## 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, every manifestation of my being in all times, places, and dimensions, all beings involved and all beings who would like to benefit from this healing. This healing will happen safely and easily.

Do the intention in the Heart Pose (palm over palm over the heart chakra).

### The Problem/How Things Are – Step 1

Use the statement below that works best for your situation:

- **A.** Everything that contributed to my resonating, identifying and connecting with this happened.
- **B.** Everything that led up to this happened.
- **C.** A limiting or negative thought. (example: I can’t heal.)
- **D.** This happened.

### The Opposite Condition – Step 2

Use the statement below that works best for your situation:

- **A.** 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.)*

- **B.** All that happened, it’s over, and it’s no longer resulting in this.

- **C.** The opposite condition of your Step 1 belief or thought (example: I can heal. It’s not true that I can’t heal. It’s possible that I can heal.)

- **D.** 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

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All the origins of this are healing now.  and/or

(God), thank you for healing all the origins of this.

Forgiveness – Step 5

Have a silent conversation and interaction 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 you love, happiness and peace. I accept that you were doing the best you could in the moment.

I apologize to everyone I hurt related to this and wish you love, happiness and peace. Please accept that I was doing the best I could in every moment.

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

I accept forgiveness from myself and everyone involved. I accept that I was doing the best I could in every moment.

The Parts – Step 6

All the parts of me that were involved in this are healing now.  and/or

(God), thank you for healing all the parts of me that were involved in 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 ________.  and/or

Wow! ____________________________________________

After choosing what you want:
This is possible for me.  |  I like this and it feels great.
---|---
I completely allow and accept this. | I see and feel myself living this now.
I see and feel all of Life supporting me in this. | I see and feel myself easily completing all the actions related to this.
I’m grateful for this. | (Give yourself a big smile.)

**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 the above Step with all three poses.

Do the following Step in the Heart Pose:

I completely accept this healing and transformation in my heart and whole being for myself and everyone involved with my grateful thanks.

**Quick Reminders**

If you are doing TAT for the first time, you can begin by holding the Pose with your attention on each of the following statements or you can add statements like this to whatever you’re working on as they naturally arise:

- 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.

- 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. *It is not necessary nor is it recommended to relive or re-experience past incidents in order for them to be healed*. If your emotions remain strong, please contact one of our Certified TAT Professionals or Tapas Fleming for help at www.tatlife.com.