



## **The Intent of the Steps of TAT®**

(Tapas Acupressure Technique®)

**The intention** -- safe and easy healing for all who'd like to benefit.

**Step 1: The Problem** -- the issue/trauma/experience/pain that you are working on in the session.

**Step 2: The Opposite Condition** -- No longer resonating, identifying, or connecting with "the Problem."

**Step 3: Places** -- All the "places" -- including mind, body, and life -- where "the Problem" has been stuck or stored.

**Step 4: Origins** -- All the places where "the Problem" originated are included in the healing.

**Step 5: Forgiveness** -- Accepting forgiveness for everyone involved in "the Problem" including God (or whatever name you choose, if any) and yourself

**Step 6: All the Parts involved** -- All the physical, mental, and emotional "parts" of you involved in "the Problem."

**Step 7: Everything that's left** -- Anything left about "the Problem" that still needs attention.

**Step 8: I Choose** -- Positive affirmations about what you want in the here and now.

**Step 9: Integration** -- Integration and gratitude for healing and transformation

# TAT® Do's and Don'ts

Every time you do the TAT® process, you can feel lighter and more at ease. After completing a TAT® session, notice over time how your thoughts, feelings and relationships may have changed. Your health and energy level can improve. Your simple presence is often a continually growing source of natural happiness.

As you do TAT®:

- Don't try to make anything happen, even releasing stuck stuff.
- Just relax, do the Steps of TAT®, and notice whatever you happen to notice.
- Realize that you might not see the results until some time passes and you can look back and realize what's changed.
- Be comfortable knowing that this has been done millions of times by people worldwide before you and countless positive results have happened for them. It can happen for you, too!
- Invite God, the Divine, Love or "whatever makes flowers grow" to do the healing work that happens in TAT®.
- Don't bother yourself with trying to figure out the "why" of anything that you notice happens as you do the process. If your attention spontaneously starts wondering why that's OK. Just know that there's nothing you need to figure out.
- Relax and enjoy the healing being done for you.
- Whenever "stopper" thoughts occur, immediately add them into the "pot".
- Whenever additional memories of bad things that happened come up, either add them into the "pot" and continue where you were in the process or write them down and do a session about them later. It's up to you when

to take which action. If it doesn't feel too big, it's easy to add it in right away. If it feels big, do it another day.

- When you're writing things to add to the "pot", write it in exactly the way you thought it. Don't try to make yourself sound nicer, more educated, or polite. Allow whatever comes to mind to be expressed just as it showed up. It's all coming from parts of yourself that need healing and need to be heard and accepted just as they are.
- **Limit the time that you hold the TAT® Pose (hands on your head) to no more than 20 minutes total per day. Doing just one session daily, holding the TAT Pose for a few seconds to a minute per Step will ensure you do not exceed the recommended time in the TAT® Pose.**
- **Drink plenty of water -- 6-8 glasses are good on days you do TAT®.**
- **Your eyes can be open or closed.**
- **You can use either hand in front or even switch hands in the middle of a Step.**
- **You can do some of the Steps one day and the rest another day.**
- If you ever do TAT® for something bad that happened and you don't feel peaceful after, get in touch with a Certified TAT® Professional or Tapas Fleming for a private session.
- Know that you don't have to emotionally feel what's being conveyed in each Step, you just have to have the intent to go along with what's being said.
- If you feel brighter or like you're sparkling or glowing after doing a session, go look at yourself in a mirror! It's fun to see that what you're feeling inside really shows on the outside!

# Creating the “Pot”

The “pot” refers to the place we put all the things we want to work on in each session. This is the field of our connectedness with all. We use the image of a pot as a place if we like, just to make it easier.

## Stopper Thoughts

“Stoppers” is short for stopper thoughts and means any negative or limiting thought that would impede the process from moving forward.

For example:

- This will never work for me!
- TAT is too easy to be of any value.
- It might work for other people, but not for me.
- This is too big.
- Nothing can change this.
- Nothing else has worked for this issue and TAT won't either.

Any time a stopper thought occurs, just add it to your pot as soon as you have the thought. For example: This isn't going to work for me - say or intend: “I'm including this thought in the pot” or “I'm adding this into what I'm working on now.”

A lot of us are used to setting aside or dismissing negative thoughts. With TAT®, you acknowledge that those thoughts are there and include them as part of the transformation process.

# Certification

You're welcome to try TAT® out on yourself. For best results, please consider further training with TATLife, the only certifying source for TAT®. For starters, you can learn the basics for helping yourself and your adult friends and family in our Certification Program.

For professional use, please learn how to get the best results in our TATLife Certification Program. You'll learn simple and effective ways to help people of all ages and animals for healing traumas, negative beliefs, and the emotional aspects of health conditions. Plus you'll increase your presence and ease in your own life.

TAT® is a trademark of TATLife which you are welcome to use in advertising your services once you're certified.

The TATLife Mission:

Sharing the celebration of Love!

We offer TAT®, providing healing and transformation supporting the experience of more love, happiness, and peace.