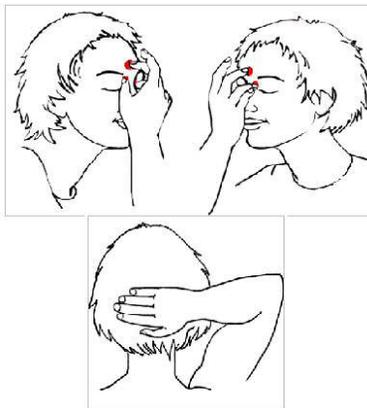


## TAT (Tapas Acupressure Technique)

### Wellness & Healing – 10 Step Process



1. Apply the TAT pose (see above). Your thumb and ring finger are placed opposite each other at the bridge of the nose and your pointer (middle) finger is placed against your "third eye" (the "third eye" is between both your eyes approximately  $\frac{3}{4}$ " up – please reference the diagram)
2. Think of an issue you would like clear or release. It could be anything: a reaction you have, something from the past that bothers you, a limiting belief or a specific condition you want to change.
3. Hold the pose and press lightly. Take a deep breath and close your eyes.
4. Quietly **focus on your issue for a couple of minutes**. This allows the unconscious to know you are going to heal and understands you are going to change or release.
5. Now allow the issue in step #4 to disappear from your thoughts and **sit with the idea that you have no issue**. Simply *sit with the opposite of what you were just thinking* in step #4. Project this image or feeling for a minute or so.
6. Now sit with the idea that **all the origins of this issue, whatever it is or whoever they are, are healing now**. Hold this thought for a minute.
7. As you continue to sit, do so with the statement in mind that "*all the places where this had been an issue (or a problem, a challenge, a struggle, etc.) in your mind, in your body, in your life... all those place are healing now*". Reflect in this step for a minute also.
8. Now sit with the idea in mind that *you forgive anyone you ever blamed for this – including yourself*. Sit with this thought for a minute.
9. Now sit with the idea that *you forgive anyone you hurt for this – including yourself*. Sit with this thought for a minute.

10. Now once again *sit with the idea that you don't have any issue, condition or situation. Sit with the idea that **you are already healed.***

### **Review**

After you've completed the TAT Steps, put your attention on the problem again. ***Check and see if there's anything about it that still bothers you.*** If there is, put your attention on that and do the TAT pose for a couple of minutes or until you feel done. Continue in this way until there is nothing about it that hurts you, troubles you or feels stuck. You will know you're done because when you think about the problem you feel free, at peace and relaxed.