

Mental Field Therapy: (see also “Journaling”, a companion technique)

We at the Chung Institute strongly advocate a home remedy that we believe is very powerful and self-empowering. Mental Field Therapy is a therapy involving tapping acupuncture points while simultaneously repeating an appropriate phrase. This technique was first developed by Roger Callahan called Thought Field Therapy (TFT) and then modified by Dietrich Klinghardt, MD called Mental Field Therapy (MFT) along and modified and popularized by Gary Craig called Emotional Freedom Therapy (EFT) as a self-help technique. Since we were introduced to this form of therapy by Dietrich Klinghardt, we will call this technique MFT. Given that Roger Callahan never received formal acupuncture training, we have added a few additional important tapping points.

Frequently a traumatic event or series of events can imprint a conditioned response resulting in a deep imbalance in the autonomic nervous system. MFT breaks the connection between the original traumatic event and the conditioned response that is being habitually activated. By tapping acupuncture points while stating the problem with an affirmation, there often can be a rapid resolution of significant unresolved psycho-emotional scars. In fact, this technique can even broadly be used to help physical ailments as well.

Mental Field Therapy, Technique:

Identify a specific problem or emotional symptom that is troubling you and do the following:

1. Begin by tapping the MFT points (see later for the actual point locations)
2. Begin humming one to two minutes
3. After perhaps tapping each of the MFT points 9 times say the following:
4. **“Even though I have a problem with (insert a negative and troubling problem you are working on), I fully and completely and deeply accept myself.”**
For example, if you are having feelings of anger you might say: “even though I have problems with being angry, I completely and deeply accept myself”
5. Repeat this phrase while tapping each point at least 9 times. Repeat this for about 5 minutes 2-4 times a day.

Here are some basic rules to help to make this therapy more effective:

Focus intently on troubling sensations, emotions, or memories while tapping.

Tap points by using all 10 fingertips. The tips of each finger are connected to the end or the beginning of an acupuncture meridian. Keep wrist relaxed and flexible. Tap strongly and slowly about one tap per ½ to 1 second.

Tap yourself in a rhythm of the heartbeat or waltz. Tap every point 9 times.

Periodically Hum while tapping:

- Humming raises the nitrous oxide content of your upper airways which have a decongestant as well as an anti-microbial property.
- If done very slowly, it raises the blood carbon dioxide level and dilates the blood vessels in the brain
- Enhances the parasympathetic healing state.

Repeating affirmations while tapping down regulates and disconnects abnormal persistent physiologic reactions from unresolved traumas.

To deepen the effect , move your eyes as if you are gazing at a clock from 10:30 to 1:30 to 3:30 to 7:30 back to 10:30. If we instructed you to wear a particular therapy colored glasses it will be helpful for you to wear them while you do this exercise.

For general purposes, we suggest you tap the nine “standard MFT points”. You can add the extra points as per our suggestions or you can experiment and add them to your regimen. Please also watch the YouTube video demonstration

Mental Field Therapy Tapping Point Locations

Standard: MFT/EFT points



Under the armpits (chicken wings) (Spleen 21) -You can also tap on the line under the armpits with you thumb and index finger forming a V shape or with all your fingers. It is OK to cross over and tap the left side with your right fingers if you have difficulty tapping the same side.

Calms feelings of inadequacy, low self-worth.
Also, good immune harmonizer



Thymus point (Kidney 2: Thumb lies in the hollow underneath the clavicle, just adjacent to the sternum, with the other fingers going down the sides of the sternum.

Feeling of Fear, Powerlessness. Deep exhaustion
Good for severe lack of energy, adrenal exhaustion



Below the lower lip anterior lower jaw (CV24):
Try to tap with all fingers making sure that one of the pinky fingers taps in the midline

General harmonizing point for the yin (parasympathetic nervous system)



Upper jaw line (Governor 26 and upper jaw dental acupuncture points) - tap with all fingers between nose and upper lip with one of the pinkies touching the midline

General harmonizer of the yang channels (sympathetic nervous system)



Cheek point (Stomach 3) :

Calms feelings of anxiety, broken power,
Feeling overwhelmed.

Good for sinus and stomach issues



Temple (Tai Yang and Gallbladder 1):

General harmonizing point for the head, dizziness, irritability,
headaches



Eyebrow: Tap entire eyebrow (Bl-2 and extra points – eyebrow has representation of entire body)

Calms feelings of shame, helplessness
Harmonizes Bladder, sex organs



Top of Head (GV 20, 21,22) : General harmonizer of all yang channels

Calms down excess sympathetic nervous system activity



Occiput- Back of head (Gallbladder 20).

Calms feelings of resentment, Bitterness. Blaming, self-pity
Good also for headaches

See next page for “Extra MFT points”

Extra MFT points suggested at the Chung Institute



Extra Liver Point (Liver 14*) (discovered by Dr. Chung, not found in any references. The standard Liver 14 point is located lower and more lateral. We have found this point more useful). Press in this general vicinity until you find a tender point. That area of tenderness is where you tap

Calms feelings of anger, frustration



Lung 1 point: press in the general area until you find a tender point, that is where you tap.

Feelings of grief, sadness



Wrist (PC-6): located about two inches from wrist crease:

Calms feelings of anxiety, betrayal, disappointment

Also good for GERD, nausea, palpitations



Lateral elbow crease (LI-11)

General immune harmonizer



LI-4

Calms feelings of being criticized or being self-critical,
Excess compulsiveness.

General pain relief point



Small intestine point (SI-3)

Calms feelings of loneliness, neglect
Feeling lost, deprived of love