

Tips for getting the most out of TAT® each time you do it

Every time you do this you can feel lighter and freer. Just keep going and watch how you feel about yourself and your life and how your relationships keep changing for the better. Your health can improve and your outlook on yourself and your future can get brighter.

As you do TAT®, here are a few tips for getting the most out of it:

- Don't try to make anything happen, even releasing stuff.
- Just relax, follow along as I lead you through the Steps of TAT® and notice whatever you happen to notice.
- Realize that you might not see the results until some time passes and you can look back and realize what's changed.
- Be comfortable knowing that this has been done millions of times by hundreds of thousands of people worldwide before you and positive things have happened for them. It can happen for you, too!
- Invite God, the Divine, Love or “whatever makes flowers grow” to do the healing work that happens in TAT®.
- Don't bother yourself with trying to figure out the “why” of anything that you notice happens as you do the process. If your attention spontaneously starts wondering why, that's OK. Just know that there's nothing you need to figure out.
- Relax and enjoy the healing being done for you.

- Whenever “stopper” thoughts occur, immediately add them into the “pot”.
- Whenever additional memories of bad things that happened come up, either add them into the “pot” and continue on where you were in the process or write them down and do them later. It’s up to you when to take which action. If it doesn’t feel too big, it’s easy to add it in right away. If it feels big, do it another day.
- When you’re writing things to add into the “pot”, write it in exactly the way you thought it. Don’t try to make yourself sound nicer or more educated or polite. Allow whatever comes to mind to be expressed just as it showed up. It’s all coming from parts of yourself that need healing and need to be heard and accepted just as they are.
- Limit the time that you hold the TAT® Pose on your head to no more than 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
- Drink plenty of water -- 6-8 glasses is good on days you do TAT®.
- Your eyes can be open or closed.
- You can use either hand in front and even switch hands in the middle of a Step.
- If you ever do TAT® for something bad that happened and you don’t feel peaceful after, get in touch with a Certified TAT® Professional or me for a personal guided session. We’ll help you feel more peaceful and happy no matter what happened to you.
- Know that you don’t have to emotionally feel what’s being conveyed in each Step, you just have to have the intent to go along with what’s being said.

- If you feel brighter or like you're sparkling or glowing after doing a session, go look at yourself in a mirror! It's fun to see that what you're feeling inside really shows on the outside!

By keeping these simple tips in mind, you'll get the most out of each and every session you do.

If you want, you can do a before and after session rating. On a scale of 0-10, with