



The Steps of TAT® (Tapas Acupressure Technique®)

By using this chart you represent you've read and agreed to the disclaimer about TAT® at TATLife.com.

Intention

This healing is on behalf of me, my family, my ancestors, all the parts of me, my conscious and subconscious mind, all the points of view I've ever held, everyone involved, and everyone who would like to benefit from this healing. This healing will happen safely and easily.

The Problem/How Things Are – Step 1

Everything that contributed to my resonating, identifying and connecting with this happened.

The Opposite Condition – Step 2

All that happened, it's over, and I no longer resonate, identify, or connect with this. (optional addition: 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), thank you for healing all the origins of this.

Forgiveness – Step 5

- Do the Pose and have a silent conversation with whoever or whatever comes to mind about this.
- **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 related to this are healing now. and/or (God), thank you for healing all the parts of me related to this.

Everything That's Left – Step 7

Everything that's left about this is healing now. *and/or*

(God), thank you for healing everything that's left about this.

Review:

Think back to what you chose for Step 1. Is there anything that doesn't feel good, feels unfinished or has an emotional charge for you? If so, do Steps 1 & 2 for that and the rest of the Steps if necessary.

I Choose - Step 8

I choose _____. *and/or*

I choose to resonate, identify, and connect with _____.

Optional statements related to what you just chose:

This is possible for me.

I completely allow and accept this.

**I see and feel all of Life supporting me
in this.**

I'm grateful for this.

I like this and it feels great.

I see and feel myself living this now.

**I see and feel myself easily completing all the
actions related to this.**

(Optional: Give yourself a big smile
related to what you chose.)

Integration - Step 9

All of this is completely integrated now with my grateful thanks. *and/or*

(God), thank you for completely integrating all of this now.

Do this Step with all three poses.

Quick Reminders

If you are doing TAT for the first time, begin by holding the Pose with your attention on each of the following statements:

- **TAT isn't going to work for me for this.**
- **It's possible that TAT can work for me for this.**
- **I choose to accept love, help and healing.**

Put your attention on each statement for a few seconds up to one minute – whatever feels right to you.

Drink at least 6-8 glasses of water on days that you do TAT.

Use the wording for each step that is right for you while maintaining the meaning of the Step.

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're working on. If your emotions remain strong, please contact one of our Certified TAT Professionals for help at www.tatlif.com/pros.

It is not necessary nor is it recommended to relive or re-experience past incidents in order for them to be healed.