

TAT[®]-101: Comprehensive Introduction

by Tapas Fleming, L.Ac.

Preface

TAT® is a process I developed as I was working with patients in my acupuncture practice in California in 1993. It focuses your attention on a series of statements while you lightly touch acupressure points on your head that connect all physical, mental, emotional and spiritual parts of yourself.

The "Steps of TAT®" combined with the TAT® pose (the acupressure points you touch) enable your entire system -- physical, mental, emotional and spiritual -- to be present in the current moment and more able to receive the love, healing, peace, and energy available now. TAT® has been used successfully to end fears and phobias, lessen every kind of stress -- both past and current -- and heal the emotional origins of physical disease.

This e-book and video are intended to teach you how to use TAT® for any issue or event you choose.

You'll get a solid foundation for building your knowledge of TAT®. You'll learn how to use the TAT® process for yourself to bring more happiness and balance into all areas of your life.

When you want to expand your healing and growth experience with TAT®, what you'll learn here will serve as a comprehensive basis for understanding how to do TAT®. You'll then be able to get the most out of working with a Certified TAT® Professional or attending a TAT® workshop or webinar -- the results you can experience that way are often even more powerful and profound than working on your own.

The information in this e-book and video, used even now and again or regularly (several times a week or even daily) will take you on an inner and outer journey of more love, happiness and peace.

Warm smiles and wishes for your highest happiness,

Tapas Fleming, L.Ac

Your Life

Right now, you have a sense of what your life is -- all the good and bad feelings, the things that keep happening to you, the kind of people who end up crossing your path, the job situations you find yourself in, the way it goes in relationships, the kind of luck you have. All together, it's your life and it typically has the same things happening over and over with slight variations.

I've got good news for you: the repeating negative thoughts, feelings and events that make up your life can *change for the better, all of them*. Any resigned feelings or thoughts you might have that "well, that's just the way my life is" are only partially true. It's true, that's the way it is *right now*. But it doesn't have to be that way in an hour, a few hours or tomorrow. And it can change for the better in an hour and stay that way for the rest of your life.

How do I know this? Because I've been working with TAT® for over 26 years and have seen it happen for clients, friends, family, people I've never even met who contacted me about their results, and with thousands of clients the Certified TAT® Professionals have worked with over the years.

Brian, an ex-army sniper said, "I got my life back." He couldn't sleep with his wife because about every 45 minutes, he'd wake up in the middle of an "incident" (PTSD from his military service) and could easily end up hurting anyone he was sleeping with. After doing TAT® for several nights in a two-week workshop, he was able to sleep through the night peacefully. He slept with one child on each arm, his littlest one on his chest and his wife cuddled up -- all in the same bed. He was so happy!

Sometimes, in one hour, a life of constant pain changes to no pain at all. Other times, cancer (or another serious illness) is undetectable after doing TAT® regularly for a year.

People don't always fully heal with TAT® when it comes to physical conditions. Their feelings about their life typically change, though: their relationships with loved ones can heal, their feelings about God can change and they can love themselves more deeply. The quality of their life changes and their emotional state can still definitely improve.

People often feel unloved and unheard, like they can't speak up for themselves. These feelings have been a constant in their whole life and they'll have shown up in every part of their lives: work, relationships, and money issues. It's possible to do TAT® and have those feelings change in all areas of a person's life and stay changed for good.

They begin to find that they can speak up for themselves, they feel loved, and they feel heard. Their whole experience of how life feels to them changes for the better.

One woman I knew had social anxiety and fear of going out of her house. She had spent years in her home. She learned TAT® and joined me for live webinars, and she was over her fear in just a few months. Over time, I could see changes happening in her in the webinars. Her eye glasses changed and got more fun, she no longer sat in the dark and then one day I noticed the room behind her looked different I asked her about it -- she had moved into a NEW house! She got a job working outside of her home, supervising a group of marketers. She started going out all the time with friends --we haven't seen her on webinars for years! Total change in her life.

What makes up the negative texture of what we call "our life" has its source in several places, places you might not have thought about. Or if you did think about them, you might have figured there was no way to change them. Here are some of the sources I know about that can strongly influence the nature of our lives:

- *everything that surrounded our conception and time in utero before birth*
- *our family we were born into and lived with including our political, religious, financial and educational experiences*
- *our ancestors -- unresolved traumas that happened to them both individually and also as a group including warfare, discrimination, natural disasters, etc.*
- *friends, colleagues, intimate partners, neighbors, strangers*
- *our cultural traumas, values and religious beliefs*
- *government, law, and authorities we are accountable to*
- *past lives, other-dimensional beings, spiritual or paranormal experiences*
- *subconscious programming via media, and unknown sources that influence our minds and emotions*
- *advertising and marketing, books, movies, television, internet, radio*
- *traumas, stresses, what we feel we did to others that was hurtful,*
- *things that were said to us, and anything that keeps us stuck in identifying with anything other than pure love or our true nature*
- *Food, medicines, herbs and supplements, time of day, time of year, type of light (sunshine, cloudy days)*

If you step back from all of that, you can begin to get the idea that there are a lot of negative, limiting belief systems profoundly influencing all of us all the time. We end up with a bunch of beliefs that moderate every aspect of our lives -- how we think, feel, communicate and relate to all that is.

It's hard to see the big picture of how our beliefs and thoughts get automatically formed by all of the things influencing us. We live in our environments, like fish live in water. It just feels like "this is my life!"

On any given day, it's typical that many of those major influences are central to our ***Problem of the Day***. Our ***Problem of the Day*** could look like:

- ***"I can't find a good life partner"***
- ***"I don't feel loved or valued"***
- ***"I'm not earning enough money"***
- ***"My health isn't great and I'm in pain"***
- ***"I don't know what my purpose is -- my life is so unfulfilling"***

All of those sources are constantly feeding our thoughts and emotions with bad or negative information and we end up with a ***Problem of the Day***. Our *identification* with our inner environment of thoughts and feelings, limiting beliefs and unresolved trauma make our energy low, keep us unhappy and unfulfilled and make us unattractive to a good job situation or a good partner. Yes, it's *natural* to be unhappy and unfulfilled in a condition like this: no need to blame yourself!

This is where TAT® steps in: it allows you to de-identify in the most gentle and natural way from what limits you and keeps you stressed. It gives you an easy way to forgive yourself and others and to no longer blame yourself or God for what happened. It gives you a way to have your own creative, fresh thoughts about what is happening now and what could happen in the future. It's like a key that lets you out of a movie theater you'd been locked up in, watching bad or scary movies play over and over again. You get free.

If you have a computer, you know what it's like to have a program running in the background that's taking a lot of energy and making everything you're trying to do run slower, right? Same way with us: all the negative influencing factors are like hundreds of little programs running in the background messing things up you're trying to get done in the here and now. They might not even be visible, but they're there.

It's kind of easy to think about all the unhappy, violent, unresolved traumas and ensuing negative beliefs that happened to our ancestors as programs. Picture it this way: your great-grandparents are in their 20's having dinner with their little kids. Everything's on the table, smells of warm, favorite foods fill the air they're relaxing at the end of their day, enjoying their home and family when suddenly the front door is smashed open. Soldiers with guns come in and start yelling orders and killing people. One child escapes. ***That's your ancestor who lived***. Because of what they experienced, they ended up believing and feeling:

- ***"Life isn't safe."***
- ***"Being (their religion, their ethnicity) isn't safe."***
- ***"There's no place in the world for my family and me."***
- ***"I'm not welcome in life."***
- ***"I don't really want to be alive."***
- ***"Whenever things are really good, and you least expect it, bad things happen."***
- ***"My stomach hurts every time I get afraid."***
- ***"I don't sleep well."***
- ***"I have heart problems."***

These are all natural responses to a shock like that. Those thoughts, beliefs, body illnesses and stresses continue on. All of them are like programs that go on running without end.

Generations later, you get born into that family and you inherit all of that. All of it. Our DNA is passed down through generations of ancestors, and it contains imprints of their thoughts and experiences which run in the background of our lives like "programs". We continue to be influenced by these "programs" in the structure of our bodies and in our consciousness.

Our ***Problem of the Day*** could be:

"I want to find a good life partner, but I'm always afraid of being left by the people I love the most...and my stomach gets tied up in knots when I start to get really close to someone I care about."

The "program" from the incident that happened to your ancestor that survived is running in the background of your life, and you're unable to get close with someone you love. That's how it goes for all the mental and emotional (and often spiritual) problems I see with people. Physical problems are highly influenced by those "programs", too.

People can feel it in you, they can feel when you've got programs running and they just tend to chime in with your program. It's almost like we can see, hear and feel the movies being played by the "programs" in other people, and we're watching them and emotionally responding to them, too -- even though it's typically all going on unconsciously. We can find ourselves reacting to someone based on sensing their "negative programs", and that we are stuck in certain reactions and perceptions of a person because of this.

TAT® allows the traumas to be healed for you and all your ancestors, ending those programs. You're living more fully in the present moment, and more able to connect with people you love and care about. You're more attractive to people because you're not broadcasting out those negative "programs" anymore.

What happens? Where does all of that negativity go?

It just ends. You had been in a condition of a part or parts of you being stuck in a bad memory, watching a bad movie play over and over. Once those parts are free, you're not only out of the movie theater, that movie isn't even playing anymore. Parts of you had been projecting that horrible movie. Now, all the negative, energy-consuming emotions, thoughts and feelings that were tied up with that stop.

Once it all stops, you're simply in a condition of peace. It's like when wind and stormy weather create big waves out in the ocean and then the storm is over. Where do the waves go? They just stop -- conditions aren't creating them anymore. The power and energy aren't being expressed as waves anymore, they return to the calm expanse of ocean.

You are the ocean of love and peace. The more you do TAT®, the more you get to feel your own, natural self. You may have never felt just how peaceful and happy you actually are inside, when those programs stop running. TAT® doesn't just get you *over* something, it also restores you to a condition of being who you really are. The more you use the TAT® process, the happier you get.

Doing TAT®, you'll find that people want to be close with you. The more you shine, the more your actual self is available, radiating the beauty and peace of your life within, the more people want to be with you. Your loving presence shows. You also naturally attract people who appreciate the kind of inner life you have, and you feel the deep joy that being present with the real you brings. This all happens automatically by doing more and more TAT®.

When any part of you is healed, you live more fully in your life, with new experiences becoming available to you. You can experience more positive emotions, connect more deeply with yourself and others, and are absolutely in a better position to create the life of which you dream.

No Trying

What if the TAT® Pose was really the missing USB port for importing your thoughts into your whole body, mind, feelings, ancestral information databank, past life information databank and the whole “outside” world you live in? Do you think that’s even possible?

I do. And it’s because of over 23 years of experience with myself and hundreds of thousands of people using TAT® and the countless stories and experiences I’ve heard.

So imagine if your body worked like a computer and you really could just update information. Imagine the power of being able to quit using “You.Version 2-year-old” and “You.Version 5-year-old” and “You.Version Teenager” and “You.Version Ancestors from 1700-1900 and “You.Version 21st Century Powerless in These Times of Change”. Can you imagine what that would be like?

When you do TAT®, you don’t try. When you do a google search, you don’t try, do you? You don’t use your Power of Intent. You don’t create a White Light Healing Shield then focus hard on your computer screen for a nano-second waiting for the search replies to come up, right? You don’t beam love at your computer trying to help it along or hope hard that something positive will happen, do you? Of course not. You just type something in the search bar, tap the ‘enter’ key and you have your results.

Same way with TAT®. You just do the TAT® Pose, put your attention on each statement, relax and notice what comes to the “screen” of your attention. That. Is. It. No trying!

You start off with something big, gnarly, nasty, seemingly-endless and you end up with you: present, peaceful and happy. Not *trying* to be peaceful, present and happy. Not pushing the big, gnarly thing away. That thing is dissolved in the simple process of doing TAT® and it’s just you there for real: peaceful, present and happy. Aaaaaaaah! So *easy!*

Parts of You are Stuck in Old Memories and Trauma

Have you ever experienced any of these situations:

- *a part of you wants to go ahead with something and part of you doesn't?*
- *a part of you feels closed and protective about moving ahead in a relationship and part of you wants to get involved?*
- *at work, a part of you feels angry and part of you feels weak and crushed by what's going on?*
- *A part of you feels excited about a new idea and another part starts non-stop criticizing you, saying things like:*
 - ***"You're a loser. Just forget it."***
 - ***"Nothing you do ever works."***
 - ***"Quit while you're ahead."***
 - ***"No one cares what you think, anyway."***
 - ***"You'll never follow through -- you never do."***

What are those parts, anyway? How'd they get there and why do they keep saying all that useless and often mean, critical stuff to you? How can you make them stop?

These parts often get born in times of stress and trauma. For example: you're five years old and your parents are having an argument. Dishes are being broken and they're yelling. You feel scared and abandoned. A part of your consciousness gets frozen in that moment trying to deal with what's going on. It's as if there's a separate five-year-old part -- an isolated identity within yourself who's now thinking and feeling things like:

- ***"It's my fault."***
- ***"If I'm quiet and behave well, my parents will stop fighting and be happy. Then I'll feel safe."***
- ***"I wasn't good enough for them to pay attention to me and be nice to me. I'll try harder."***

In a traumatic experience, a part of our consciousness can become wrapped up in "solving" a problem, protecting us from danger or abuse, or just trying to find sense in a senseless situation. The beliefs that spring up, like the ones listed above, can be inaccurate but there are parts of us that hold onto those beliefs and remind us of them when we are in new stressful situations -- particularly situations that are like the original one. The resonance with the original situation triggers the part or parts of us that were born in the original stressful events.

Entire areas of our lives are based on those beliefs. It often looks something like this:

You grow up and this five-year-old part is still actively holding onto its old beliefs. You find yourself in the same kind of situations that happen over and over, following the pattern of these beliefs. You may find yourself wondering, "How come I seem to keep creating the same awful things again and again?"

A disagreement is happening at work about how to solve a problem, and your opinion would help, but you find yourself "being quiet", just trying to make it so that people don't fight around you. You're feeling anxious and hearing a voice inside, like an annoying pop-up ad, saying:

- ***"You're not good enough for anyone to pay attention to."***
- ***"This is all your fault."***
- ***"Don't speak up -- it's not safe."***

Or you're in a relationship that's ending and you hear yourself thinking, "I wasn't good enough for them to pay attention to me and be nice to me. I suppose I didn't try hard enough. Well, I guess I never really felt safe with them, anyway."

This is the five-year-old part running the show. Your life is being dictated by a part of yourself that you *don't even know is still there*. All you can see is these same kind of thoughts and feelings that seem to be endlessly playing out over and over again in your life. TAT® works as a communication process which updates all of the parts of us that are linked to what we have decided to work on during each TAT® session we do.

Any parts that have any kind of connection to what we are working on in the moment are contacted. They're informed that while, in their reality, they are frozen in an experience that they have not yet left, we have actually moved on, and we are inviting those parts to accept that the original stressful or traumatic experience is over.

The Steps of TAT® have been created in a way which updates those parts of us with the knowledge that it is now possible that:

- they can leave that past experience they've been stuck in
- they can *actually heal* from that experience
- they can re-join the "rest of us" and no longer feel separate
- they no longer need to offer old advice or beliefs that have nothing to do with the reality of our current lives

In the very beginning of the TAT® process, we include the intention or prayer of having all the parts of yourself heal, even if you don't know who or what they are. That will help them dissolve into love and relaxation and they won't continue giving you old information anymore about how to live and how to be.

Negative Beliefs

We have very clear memories of the exact tone of voice and words used when people have said negative and hurtful things to us. We can sometimes remember these things that have been said to us in such a clear way that it seems we are listening to a voice that is speaking to us in this current moment.

Most of the time, what was said to us just wasn't accurate, it was just an expression of a negative emotion or belief held by the person who was saying those awful things. The memory of those voices can become their own "program", and that can feel like someone talking to us *now* in a critical, harsh way. We sometimes don't recognize or remember the original source over time.

Some of those statements others made about you just didn't apply to your life experience then or even now. But those beliefs can feel like they are a part of us and you "can't get 'em out", right? Sometimes, it's not just annoying, it's downright crippling. The voices are there and we find ourselves unable to take a single step "against" what the voice is telling us.

Wow. Not good. We get stuck with the information we heard because we believed it to be true:

- ***"If you break one of these laws, you'll go to hell and burn for all eternity."***
- ***"You don't deserve anyone's love."***
- ***"You're a sinner. You don't deserve God's love."***
- ***"You're a slob! You're not worth supporting."***
- ***"If you don't have bright, white teeth and use our product, no one will kiss you."***
- ***"People will think better of you and you'll get more sex if you drive our kind of car."***
- ***"Our people are loved by God -- those people are not."***
- ***"Our people are always discriminated against."***
- ***"You'll never make anything of yourself. You're stupid."***
- ***"Our family is lower class. We have to work, work, work just to get by in life."***

The fact that we get as much done as we do with all of this kind of talk going on is amazing. Imagine finally living *without* those voices carrying on. Ahhhh! The fresh energy and sheer freedom!

Include the negative voices in what you want to heal when you do your healing work. Don't try and push them aside. *Bring them into the light of love instead, where they'll melt.* You'll get back loads of energy that used to be involved in hearing those voices, trying to push them away, trying to make them stop and feeling bad about yourself. You'll pop up to the surface of the Ocean of Joy like a cork that had been held down. It's your nature to be bobbing along, floating in happiness. You'll find yourself there more and more of the time as these negative voices are cleared away.

How It Feels to do TAT®

Your experience might be different each time you do TAT®. You could have similar things that happen each time for a few sessions or your experience could be very different every time you do it. Typical experiences can include:

- realizing something
- feeling more compassionate
- feeling more peace and true acceptance of yourself and life as it is
- feeling happier, lighter, clearer or more relaxed
- sighing
- getting sleepy
- getting energized
- feeling warmer
- feeling that nothing has happened at the time you do a session
- being in less physical pain
- feeling transformed and more yourself
- realizing changes that have happened in how you are, how you feel, how you're living only after a session is over

Whatever happens for you is normal. Period. That's because you're being healed and brought into more presence by the Divine or Universe itself, and what it takes to get you there is an individualized process, each and every time you do TAT®.

How to Be While You're Doing TAT®

This part is nice and simple: your job is to relax and come along for the ride. The tricky part is not trying to *do* something or *make* something happen.

Many smart, educated and experienced people using TAT® can have difficulties:

- Being fully present in a situation they're not "controlling"
- not knowing exactly what's going to happen beforehand
- accepting TAT® can help even if they don't fully understand how it works

Your "job" is to focus on yourself -- paying attention to your thoughts, physical experiences, memories and any feelings that arise. There is no need to get deeply involved or try to find deeper meaning with anything you notice. Your job is simply to

notice what is happening for you: enjoy what is being transformed, notice if anything is continuing to be stuck and then add the stuck stuff into your healing process.

Elements of a TAT® Session

Learning The TAT® Pose

1. With one hand, lightly touch the tip of the thumb to the area 1/8-inch above the inner corner of your eye.
2. With the fourth finger (the 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.
3. Place the tip of the middle finger at the point midway between, and about 1/2 inch above, eyebrow level.
4. 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. Both hands should be resting gently -- no pressure is necessary.

The hand position on the front of the head combined with the hand position on back of the head create the **TAT® Pose**:





TAT® Child's Pose: For Children Age 11 and Younger

For children age 11 and under, an open hand can be used for the front position. The palm is placed over the forehead covering the top half of the eyes. The child may hold the pose themselves, or you can hold the pose for your child on their head.



Tips About the TAT® Process

- While in the TAT® Pose, put your attention on the statement in each Step then relax and notice whatever you happen to notice.
- You don't need to repeat the words, either silently or out loud.
- You can rest your arms at any point -- even during a Step.
- You only need to hold the Pose for about 20 seconds up to a minute as you relax and notice whatever you happen to notice.
- Limit the time that you hold the TAT® Pose on your head to no more than 15-20 minutes total per day. Doing just one session daily, holding the TAT Pose for 20 seconds to a minute per Step will ensure you do not exceed the recommended time in the TAT® Pose.
- Use the wording that is right for you -- just keep the meaning for each Step as your focus.
- Either hand can be in front and you can switch hands if you need to at any time.
- It's OK to rest your arms then go back into the TAT® Pose during a Step.
- It's OK to get part way through all the Steps, take a break and come back to it some other time.
- Eyes can be open or closed during the process.
- It's OK to do the TAT® process while you're lying down and you can also support your arms with pillows or some other way when you're either lying down or sitting up.
- If you have something to work on that feels too big to do by yourself or you feel you need or would like help, schedule a private session with a Certified TAT® Professional or me.
- It is *not necessary nor is it recommended to relive or re-experience past incidents* in order for them to be healed. It is enough to intend that you would like to have them healed in order for TAT® to be effective.
- Very rarely, your feelings may get stronger as you do TAT® and temporarily become the central focus of your attention. If this happens, stay in the TAT Pose and put your attention back on the intention 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 or less. If you don't feel

peace beginning to come after about a minute, stop doing the process and ask for help from a Certified TAT® Professional , a licensed mental health practitioner or me.

What to Work On In Your Session, or, How to Create the “Pot” or “Bundle”

The “pot” is how I like to refer to the place we put all the things we want to have healed in a session. You’re welcome to use this image or a “bundle” or whatever you want including no image at all: you can simply decide on what you want to work on. You can add anything into the pot, anytime, as you go through the TAT® process without having to go back through the Steps you have already completed.

The way to find out what to put in the pot is to put your attention on something that’s bothering you and see what comes up. What do you notice? Include your feelings, body sensations, thoughts, relationship patterns (both in your own life and your family of origin), energy level, beliefs, memories and whatever doesn’t feel good. It’s typical to notice:

- Aches or pains or any sensations in your body
- Disturbing memories
- Feelings like sadness, anger, frustration, loneliness
- Thoughts about what people said to you or did to you or what you did or said to them
- Things that you can’t give words to but are there

That’s what goes “into the pot”. Again, put your attention on what’s bothering you, see what you notice and add that in. Keep this focus until nothing else comes to mind. That means there’s nothing else to add into the pot at the moment and it’s time to do the TAT® process.

Writing everything down is a good idea because in a few minutes, after you’ve done TAT®, you’ll probably be feeling very different. A typical comment after re-reading all the stuff that went into the pot is, “That’s not me -- that sounds like someone else’s story!” Yes, it can happen that fast! Read more at the end of this book on “Keeping A TAT Journal”.

Fortunately, TAT® works to get rid of these awful feelings, limiting beliefs, etc. So please, when you write what comes to mind, don’t try to make it “nicer” or change the

words to lighten it up in any way. I like to say, "The 'worse-er', the better!" That's because when nasty stuff makes itself known, it's a moment to celebrate! You can now heal that awful stuff and then be happier and more expressive of your true divine nature forever. That's a *good* thing!

To locate more stuff to add to the "pot", you can also put your attention on what comes up for you related to the following statements (some might apply to what you're working on and some might not). Write down whatever you notice. Take your time.

I feel most isolated and lonely when _____.

I feel most fearful when _____.

I get agitated and disturbed when _____.

I feel sad, hopeless, or grief about _____.

I feel frustrated, angry, hateful or violent when _____.

I worry too much about _____.

How my problem (what's bothering me right now that I'm about to do TAT® about) affects me in these areas of my life:

With my family: _____.

At work: _____.

With friends: _____.

In my intimate relationships: _____.

In my spiritual life: _____.

In my feelings about myself: _____.

With people I don't even know: _____.

In sex: _____.

Related to my place in society: _____.

At first, it may be hard to believe that stirring up so much "junk" can be a good thing. After all, haven't most of us spent our lives trying to *avoid* all that and focus on "feeling better"? You know: overeating, eating junk food, drinking alcohol, doing drugs, overworking, get addicted to something ...anything. We do *whatever* it takes to distract ourselves from the bad feelings or outcomes we fear and to comfort ourselves.

You'll find that the more you do TAT®, the more confidence you have that you can stir up a big pile of yucky feelings and negative beliefs to put in the "pot". You'll know

from experience that they'll all be resolved into peace and happiness very soon. Don't take my word for it: do TAT® daily over weeks and months and find out for yourself!

Stopper Thoughts

So many people are used to willfully pushing those thoughts aside or trying to use their will to overcome their negative thoughts. They get tied up in that struggle. Instead, doing the TAT® process, add those thoughts to the pot or bundle. They usually dissolve along with all the other stuck stuff you've decided to work on in that session.

"Stopper thoughts" (or "stoppers" for short) means any thought that would make it so that the healing process can't move forward. These thoughts can occur before or during a TAT® session. Any time a stopper thought occurs to you, just put it in the pot or bundle right then and there and continue where you left off in your TAT® Steps.

Here are some typical "stoppers" that you can add to the pot:

- ***"This will never work for me!***
- ***TAT® is too easy to be of any value.***
- ***It might work for other people, but not for me.***
- ***This issue is too big for TAT® to help.***
- ***Nothing can change this.***
- ***Nothing else has worked for this -- TAT® won't either."***

How Much Can You Work On in One Session

How big can our "pot" be? I don't know an exact limit: we each need to find out for ourselves. I've made lists of 20 or so things all related to one subject -- emotions, feelings in my body and limiting beliefs -- and they've all cleared up in one session. Sometimes, I find there are bits that didn't get cleared away. I just add those bits into the next TAT® session I do. I've also done sessions on 5 or 6 unrelated things and they've all cleared up in a session. Some clients who've had years of abuse have cleared all those traumas up in one or two sessions. One man cleared up a whole year of trauma in his military service in one session!

On the other end of the spectrum, you might need to do several sessions on different aspects of one problem over weeks, months or even years to get the results you want. For example, I had cancer and did TAT® several times a week over a year -- along with other health-supporting activities -- before it was gone. And sometimes, TAT® doesn't make much difference in clearing up a physical condition. If that happens for you, it's worth getting support. You can learn more about how to use TAT® effectively for yourself or work with a Certified TAT® Professional or me to maximize your results. In addition, work with all the different kinds of health care providers you need to help you get the level of health you want.

How Many Sessions It Takes to Clear Something Up

The more chronic a situation or condition is, the more sessions you usually need to do. Healing the emotional roots of a disease might take several sessions a week over months or even a year. Getting over a single incident, like a car accident typically takes only one or two sessions...unless you're always getting into car accidents or accidents in general. That means you're in a chronic condition and that could take many sessions.

If you do a TAT® session and find that, at the end, there are some bits remaining that feel unfinished, just add them into the next pot for your next session.

It's like cooking a soup: potatoes take longer to cook than celery. So if you've got something at the end of a session that isn't fully "cooked", just add it into the next pot!

How to Know When You're Done with a Step

The easiest way to know you're done with a Step and ready to move on to the next one is that about a minute has gone by. Other tips that you're done you might notice:

- Your attention wanders
- You find yourself wondering, "Could I already be done?"
- You simply don't feel engaged with it anymore
- You sigh
- You yawn
- You feel lighter
- You have a sense of something having been released
- You feel relaxed
- You don't feel bothered by it anymore
- Your breathing gets deeper

- You feel a sense of expansion
- You suddenly realize something
- You feel compassion and love that wasn't there before

Often, nothing at all happens. That's OK, too. Just wait for a minute to go by then go on to the next Step.

Putting it All Together the Easy Way

To experience TAT® for yourself the easy way, you can either follow along with the accompanying TAT®-101 video or with the written instructions below. I'll be walking you through the whole TAT® process step-by-step.

Now you are ready to start using the Steps of TAT®. All of the statements are in **bold print**. You can read them to yourself or say them out loud while in the TAT® Pose, then relax and notice what happens.

The Steps of TAT®

The Intention of Each Session

At the beginning of each session, you'll make an inclusive intention that is an offering to many to enjoy and benefit from the healing work you're about to do. It's not only nice because others get to benefit, it's also necessary because you're tied up with them: they're influencing you based on their life traumas, their limiting beliefs, their cultural views, etc. We're each living in an emotional sea of information from our vast genetic lineages, our own current culture, our family culture, our individual lives and more!

You do the "Heart Pose" during the intention. To be in the "Heart Pose", you place palm over palm on your chest at midline near your heart. While in the Heart Pose, put your attention on the following statement -- you can read it out loud or silently:

"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 and all dimensions, all beings involved and all beings who would like to benefit from this healing. This healing will happen safely and easily."

Even though we don't know who all the beings involved are, we're including them with our good wishes. We also don't know the details of the rest of this big intention and we make it, anyway.

If you've never done TAT® before, do the TAT® Pose and put your attention both of these statements, for about 15 seconds:

"TAT® is easy and could work and be of great value."

"I now choose to accept life, love, help and healing."

Now you'll move on to the Steps of TAT®. While you're in the TAT® Pose, read the statement for each Step either silently or aloud. After about 20 seconds to one minute in the TAT® Pose, put your hands down if you'd like a rest or go on and read the next Step. As you put your attention on the statement of the Step, relax and notice what happens. Don't force or resist anything while you're in the TAT® Pose – just allow whatever happens to happen. You might like to take notes at the end of each Step for yourself if you'd like to reflect on the process when you're done. Sometimes, nothing noticeable happens and that's OK. Continue this way for each of the Steps.

The Problem -- Step 1

Decide what you want to work on. Once you've put everything you want to into the "pot" for this session, put your attention on:

"Everything that led up to my resonating, identifying and connecting with this happened."

"This" in the statement above means everything you decided to work on (everything in the "pot").

The Opposite Condition -- Step 2

When you put your attention on the statement of Step 2, and all the Steps for that matter, you aren't being asked to believe the statement or try and make it feel true, just simply to be with that thought or possibility, relax and notice whatever you happen to notice.

Put your attention on:

"That happened, it's over, I'm OK and I no longer resonate, identify or connect with this."

The Places – Step 3

Stress and negative thoughts can become stuck or lodged in different parts of the body or in an external location such as a house, a city or a country where the event happened, a specific season or even in a group or race of people. These resonances, or storage spaces, are different for each person, and each event may be stored differently. You don't need to be aware of all the places where the problem has been stored; you simply need to be open to the possibility of those places being healed while you do TAT®.

Put your attention on:

"All the places in my mind, body and life where this has been stored are healing now."

And/or

"God, thank you for healing all the places in my mind, body and life where this has been stored."

Whenever "God" is mentioned, please use whatever name pleases you or none at all.

The Origins -- Step 4

Origins can include anything that happened to you at any time, anywhere, that brought about the existence of your issues in the "pot": events from childhood, things that happened to other people that stressed you, dreams, memories, unconscious impressions, cellular memories, genetic information...whatever happened to you. You don't need to be aware of what the origins are; simply have the idea that it's possible for them to heal.

Put your attention on:

"All the origins of this are healing now"

And/or

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

Forgiveness – Step 5

There are five parts to this Step:

- silent conversation with whoever comes to mind
- communications and connections
- forgiving others
- asking forgiveness for yourself
- absolving anyone you blamed for the problem

Do the Pose and put your attention on each of the following, one at a time:

While in the TAT® Pose, have a silent conversation and interaction with whoever or whatever comes to mind related to forgiveness.

It could be one person, a whole group, God or no one at all. As you do this, you allow whatever's there to be expressed without editing. Don't be polite or proper -- express whatever you wish in this conversation. Sometimes people come to mind, sometimes they don't: it's all OK.

Next, while in the pose, put your attention on:

"All the communications and connections related to this are completing now."

This means that if part or parts of you have been isolated, they're now connected and communicating with the rest of you. This includes all the parts of your body, all your growing up parts (you at all your different ages) and simply ALL parts of you that exist. The statement of this Step means that all those parts are now connected and communicating everything about this (whatever you're working on this session) to each other.

While in the pose, put your attention on:

"I forgive everyone who hurt me related to this and wish them love, happiness and peace."

Forgiveness in this context means, "I accept that was the best we could do at that moment" *not that what you or they did was OK, kind or acceptable.*

Please understand that when you forgive someone, it does not mean that you approve of what they did or that you want to be in a current or close relationship with them. You may find that you choose to renew relationships with people after you heal the incidents from the past and have forgiven them for whatever they did...or you may not. There are some people it wouldn't be physically, emotionally or mentally safe for you to be in contact with. It is important that you take care of yourself. It is also important that you dissolve your negative connection with those people, and forgiving them will certainly help you do that. There may be times when you forgive someone else purely for your own sake and not for theirs.

You don't need to think of who all those people were or what they did. You don't need to feel all gushy or emotional. Making the intention of the statement is all you do.

If you have trouble forgiving someone else, do the TAT® Pose with your attention on the statement “it’s possible that at some point I may forgive you.” If you have trouble forgiving yourself, do the TAT® Pose and put your attention on the statement, “It’s possible for me to forgive myself.”

(If you’d like further help forgiving someone -- including yourself -- or find you’re not getting the results you want or just want support at any point in your session, please contact one of the Certified TAT® Professionals or me for a private session.)

While in the pose, put your attention on:

“I apologize to everyone I hurt related to this and wish them love, happiness and peace.”

You don’t need to think of who all those people were or what they did, just focus on the intention of the statement.

While in the pose, put your attention on:

“I forgive everyone I blamed for this, including God and myself.”

Speaking with the Parts – Step 6

Here, you’re addressing all the parts of you that are involved with this (whatever you’re working on). This includes parts of you that embody childhood points of view and parts of your body that are holding the stress and trauma plus all of the information and energy held in your body’s energy field.

The wording for this Step is:

“All the parts of me that have been involved in this are healing now”

And/or

“God, thank you for healing all the parts of me that have been involved in this”

Whenever you want, you can read the following **Parts Script** to all the parts of you involved. It’s not necessary for healing with TAT®: it’s an optional addition.

If you use the **Parts Script**, you don’t need to identify the parts, simply speak to them directly with or without knowing anything about them.

I’ve put optional statements I use now and again in parentheses.

Parts Script:

First, address the physical parts involved by doing the TAT® Pose and conveying everything to the parts:

***"To all of the physical parts involved:
I love and accept you just the way you are right now.
You're completely included in this healing.
You're completely connected with all the rest of my body, all of me and all that is.
All your needs are heard and being met now."***

Next, we address the other parts involved:

***"To all of the parts that have been rejected, are far, far away or deep down and hidden, are unconscious, are unknown to me or don't think of yourself as a part or related to me: the healing here is on your behalf. You're welcome to accept it. You're completely connected with all the rest of me."
(We're including all the parts of our ancestors that are involved in this.)***

Now we address the emotional and all the rest of the parts involved about what we are working on in this session:

- ***"It's OK for you to accept that I'm in contact with you.***
- ***I love and accept you just the way you are right now.***
- ***I know and understand that things led up to your being the way you are and feeling the way you do. All that happened, it's over and you don't need to be that way or feel that way anymore.***
- ***Thank you for everything you've done for me.***
- ***You don't need to resonate, identify or connect with that anymore.***
- ***You don't need to create, project or experience that anymore.***
- ***You're now able to fully notice and accept that all those things happened in other times and other places and you don't have to be stuck there.***
- ***I invite you to join me in the present moment. Bring all your life experience, wisdom, joy of life, enthusiasm and energy to me in the here and now and share it with my whole body and all of the other parts of me.***
- ***It's safe and OK for you to relax and live a happy life.***
- ***You can accept love, connection, compassion, presence and support."***

Optional Parts Statements:

"You can accept Divine Love, connection, compassion, presence and support.

You can give love, connection, compassion, presence and support.

You can rest in that: that is your home.

You can act from that: that is your own nature."

We're praying and making wishes that the Divine and all good-hearted beings who'd like to help elevate all parts of ourselves, all the parts of ancestors and any beings who might be involved in what we are healing. We are asking them to help everyone involved with what we put in the pot experience the highest, happiest, most Divine-love filled life possible now. We're also requesting all the parts of other beings involved are rejoining them in the present moment and now and live a happy life. We thank the Divine for making that happen.

Plus whatever comes to mind that you'd like to convey to those parts or they'd like to convey to you or whoever. Take your time. Don't worry if nothing at all comes to mind: that's OK. Sometimes things come to mind and sometimes they don't.

Whatever's Left -- Step 7

For this Step, take a moment to check in with yourself to see if there's something left over from the original problem that hasn't completely healed. The "something left over" could be an emotion, a thought, a belief, a memory, a sensation in your body or something you can't even define but you know it's there.

If you notice this is the case for you, put your attention on:

"Whatever's left about this is healing now"

And/or

"God, thank you for healing whatever's left about this."

Many people find it is a nice, cleaning-up step that feels good to do in each session. Now look back over where you started (The "pot") and see if there's anything that still feels stuck or unfinished. You may find that you have another side issue or thought that surfaces now. If so, do Step 1 and 2 again about that. Often, simply adding that additional issue or thought into the "TAT[®] pot" and doing the first two Steps just for that alone is enough to clear it up. If not, make a note to add what came up for you into the next TAT[®] you experience. Just remember to keep your *total time* in the TAT[®] Pose to 20 minutes a day and that there's no problem with doing something that came to mind at a later time, even another day.

Choosing -- Step 8

For this Step, decide whatever positive outcome you would like for what you worked on this session. If, for example you had a fear of performing, you might now picture yourself on stage being very calm and delivering a stellar performance. It's very effective to involve yourself as much as possible in this Step. Describing it aloud incorporates both speaking and hearing into the healing process. Also, feel what it would be like – your heart beating steadily, the sense of relaxation, and your smile of contentment. Feel your performance with everything going smoothly, just as you would like it to.

Here are the statements from 'How to Create the Pot' you might have worked with earlier plus some possible **"I choose" statements in bold and italics** following each one. They're suggestions -- just to give you an idea of things you could choose for yourself. You can use them or not and you're welcome to change them to perfectly suit what you'd like to choose for yourself.

I feel most isolated and lonely when _____.

I now feel connected and happy in that situation.

I feel most fearful when _____.

I'm fearless when that happens, I feel totally at ease.

I get agitated and disturbed when _____.

I'm now calm and connected in that situation.

I feel sad, hopeless, or grief about _____.

I now feel peaceful, my heart is happy and I feel connected in love with who or what I lost.

I feel frustrated, angry, hateful or violent when _____.

I now feel connected and peaceful when I'm in that situation.

I worry too much about _____.

I now feel relaxed and at ease about that.

My problem (what's bothering me right now I'm about to do TAT® about) affects me in these ways

With my family:_____.

I'm now feeling relaxed thinking about being with my family related to that.

At work:_____.

I can now see that in a whole new light and I see myself enjoying my work life.

With friends:_____.

I'm now at ease with my friends and feel connected, relaxed and natural.

In my intimate relationships:_____.

I can picture and feel myself enjoying intimacy.

In my spiritual life: _____.

I feel a stronger connection and more love with the Divine.

In my feelings about myself:_____.

I love myself and accept myself exactly the way I am right now.

With people I don't even know: _____.

I enjoy sharing the moment and ourselves with whoever I'm with in every moment.

In sex: _____.

I feel more free, connected and full of love.

Related to my place in society: _____.

I feel at ease with whatever people think about me and I enjoy my contribution to society.

You can also make big, broad "I choose" statements, like:

- ***"I have all the tools and help I need to support me in having, being or doing this right now.***
- ***All my mistakes benefit me and everyone involved.***
- ***I always have enough time to accomplish all I need to in my life.***
- ***I give and receive kindness and respect in all my interactions each day.***
- ***I am learning each day how to keep improving my wellness and happiness in all areas of my life.***
- ***All the stuff I put in the pot is cleared up and I feel totally great about all that now."***

Once you have made your "I Choose" statements, you can say the following about all you have chosen:

- ***"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 creating and having this.***
- ***I'm grateful for this."***

Once you are done with your statements, give yourself a big smile about what you chose.

Integration – Step 9

This Step is designed to completely integrate the healing from this session into your entire being. There are four parts to it.

First, do the TAT® Pose and put your attention on:

"This healing is completely integrated now with my grateful thanks."
And/or ***"God, thank You for completely integrating this healing now."***

Second, switch the position of your hands so that the front hand moves to the back and the hand from the back moves to the front. Put your attention on the above statement again.

"This healing is completely integrated now with my grateful thanks."
And/or ***"God, thank You for completely integrating this healing now."***

Third, put your fingertips on the skin just behind your ears with your thumbs behind where your earlobes attach and your little fingers where the tops of your ears attach (see below). Your fingertips are touching your head, your fingertips are touching your ears.



Put your attention on the statement again.

"This healing is completely integrated now with my grateful thanks."
And/or ***"God, thank You for completely integrating this healing now."***

Last, with your hands in the Heart Pose (palm over palm over the heart chakra), make this statement:

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



That's it! The TAT® Pose and Steps are the heart of TAT®. People often describe it as being elegantly simple yet amazingly effective. It's been called a "portal of grace".

Keep a TAT Journal

When you do TAT® sessions on yourself, you might like to rate the intensity of the issue(s) you are working on before you begin the session, using a scale of 0-10. With '0' indicating 'no stress' and '10' indicating 'the worst possible', you can rate how you feel when you think of everything you put in the pot for the session you're about to do. When you are just starting to use TAT® on your own, I recommend that you start with an issue that has an intensity level of "5" on a scale of 0 - 10.

Then, at the end of the session, you can rate the intensity again. Think of everything you worked on, use the same scale and rate the problem again then compare your "before" and "after" ratings.

In fact, if you find you're loving the results you're getting with TAT®, it could be a good idea to keep track of those ratings plus what you worked on each session and anything you noticed about your process. You'll typically find that once you've done a TAT® session on something that was bothering you, no matter how big, scary or real it was ... it just becomes a "non-issue" and can even be hard to remember!

The transformations that happen with TAT® are often so complete that it's hard to even imagine you felt and thought the way you did even though it was just a few minutes earlier! You might like using a journal so you can look back on your TAT® sessions and see where you were and how far you've come. Completing 25 sessions on yourself and documenting them is one of the essential core requirements in our TAT® Certification Program.

Of course, the real test for how effective TAT® is will be the changes you see in your life. With some sessions, you may feel immediate, big shifts – a weight that suddenly lifts from your shoulders, a dramatic easing of pain or tension. Other times the changes might be much more subtle.

One day, you may realize that you simply haven't thought about a problem for weeks, when it used to be on your mind every day. You may find yourself in the midst of doing something that you would never have dreamed possible a day earlier, and now you're doing it easily without a second thought. All of these changes constantly contribute to your living a way happier life and they can be directly related to your having done TAT®.

What's Next?

If you haven't yet watched the video, I'll see you there! I'll be reviewing much of the information in this e-book and it will all come together easily as we do TAT® together in the TAT®-101 video.

Working with our Certified TAT® Professionals allows you to relax and let them guide and support you. Their loving attention and presence combined with their skill and experience make it easy for you to go deep within to heal and grow.

The webinars and workshops we offer give you a group experience -- there's a unique power there that isn't in our other offerings. It's encouraging to hear other people's experiences: what they're working on can give you ideas about what you could work on plus you often feel the relief of knowing, "I'm not the only one" with that problem.

If you'd love to share this with others professionally, please look into joining our Certification Program so you can become more present, gain deeper understanding in how TAT® works and skill in using it to help others. We have Trainers who will mentor you through the process and you'll become part of our worldwide community of Certified TAT® Professionals.

I recommend you do TAT® often -- a few times a week -- as you focus on really creating the happy life you want. You can do it -- it's easy with TAT®!