collar bone] breathing activity even though it was not part of my PTSD routine. The "Body/Mind Tune Up" routines are good for sorting myself out in the morning.

1999 January 6 Statement (in a letter).

Going thru my tapping regularly and what is coming up now is that "I blame myself for choosing [my ex and current husbands]. When it was only [my ex husband] I would believe it was all his fault, but when [my current husband] threatened...me I felt I was seriously flawed in making these choices of husbands....the emotional quality of my response to all this has significantly lessened. The meditation and spiritual reading builds up my flagging self-esteem.

1999 September 16/18 (in a letter)

Must add...some details of my progress with "releasing to a Higher Power." I do TAB {Touch And Breath} pressure with rubbing in tiny circles {called RAB or Rub And Breathe}. As I "release" the various emotions they are also coming up and I almost feel the black sludge of stuff moving from various parts of my body up and out thru the crown of my head. I was amazed at how much "pain" this was. As I rubbed the iw-lfs {inside wrist-little finger side} spot I felt it necessary to massage the stress release points on my forehead with my free hand. That seemed to help the pain I felt as it all passed through. Same with "guilt." After "releasing" each spot I felt it necessary to say "thank you for accepting all this pain" etc. as I TABed. Did use word "replacing" as I did step 14 {of the Rapidly Integrated Transformation Technique (RITT)}. Then I hold the stress release points as I ran thru some eye movements, counting and humming.

I felt so exhausted -- but relaxed and exhausted instead of my recent usual toxic anxiety. I had to give up on the tree image, and the breathing work that should accompany the TAB, as the image of sludge moving from all over my body and out the crown was

overwhelming...

A big advantage of these procedures are they can take place in informal (no office) settings; since the system is so simple it can be done almost anywhere; all that is required is that the person must be able to focus on (tune into) the problem without disturbance. No special setting or equipment is required. It can be done over the phone as long as you get the person to tap and rub the correct places. And it can be done by the person as long as they follow the directions provided, as indicated by the above case study.

I have subsequently developed an even more comprehensive and simple approach called the **Radiant Energies Balance (REB)sm** protocol.

An inflexible and unbalanced Autonomic Nervous System (ANS) is the source of a wide range of mental and physical problems. Heart Rate Variability (HRV) research clearly documents this conclusion. The Radiant Energies Balance (REB)sm protocol was created to deal with this widespread problem and provide a flexible, comprehensive, efficient, inexpensive and safe method of correction on the physiological, psychological, and spiritual levels. This simple, fast, unobtrusive protocol is integrative, complementary and adjunctive and can be used practically anywhere anytime with no unwanted side effects. When combined with other therapeutic techniques, it makes them more efficient and powerful. The protocol builds on leading edge approaches from trauma/PTSD therapy and psychophysiology while incorporating approaches from several Energy/Information Psychology systems: Eden's Energy Medicine, HeartMath, EMDR, Brain Gym, Integrative States Therapy, NLP, One Brain, Focusing, and Reiki.

The REBsm posture balances the Autonomic Nervous System by balancing the Triple Warmer and Spleen meridians (along with the Central and Governing meridians) These four meridians all have dual functions of regular meridians as well as being Radiant Circuits (curious or extra-ordinary meridians or strange flows). From a Chinese spiritual development perspective, the Radiant Circuits are the principal channels for "Yuan chi" energy which represents "ancestral" energy or the energy of the soul. In addition, since the "Radiant Energies Circuit" system serves as a "hyper link" to all of the body's energy system, with focused intention, you can automatically correct and balance where ever needed, thus eliminating most of the guess work and need for diagnosis. This makes the protocol very user friendly and allows practitioners to use their "art of delivery" skills to their fullest while clients can just trust the wisdom of their energy system to fulfill their "intention to heal."

The Radiant Energies Balance (REB)sm protocol provides a bridge between everyday life and the higher (more spiritual) levels of existence. It provides an "elegant" solution for a wide variety of psychoenergetic problems on the physiological, psychological, and spiritual levels. Providing dramatic and rapid relief from "the slings and arrows of outrageous fortune" provides release from the past and opens the potential for the individual to start on a more spiritual life path, facilitating movement to a "witness" and "mindfulness" orientation to life.