

How To Do TAT[®] For a Stressful Event You Experienced

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Welcome to TAT[®].

We're happy to share this introduction to TAT with you. For your protection and ours, before you use TAT on yourself, read the disclaimer below. Once you've understood it, if you agree then please go ahead and enjoy the booklet.

This booklet gives you of a taste of using TAT for a stressful event. Your event might be complicated and big. If so, contact one of our certified TAT Professionals.

TAT is very powerful. If you aren't getting the results you want, it's likely that you need more information and more experience. To benefit fully from TAT, you need either to be trained as a TAT Professional or work with someone who is. The certified TAT Professionals and Trainers listed on our website are happy to help you and many work by phone, so distance is not a problem.

Please explore our website, TATLife.com, where you'll find a calendar of upcoming events, a listing of certified Professionals and Trainers, TAT stories, and our online store – all great ways to deepen your understanding of TAT and connect with the TAT community.

Please enjoy this booklet and have fun with TAT.

Disclaimer

The information presented in this Booklet is educational in nature and is provided only as general information. As part of the information contained in this Booklet, I understand I will be introduced to a modality created and developed by Tapas Fleming called Tapas Acupressure Technique[®] (TAT[®]). TAT consists of touching specific points on your face and holding the back of your head (the TAT Pose) while putting your attention on a series of statements (the TAT Steps). Because TAT is a relatively new healing approach and the extent of its effectiveness, as well as its risks and benefits, are not fully researched, I agree to assume and accept full responsibility for any and all risks associated with reading this Booklet and using TAT as a result of reading this Booklet.

I understand that my choice to use TAT is of my own free will and not subject to any outside pressure. I further understand that if I choose to use TAT, it is possible that emotional or physical sensations or additional unresolved memories may surface. Emotional material may continue to surface after using TAT, indicating other issues may need to be addressed. Previously vivid or traumatic memories may fade which could adversely impact my ability to provide detailed legal testimony regarding a traumatic incident.

I further understand and agree that the information presented in this Booklet is for my own personal use. I understand that if I want to share TAT with others, I can direct them to the TATLife website. In order to use TAT with others, I understand that I need to become a certified TAT Professional.

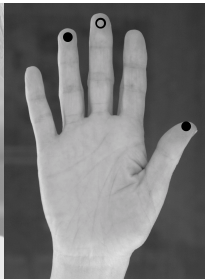
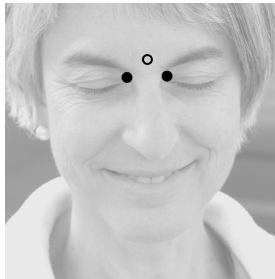
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If any court of law rules that any part of this Disclaimer is invalid, the Disclaimer stands as if those parts were struck out.

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The TAT[®] Pose



With one hand, lightly touch the tip of the thumb to the area 1/8-inch above the inner corner of your eye. With the fourth finger (the ring finger) of the same hand, lightly touch the tip of the finger to the area 1/8-



inch above the

inner corner of the other eye. Place the tip of the middle finger at the point midway between, and about 1/2 inch above, eyebrow level.



Now place your other hand on the back of your head, with the palm touching the head so that the thumb is resting at the base of the skull just above the hairline. The palm cradles the base of your skull. Both hands should be resting gently. No pressure is necessary. That is the TAT pose.

You can rest your arms at any time you want, during a step or between steps. Eyes can be open or closed, and either hand can be in front. If you are more comfortable holding the pose while lying down, that is fine, too.

For children age 11 and under, an open hand can be used for the front position. The palm is placed over the forehead covering the top half of the eyes. They may hold the pose themselves, or you may hold the pose for your child.



Very rarely, your feelings may get stronger as you do TAT and temporarily become the central focus of your attention. If this happens, stay in the TAT pose and put your attention back on following the intention of the step. Don't put your attention on getting more and more into those feelings. Following these instructions, your feelings usually become peaceful in about a minute. If you don't feel peace beginning to come after about a minute, ask for help from a

certified TAT Professional (listed at www.TATLife.com) or a licensed mental health practitioner.

Keep your TAT work to a maximum of 20 minutes per day actually in the TAT pose. Drink 6-8 glasses of water on the days you do TAT.

THE STEPS OF TAT

At the beginning of a session, make the intention that the healing you are about to do will also benefit of all of your ancestors, your family, everyone involved, all parts of yourself and all points of view you have ever held.

If you've never done TAT before, do the TAT pose and put your attention on each of these three statements, for a few seconds to about a minute:

TAT is too easy to work or be of any value.

TAT is easy and could work and be of great value.

I choose to live and I accept love, help and healing.

Now you'll learn the steps of TAT. With each step, hold the TAT pose and put your attention on the thought expressed in that step for about a minute or until you're done. Indicators that you're done can include a sigh, a sense of not being engaged with the problem anymore, your attention wandering, an energy release, or simply a feeling of being done. Some people don't notice any change and simply sit with each step for about a minute. Children may only need a few seconds for each step.

The Problem -- Step 1

This step is infinitely variable and can be worded to fit any number of different situations. Here is what you use to heal a stressful event from your past.

It is important to know that when you're working with TAT on an incident from the past, *it is not necessary nor is it recommended to relive or re-experience past events in order for them to be healed*. In fact, you don't even have to specifically describe the event. You can simply refer to the event as "this". The wording in this case would be:

This happened.

If it helps you to be more detailed, you may. In that case, you could say:

_____ happened.

Just fill in the blank with your description, such as "the time that I fell happened" or "the wreck happened".

The Opposite of the Problem -- Step 2

Step 2 is a companion to Step 1, and it, too, is infinitely variable. Keep in mind that when you put your attention on the opposite of the problem, you are not being asked to believe the statement, just simply to be with that thought or possibility.

When you use TAT to heal an incident from the past, you can use the statement:

This happened, it's over, and I'm okay. I can relax now.

Even if you still feel very emotional and "not okay" about the situation, you can still use this step. The "I'm okay" phrase here refers to that eternal part of you that is unaffected by the events of this life and is always and forever okay. For an ongoing situation, you can say:

This is happening and I'm okay.

The Places – Step 3

Stress and negative thoughts can become stuck or lodged in different parts of the body or in an external location such as a house or a city or country where the event happened, a specific season or even in a group or race of people. These resonances or storage spaces are different for each person, and each event may be stored differently. You don't need to be aware of all the places where the problem has been stored; you simply need to be open to their being healed while you do TAT.

To do this step, put your attention on:

All the places in my mind, body and life where this has been stored are healing now.

And/Or: **God (whatever name you use), thank you for healing all the places in my mind, body and life where this has been stored.**

The Origins -- Step 4

Origins can include anything that happened to you at any time, anywhere, that brought about the existence of your problem: events from childhood, things that happened to other people that touched you, dreams, memories, unconscious impressions, cellular memories...whatever happened to you. You don't need to be aware of what the origins are; simply have the intent to heal them.

For this step, put your attention on:

All the origins of this are healing now.

And/Or: **God, thank you for healing all the origins of this.**

Forgiveness – Step 5

There are actually four parts to this step: communications and connections, forgiving others, asking forgiveness for yourself, and absolving anyone you blamed for the problem. It is not necessary to think of each person involved; just make the intention with your heart to forgive.

In the first statement, the communications can be between you and someone else, God (or whatever name you use), or a part of you. If specific things come to mind to say to a person or a group, do that silently as you're doing the TAT Pose. "All the connections are completing" means that if part of you has been isolated, it is now connected. You don't have to know what all the communications and connections are, just do the TAT Pose and put your attention on the statement.

Forgiveness in this context means, "I accept that was the best they could do at that moment," not that what they did was OK. If you have trouble forgiving someone, do the TAT Pose with your attention on the statement "it's possible that at some point I may forgive _____." If you would like further help forgiving someone, please contact one of the certified TAT Professionals at our website, www.tatlifecom.com. Many TAT Professionals work over the phone.

Please understand that when you forgive someone, it does not mean that you condone what they did or that you want to be in a current or close relationship with them. You may find that you choose to renew relationships with people after you heal the incidents from the past and have forgiven them for whatever they did, or you may not. There are some people with whom it would not be safe for you physically, mentally, or emotionally to be in contact. It is important that you take care of yourself. It is also important that you dissolve your negative connection with those people, and forgiving them will help you do that. There may be times when you forgive someone else purely for your own sake and not for theirs. If you have trouble forgiving someone, contact one of the certified TAT Professionals listed at www.tatlifecom.com.

Put your attention on each of the following four statements, one at a time:

All the communications and connections related to this are completing now.

I apologize to everyone I hurt related to this and wish them love, happiness and peace.

I forgive everyone who hurt me related to this and wish them love, happiness and peace.

I forgive everyone I blamed for this, including God and myself.

Parts – Step 6

Sometimes, a part of you is benefiting in some way from having this problem you are working on. Perhaps it is the part of you that thinks that if this problem heals, you won't have much in common anymore with a dear friend, or that you will have to make big life changes that you

don't want to make, or that it will somehow be dangerous for you. Another part may have been hurt by what happened. However the part was involved in what happened, this step will help heal it and bring you to peace and wholeness.

The wonderful thing about TAT is that you don't have to know the best, specific way for the steps to be applied; it happens naturally. You just hold the pose, put your attention on the steps, and then get out of the way.

The wording for this step is:

All the parts of me that have been involved in this are healing now.

And/Or: **God, thank you for healing all the parts of me that have been involved in this.**

If you still feel that there is some resistance to the healing, do the pose and have a conversation (silently or out loud) with the part of you that is resisting. The part may be a child part or a protector part, or it may be a physical part, like your stomach. Even if you don't know what the part is, that's okay: have a conversation anyway. Assure that part that the past is over and it can relax now.

Whatever's Left -- Step 7

If you feel there might be some little bits from the original problem that have not completely healed, put your attention on:

Whatever's left about this is healing now.

And/Or: **God, thank you for healing whatever's left about this.**

Many people find it is a nice, cleaning up step that feels good to do in each session.

Now review your Problem Step (Step 1) and see if there's anything that still feels stuck about it. You may find that you have another side issue or thought that surfaces now. If so, do TAT on that. Often the first two steps are enough.

Choosing -- Step 8

For this step, envision whatever positive outcome you would like for this issue. In the example about a fear of performing, you might now picture yourself on stage and being very calm. It's very effective to involve yourself as much as possible in this step. Describing it aloud incorporates both speaking and hearing into the healing process. Also, feel what it would be like – your heart beating steadily, the sense of relaxation, and your smile of contentment. *Feel* your performance with everything going smoothly, just as you would like it to.

Integration – Step 9

This step is for completely integrating the healing from this session into your body-mind system. There are three parts to it. First, put your attention on:

This healing is completely integrated now, with my grateful thanks.

And/Or: **God, (whatever name you use for God), thank You for completely integrating this healing now.**

Next, switch the position of your hands so that the front hand moves to the back and the hand from the back moves to the front. Put your attention on the statement again.



Now, put your hands around your ears as though you are cupping them. Put your thumbs just behind where your earlobes attach to your neck, and your little fingers where the tops of your ears attach. The rest of your fingers spread out to touch the skin just behind your ear.

That's it. The Pose and Steps are the foundation of TAT. People often describe it as being elegantly simple yet amazingly effective. It's been called a "portal of grace".

Here are the instructions for you in a chart form:

The Steps of TAT[®] for a Stressful Event

Intention

The healing I am about to do is on behalf all of my ancestors, my family, everyone involved, all parts of myself, all points of view I have ever held and anyone else who would like to benefit from this healing. This healing will happen safely and easily.

The Problem – Step 1

This happened.

The Opposite of the Problem – Step 2

This happened, it's over, I'm okay and I can relax now.

The Places – Step 3

All the places in my mind, body and life where this has been stored are healing now.

And/or

God (or whatever name you use), thank you for healing all the places in my mind, body and life where this has been stored.

The Origins – Step 4

All the origins of this are healing now.

And/or

God (or whatever name you use), thank you for healing all the origins of this.

Forgiveness – Step 5

- All the communications and connections related to this are completing now.**
- I forgive everyone who hurt me related to this and wish them love, happiness and peace.**
- I apologize to everyone I hurt related to this and wish them love, happiness and peace.**
- I forgive everyone I blamed for this, including God and myself.**

The Parts – Step 6

All the parts of me that involved in this are healing now.

And/or

God (or whatever name you use), thank you for healing all the parts of me involved in this.

Whatever's Left – Step 7

Whatever's left about this is healing now.

And/or

God (or whatever name you use), thank you for healing whatever is left about this.

Review the original problem to see if there is any aspect that still has an emotional charge.

Choosing – Step 8

I choose (whatever positive outcome you want related to this).

Integration – Step 9

This healing is completely integrated now with my grateful thanks.

And/or

God (or whatever name you use), thank You for completely integrating this healing now.

Move whichever hand was in the front position to the back and vice versa and repeat the step.

Encircle your ears with your fingertips and repeat the step.

For the first few sessions you do on yourself, you might want to rate the intensity of the problem before the session, using a scale of 0-10. With '0' indicating 'no stress' and '10' indicating 'the worst possible', rate how you feel when you think of the negative thought or past incident expressed in your Problem Step (Step 1). At the end of the session, use the same scale and rate the problem again. Compare your before and after rating.

Of course, the real test for how effective TAT is will be the changes you see in your life. With some sessions, you may feel immediate, big shifts – a weight that suddenly lifts from your shoulders, a dramatic easing of pain or tension. Other times the changes might be much more subtle. One day, you may realize that you simply haven't thought about a problem for weeks, when it used to be on your mind every day. You may find yourself in the midst of doing something that you would never have dreamed possible a day earlier, and now you're doing it easily without a second thought. All of these changes contribute to your living a happier life.

Quick Reminders:

- If you are doing TAT for the first time, put your attention on the following while you are in the pose:

TAT is too easy to work or be of any value.

TAT is easy and could work and be of great value.

I choose to live and I accept love, help and healing.

- Do each step for about 1 minute or until you feel it's been long enough.
- Drink 6-8 glasses of water on days that you do TAT.
- Use the wording that is right for you. Be creative.
- Limit your time actually in the pose to 15-20 minutes per day.
- You can rest your arms at any point -- even during a step.
- Either hand can be in front; eyes can be open or closed.
- If at any point while doing TAT you find your emotions becoming stronger and the center of your focus, which rarely happens, stay in the pose and gently bring your attention back to the step you are working on.
- If you have something that feels too big to do by yourself or you feel you need help, work with a certified TAT Professional. There is a list of Professionals on our website.
- *It is not necessary nor is it recommended to relive or re-experience past incidents in order for them to be healed.*

For more information, visit www.tatlif.com