

## **Tapas Acupressure Technique\* (TAT)**

The TAT pose is made by putting middle finger on the pineal gland (usually referred to as the 3<sup>rd</sup> eye), and your thumb and ring finger on either side of the bridge of the nose up by the eyebrows. Then place your other hand on the occipital section at the back of the head. (It doesn't matter which hand goes where.)

TAT has 7 steps. You may either muscle test between steps to see if the next step is needed, or do them all, start to finish.

1. Put your attention on the problem and do the TAT pose. Feel the problem as fully as you can **IN YOUR BODY**, and continue to re-create the problem feeling as fully as you can until it is difficult to re-generate the feeling in the body.
2. Put your attention on the opposite condition and do the TAT pose. In other words, imagine as if the problem were healed, and feel that as fully as you can in the body. Continue to do this until it feels easy to get the new feeling in the body.
3. Do the TAT pose with either: "All the origins of this problem are healing now" or "God (or whatever name you use), thank you for healing all the origins of this problem."
4. Do the TAT pose with either: "All the places in my mind, body, and life where this has been held (or stuck) are healing now" or "God, thank you for healing all the places in my mind, body, and life where this has been held (or stuck)."
5. Do the TAT pose with either: "All the parts of me that got something out of having this problem are healing now" or "God, thank you for healing all the parts of me that got something out of having this problem."
6. Do the TAT pose saying, "I forgive everyone I blamed for this problem, including God and myself."
7. Do the TAT pose saying, "I ask forgiveness of everyone I hurt because of this problem."

\*TAT is an easy self-help technique based on Chinese Medicine. Its purpose is to help overcome traumatic stress, allergic reactions, and deeply-held negative beliefs. TAT was developed by Tapas Fleming in 1993. Tapas is a licensed Acupuncturist. Her background includes 30 years of meditation and emotional release work.