



WHAT IS TAPAS ACUPRESSURE TECHNIQUE (TAT)?

I like to think of it as a form of structured prayer.

TAT is a form of energy psychology that involves lightly holding acupressure points on your head while moving your attention through a series of healing statements pertaining to a problem you would like to resolve (whether this is a challenging situation, traumatic memory, negative belief, chronic illness or any other form of emotional or physical distress).

By working holistically with the body-mind-energy system (via meridians, the brain, the biofield, attention and intention), TAT helps release energetic and emotional blocks and creates space around limited ways of perceiving and interpreting life events and conditions. The nervous system has a chance to return to a feeling of safety and insight commonly rises to conscious awareness in the process. Sometimes the release of blocks and movement of energy around an issue helps facilitate relief from physical pain as well.

Following a TAT session, one typically feels more peace with the past, more present in their body and with life as it unfolds, and more in touch with the power of choice available in each moment.

THE TAT POSE



With one hand, lightly touch the tip of the thumb to the upper inner corner of one eye. With the fourth finger (ring finger) of the same hand, lightly touch the upper inner corner of the other eye. Place the tip of the middle finger lightly at the point midway between and about 1/2 inch above the eyebrow level (some call this the third eye point).

Place your other hand gently on the back of your head with the palm cradling the base of your skull. Both hands should be resting gently—no pressure is necessary.

You can rest your arms at any time during a step or between steps. You can also switch hands at any point. If you are more comfortable holding the pose while lying down, that works well too.

For children under 12, or for elderly people, an open hand can be used for the front position. The palm is placed over the forehead covering the top half of the eyes. They may hold the pose themselves, or you may hold the pose for them.

CHOOSING THE PROBLEM TO WORK ON / FILLING THE POT

In TAT, we start the session by filling a metaphorical pot with the issue we're working on and any associated thoughts, feelings, and memories.

Take a few minutes to reflect and respond to the prompts below. This will help you go deeper with the issue so any associated emotional experience or memory (perhaps even a root cause of your present-day experience) can be dissolved/transformed as well. Once we've filled the pot, we can refer to everything in it with the word 'THIS' when we do the steps in the following pages.

Grab some paper or a notebook and write down the following:

- The issue you're working on.
- Specific memories that come to mind related to the issue (doesn't matter how far back you go).
- Limiting beliefs about this issue that you're aware of.
- You might have thoughts like, "Nothing will ever help solve or heal this." or "TAT can't work for something like this." These are called STOPPER thoughts. Please write these down to put in the pot as well.

Answer any of the following questions that feel relevant to you:

- What do I hate about this or myself related to this?
- What do I want to avoid about this?
- What about this makes me feel most like a victim?
- What hurts me about this?
- What's shocking about this?
- What feelings of jealousy do I have related to this?
- What makes me feel isolated about this?
- What about this makes me angry?
- What are mean or critical voices saying to me about this?
- What do I worry about related to this?
- What's overwhelming about this?

We'll also add any of the following items to the pot that resonate with you. (*Note: when we're adding these things to the pot, you can just mentally intend to add them. You don't need to rewrite them all.*):

- Any past life experience (if you believe in this).
- Any conception trauma.
- Any in utero trauma.
- Any early life experience related to this that you don't remember.
- Anything you're carrying related to this from your ancestors.
- All of your limiting beliefs about this that you're not consciously aware of.
- The most significant factor contributing to this issue (whether you're aware of it or not).
- Any feeling/belief of not deserving resolution of this issue.
- Any feeling/belief that it's not safe to resolve this issue.
- Any feeling/belief that it's not possible to resolve this issue.

SUBJECTIVE UNITS OF DISTRESS (SUDS) SCALE:

Rate where you are on this issue on the 0 - 10 SUDs scale (0 being 'no problem' and 10 being 'total distress'). Write this number down. This will be the pre-TAT number. And then you can check in with yourself after the session to see if the SUD number has changed.

QUICK REMINDERS WHEN DOING TAT

- Drink 6-8 glasses of water on days that you do TAT.
 - Be creative. Feel free to use the wording that feels right for you. There's no wrong way to do this.
 - Limit your time in the TAT 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.
 - An alternative pose is called the HEART POSE. For this, place both hands over the energetic heart (or heart chakra). Use this pose any time you need to rest your hands or feel there is too much energy in your head.
 - 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.
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NOTES ON THE LANGUAGE OF TAT STEPS

The language of each step in TAT (on the following pages) is not designed so that you agree with it necessarily; it's designed so that while you're holding the acupressure points in the pose and reading or listening to the language, you can see what comes up in your system in relation to that. The best stance in TAT is a receptive stance—simply hold the pose, listen to the language and notice what comes up. The developer of TAT, Tapas Fleming, has likened it to sitting in the back seat of a car and simply watching the scenery that appears.

For some people, their inner response will be visual; for some, it will be somatic (a felt sense in the body); for some, it will be auditory or an inner knowing. Sometimes memories flash up; sometimes emotions come up; sometimes the attention wanders; sometimes nothing comes up. And all of this is fine. All responses are totally valid responses to the pose and the statements. The most important foundational stance when developing this as a personal practice is to be ok with whatever does or does not happen.

It's helpful to have a notepad nearby because sometimes a really deep insight can come up and change the course of the TAT session. The choosing statement at the end of the session is very powerful because it helps you step into your creator role for you life. We want to clear out our systems of old hurts and stuck patterns, and then we also want to step into what we desire to experience in our lives.

SETTING THE INTENTION FOR THE SESSION

Place your hands in the Heart Pose, which is palm over palm over the heart center (aka heart chakra). Bring to mind and connect with your source/sources of higher support: Nature, God, Universe, Source, Life...(the force that grows the flowers, pumps our blood, etc.) and then put your attention on these words:

“This healing is on behalf of me, my whole family, all of my ancestors, my conscious and subconscious mind, all the parts of me, all points of view I’ve ever held or been identified with, for everyone involved, and everyone who would like to benefit. This healing will happen safely and easily.”

Everything that's been put in the pot (see page 2) will be referred to as 'THIS' in the TAT steps.

With all of the following steps in the TAT session, simply hold the TAT pose and say the language of the step silently or out loud to yourself. You can then close your eyes as you process the step. It's a good idea to take about a minute in each step or longer if you feel your body still processing. You'll know when you're done with a step when you feel a signal from your body (yawning, deep breath, eyes tearing, chills, etc.) or when your mind wanders or you just feel done.

DIVING IN TO THE TAT SESSION

THE PARTS SCRIPT

NOTE: If you don't have time for a full TAT session, you can use this PARTS SCRIPT as a stand-alone session. In a full TAT session, start with the PARTS SCRIPT and then move into the steps on the following pages.

We often use language indicating that some part or parts of us feel one way and some feel another. "Part of me wants to... and part of me doesn't." This step is designed to address all the parts of us stuck in the problematic pattern (whether from trauma, overwhelm, etc.)—and to help integrate these parts with the rest of us in the here and now.

Now we'll talk with all the parts of ourselves (known and unknown) that are involved in and/or experiencing what has been put in the pot. Hold the pose as you read through the script.

THE PARTS SCRIPT

To all of you parts involved—physical, mental, emotional, spiritual, energetic; all you parts that feel like you could never be contacted; that feel like no one knows you exist; that feel completely isolated, abandoned, or in pain, I love, accept and welcome you just the way you are right now. I know and understand that things happened that led to your being the way you are and feeling the way you do.

All of that happened in other times and places and it's over now. You don't have to resonate, identify or connect with that anymore. You don't have to be that way or feel that way anymore.

It's possible for you to notice, through my eyes, ears, mouth, and skin what the here-and-now is—what the present moment is.

I'm inviting all of you parts to be completely present with me in the here-and-now. Then notice what you've had your attention tied up with and how that's different from the here-and-now.

Your attention has been tied up with things that really happened in other times and places, like the past—or with worries, fears, or concerns about the future. You don't need to have any of yourself tied up with that anymore.

You can bring all of you to the here-and-now and accept love and support from my whole being.

Thank you for everything you've done for me up to this point. That job is over now and your new job is to join me in the here-and-now.

We're making prayers and wishes that all you parts involved are uplifted to the highest, happiest, most love-filled life right now and that you accept all the help that's here for you in getting there.

May you now be able to accept love support, connection, appreciation, understanding, and affection.

While you're still in the pose, take a moment to see if any of those parts of yourself have anything they want to convey to you—or if you have anything to convey to them. There may be something there, there may not be. Either way is fine. Just notice when you feel done. Then move on to the next step.

THE TAT STEPS

STEP 1: THE POT/ PROBLEM

“Everything that led up to or contributed to my resonating, identifying, and connecting with this happened.”

STEP 2: OPPOSITE OF THE PROBLEM

“All that happened, it’s over now and I’m okay. I no longer resonate, identify, or connect with this.”

STEP 3: PLACES

“All the places in my mind, body and life where this has been stored are healing now. God* (Source, Nature, Universe, etc.), thank you for healing all the places in my mind, body, and life where this has been stored.”

*Note: Use the language that feels most relevant and comfortable for you.

STEP 4: ORIGINS

“All the origins of this, both known and unknown, are in the process of healing now. God (Source, Nature, Universe, etc.), thank you for healing all the origins of this now.”

STEP 5: SILENT CONVERSATION

NOTE: If you don’t have time for a full TAT session, you can use the silent conversation step as a stand-alone session.

Take a minute or two in the pose and have a silent conversation with whomever or whatever comes to mind about this (i.e. for health issues, it might be a part of the body). In this conversation, don’t try to be polite or nice—just allow whatever’s there to be there (including strong emotion). And if nothing’s there, that’s fine.

STEP 6: FORGIVENESS / APOLOGIES

Note: It’s ok if you don’t yet totally agree with all this language. Simply notice what arises.

- "All the communications and connections related to this are completing now."
- "I forgive everyone who hurt me related to this (including myself) and wish us all love, happiness and peace. I accept that you were doing your best for who you were and what you were conscious of in that moment."
- "I apologize to everyone I hurt related to this (including myself) and wish us all love, happiness and peace. Please accept that for who I was at the time and what I was conscious of, that was the best I could do in the moment."
- "I forgive everyone I blamed for this, including God, any authority figures and myself."
- "I accept forgiveness from myself and everyone involved. I accept that I was doing my best at every moment given my awareness at the time."
- "I now release any resentment I'm holding against others, myself, or life itself related to this."

STEP 7: PARTS

"All the parts of me that were involved in this are healing now. God (Source, Nature, Universe, etc.), thank you for healing all the parts of me involved in this."

STEP 8: WHATEVER'S LEFT

"Whatever's left about this is in the process of healing now."

THE TAT STEPS (CONT'D)

ASSESSMENT

Now think back to the original problem. Is there anything that feels like it's still there for you (even the littlest seed)? It could be an emotion, a thought, a belief, a memory, a sensation in your body or something you can't even define but know it is there. If so, select any of the following steps that feel relevant:

- Do the Parts Script again.
- Put whatever's remaining in the pot and do steps 1 & 2 on what is now in the pot.
- Have a silent conversation.
- Hold the pose and say, "That piece is healing now."
- Or, you can save what remains for another session. Just make a note of it.

STEP 9: CHOOSING

Give your arms a rest and write down what you'd like to choose in your life now. Look at whatever you started with and make a statement (or statements) that are a complete opposite—so extremely opposite, it's like Wow! You can make as many of these statements as you want for this part or it can just be one big statement, like "None of that is bothering me. I feel totally finished with this. I feel fabulous and free!" Whatever the statement is, just make sure it's in the here and now—not in the future. A good way to remember is "Wow and Now."

Put your hands back in the pose and say, "I now choose (your Wow and Now statement)."

With your choosing statement in mind, put your attention on the following:

- I like this and it feels great
- This is possible for me
- 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'm grateful for this

TAKING A SECOND SUDS RATING

Rate where you are on this issue again on the 0 - 10 SUDs scale (0 being 'no problem' and 10 being 'total distress'). Compare to your initial SUDs rating and see if the number has come down for you.

INTEGRATION OF HEALING SESSION

Repeat the following phrase 3 times. First, while holding the pose with left arm in front/right arm in back; then right arm in front/left arm in back; then with finger tips around the ears.

"All of this healing is completely integrated now with my grateful thanks."

FINISHING WITH THE HEART POSE

"I completely allow and accept this healing and transformation in my heart and whole being with deep gratitude."

If you have any questions about the TAT process, please email me at emilyasnider@gmail.com.