

# TAT (Tapas Acupressure Technique)



TAT involves placing the fingers lightly on acupressure points at the front and back of the head, which correspond to the brain's vision centers. We then create a flow of energy from one hand to the other. That flow of energy is natural in all of us. Our life force flows from our fingertips and our palms. This flow of powerful life energy passes through all the control centers of the brain. One hand rests at the back of the head. This is the part of the brain that stores memories. The other hand rests at a point on the forehead, which is the part of the brain that imagines or visualizes the future. TAT enables a flow of energy from these two energy centers that allow us to change the way past memories are stored in the mind and to create a positive future. In the TAT pose the client puts their attention on eight steps or statements, which are designed to release the trauma, bring about healing and resolve the symptom the client came with.

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**TAT hand positioning: Thumb and 4<sup>th</sup> finger just above tear ducts and middle finger at 3<sup>rd</sup> eye.**

Hold this positioning as you repeat each intention/step and wait until you feel a completion; i.e.: a sigh, yawn, attention wandering, feel done. Usually this takes from a few seconds to one minute. (You do not need to think thru each statement (step). Just place your attention on the statement and be in the hold. When you feel done, move on to the next step. It is best to say the phrases (in blue) out loud, even if only to yourself.



**At the beginning of the session, make the intention that:**

**“The healing I am about to do will also benefit all of my ancestors, my family, Everyone involved, all parts of myself and all points of view I have ever held.”**

If you have never done TAT before, do that TAT pose and put your attention on each of the following preliminary statements for a few seconds up to about a minute (this can help with resistance).

**TAT is too easy to work or be of any value.**  
**TAT is easy and could work and be of great value.**  
**I deserve to live and I accept love, help and healing.**

On a scale of 0-10, rate how you feel in relation to the negative thought.

- 1. The Problem** use the statement below that works best for your situation
  - **The negative thought (whatever it is).**
  - **This happened (you can name it or just say “this”).**
  - **That’s how it is.**
- 2. Opposite of the Problem** Use the statement that works best:
  - **It’s not true that \_\_\_\_\_ (step 1 negative thought or opposite of step 1).**
  - **This happened, it’s over, I’m still here, I’m OK and I can relax.**
  - **That’s how it is, I’m OK and I can relax.**
- 3. All the places in my mind, body and life where this has been stored (or stuck, or resonates) are healing now.**
- 4. All the origins of this are healing now.**
- 5. I apologize to everyone I may have hurt related to this and wish them love, happiness and peace.**
- 6. I forgive everyone who hurt me related to this and wish them love, happiness and peace.**

7. I forgive everyone I may have blamed for this, including God and myself.

8. All the parts of me that got something from this are healing now.

9. Whatever is left about this is healing now.

10. I CHOOSE ... (Whatever positive outcome(s) you want related to this. Let it flow).

11. This healing is completely integrated now and I am grateful.

Switch hand position: move whichever hand was in the front position to the back and vice versa,  
And put your attention on:

**This healing is completely integrated now and I am grateful.**

Encircle your ears with your fingers and put your attention on:

**This healing is completely integrated now and I am grateful.**

Recheck the stress on the issue. When you think about the issue how stressful is it, 0 – 10?  
Thank whoever you think did this healing .. your higher self, God, or whoever is appropriate.

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**Note:** It is not necessary, nor is it recommended to relive or re-experience past incidents in order for them to be healed. Very rarely, your feelings may get stronger and temporarily become the central focus of your attention as you do TAT. If this happens, stay in the TAT pose and put your attention back on following the intent of the step. Don't put your attention on getting more and more into those feelings. Following these instructions, your feelings will usually become peaceful in about a minute. Continue with the steps.

If you work regularly on whatever most disturbs you on a daily basis, you can move through a great deal of your emotional baggage on your own. It is not recommended that you work more than 20 minutes a day. It is often helpful to keep a journal of your work. While you are doing TAT other issues may come up that you realize would be helpful to work on. Write them down so you remember to work on them at a later time if the current session does not completely clear them.

**\* IF YOU ARE HAVING DISTRESSING FEELINGS THAT DO NOT CLEAR, GET PROFESSIONAL HELP.**



Tapas Flemming is a licensed acupuncturist. She developed TAT originally as a technique to desensitize allergies. She found out that it also worked to clear blocked emotions. Since then it has been taught around the world.

I have personally found this technique to be very helpful for many of my patients. I encourage you to try it for yourself. You might also like to try EFT (Emotional Freedom Technique).

Tapas and I are old friends. We lived in a community house in Milwaukee for two years in the 70's. Her lovely spirit comes through this work. --Dr. Manlove

Visit her website for more information including classes, DVD's, streaming downloads, and community:

[www.tatlif.com](http://www.tatlif.com) You can also connect with professionals who can guide through sessions by phone or in person.

For more information on this and other techniques and overall health see my website: [www.drmanlove.com](http://www.drmanlove.com)



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