

TAT (Tapas Acupressure Technique)

TAT is a miraculous healing tool that combines lightly holding a few acupressure points on your head (the TAT Pose) as you put your attention on a problem (the Steps of TAT).

How To Do 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 (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. If you are holding your hands in the TAT pose on someone else, the same area at the base of the skull is covered, but your little finger will be just above the hairline. Both hands should be resting gently. No pressure is necessary.

For children age 11 and under, an open hand is used in front, the palm placed over the forehead covering the top half of the eyes. For babies, very sick people or anyone who feels uncomfortable with touch, the pose is done by holding the hands in the same position as for children, only the hands are an inch or two away from the person's head.

Each step should last around a minute or until you feel done . Feeling "done" can be indicated by 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. For children, this may happen in a few seconds.

Very rarely, your feelings may get stronger as you do TAT and become the central focus of your attention. If this happens, stay in the TAT pose and put your attention on following the intent 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 or a licensed mental health practitioner.

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.

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.

Using TAT To Heal Trauma

Decide on the trauma you would like to have healed. On a scale of 0-10, with '0' indicating 'no stress' and '10' indicating 'the worst it could be', rate your trauma at this moment. We'll refer to that trauma as "this" in the following Steps of TAT.

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.

Do the TAT Pose and put your attention on each of the Steps of TAT for about a minute or until you feel done.

Step One: **This happened.**

Step Two: **This happened, it's over, I'm OK and I can relax now.**

Step Three: **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.**

Step Four: **All the origins of this are healing now.**

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

Step Five: **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.

Step Six: **All the parts of me that got something from this are healing now.**

Step Seven: **Whatever else is left about this is healing now.**

Step Eight: **I choose (whatever positive outcome you want related to this).**

Step Nine: **This healing is completely integrated now.**

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

Switch the position of your hands and put your attention on: **This healing is completely integrated now.**

In Step Three, you do not need to know all the places where the trauma was stored. In Step Four, you do not need to know what the origins are; just make the intention that they are healed. In Step Five, you do not need to think of each person involved; just make the intention with your heart.

Now that you have finished doing TAT, rate this trauma again. On a scale of 0-10, with '0' indicating 'no stress' and '10' indicating 'the worst it could be', rate your trauma now. Compare your before and after rating.

Lastly, I recommend that you give thanks to whomever or whatever you feel did the healing for you – God, Mother Nature, Holy Spirit, Divine Love, etc.