

Steps for a Tapas Acupressure Technique (TAT) Session

Holistic Coaching with Emily Arin Snider

What is Tapas Acupressure Technique (TAT)?

Tapas Acupressure Technique (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). TAT Sessions can also be held as an offering on behalf of a loved one with their permission.

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 (doesn't matter which side), 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.

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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 in a way that is safe and easy.”

Choosing the Problem to Work On / Filling the Pot

While this can be done mentally, it is more powerful to brainstorm on paper. Consider the following: Initial issue, specific memories, everything from conception onwards, genetics and ancestral history/background, opposites, stoppers, “biggest thing” that led to this condition, most significant factor contributing to this condition, limiting beliefs...

Questions to consider (and write) about issue:

- What do I hate about this?
- What do I want to avoid about this?
- What makes me feel most like a victim around this?
- What makes me feel sad about this?
- What makes me feel isolated about this?
- What makes me angry about this?
- What are mean or critical voices saying to me about this?
- What do I worry about related to this?
- What’s overwhelming about this?
- What specific memories do I have related to this?

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.

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Quick Reminders

- Drink 6-8 glasses of water on days that you do TAT
- Be creative -- Use the wording that is right for you
- Limit your time actual 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.

Notes on the language of TAT steps

The language of each step in TAT 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 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.

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TAT STEPS

STEP 1: THE POT / PROBLEM

Once you've put everything related to the issue you're working on in the pot (see page 3), we'll use the word "THIS" to indicate all of it.

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

You can use the italicized wording above, or choose from these variations below.

The Problem – Step 1: Use the statement below that works best for your situation and then the matching statement for Step 2. ('A' in Step 1 goes with 'A' in Step 2, etc.)

- A. The negative thought (using the phrase that captures your negative thought).
- B. THIS happened.
- C. Everything that led up to THIS happened.
- D. Everything that contributed to my resonating, identifying and connecting with THIS happened.

STEP 2: THE OPPOSITE OF THE PROBLEM

"All that happened, it's over, I'm okay and I no longer resonate, identify, or connect with this."

You can use the italicized wording above, or choose from these variations below that match your choice from Step 1.

The Opposite of the Problem – Step 2: Use the statement below that matches the one you used in Step 1. ('A' in Step 1 goes with 'A' in Step 2, etc.)

- A. It's not true that _____ (use your Step 1 negative thought here), or whatever words you choose that mean the opposite of Step 1 for you.
- B. THIS happened, it's over, I'm okay and I can relax now.
- C. All that happened, it's over, and it's no longer resulting in THIS.
- D. All that happened, it's over, and I no longer resonate, identify, or connect with THIS.

STEP 3: ORIGINS

"All the origins of this are in the process of healing now. God (Source, Universe, etc.), thank you for healing all the origins of this now."

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

STEP 4: 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."

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STEP 5: 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.

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.

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.

To all of you parts involved—physical, mental, emotional, spiritual; 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, it's over and 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.

You don't have to create, project or experience that anymore.

It's possible for you to accept in your heart that all that happened in other times and places and you don't have to be stuck there.

Thank you for everything you've done for me. That job is over now and your new job is to join me in the here and now. You can share everything about yourself to my whole being in the here and now—all your hopes, wishes, life experience, wisdom, enthusiasm, joy—and anything else that feels important to share with me here and now. It's time now for you to relax and live a happy life. May you now be able to accept love support, connection, appreciation, understanding and affection.

STEP 6: 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.

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STEP 7: FORGIVENESS / APOLOGIES

The language in each step isn't designed for you to agree with it. It's designed for you to see what comes up when putting your attention on the language in relation to your issue. Sometimes, in the forgiveness and apologies steps, we're not ready to forgive and/or apologize. This is important information to notice. If this is the case, we can soften the language to something like "It's possible that I'll someday be able to forgive...etc."

"I forgive everyone who hurt me related to this (including myself) and wish you love, happiness and peace. I accept that you were doing the best you could in every moment given your awareness at the time."

"I apologize to everyone I hurt related to this (including myself) and wish you love, happiness and peace. Please accept that I was doing the best I could in every moment given my awareness at the time."

"I forgive everyone I blamed for this including God and myself. I gratefully let go of anything that I am holding against myself, others, or life itself."

"I accept forgiveness for myself and everyone involved in this. I accept that I was doing the best I could in every moment given my awareness at the time."

"I release all resentment, indignation or anger I'm holding related to this and feel relieved by letting this go."

STEP 8: COMMUNICATIONS

"All the communications and connections related to this are completing now... God (Source, Nature, etc.), thank you for completing all the communications and connections related to this."

STEP 9: WHATEVER'S LEFT

Everything that's left about this is in the process healing now.

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; (1) do the Parts Script again; (2) put whatever's remaining in the pot; (3) do steps 1 & 2 on what is now in the pot; (4) have a silent conversation; (5) Say *"That piece is healing now,"* ; or (6) Save it for the next session.

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CHOOSING A WOW! STATEMENT

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."

"I now choose _____ (whatever positive outcome you want related to this or the image of what your life will be like without this issue)."

"I have all the love, help, support, tools and resources to have, be and do this right now."

WITH YOUR WOW! 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 see and feel myself easily completing all of the actions related to creating and having this

I'm grateful for this

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."

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TAT STEPS SUMMARY

STEP 1: THE POT / PROBLEM

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

STEP 2: THE OPPOSITE OF THE PROBLEM

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

STEP 3: ORIGINS

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

STEP 4: 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.”

STEP 5: PARTS SCRIPT (see page 5)

NOTE: If you don’t have time for a full TAT session, you can use this PARTS SCRIPT as a stand alone session.

STEP 6: 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.

STEP 7: FORGIVENESS / APOLOGIES (see page 6)

STEP 8: COMMUNICATIONS

“All the communications and connections related to this are completing now... God (Source, Nature, etc.), thank you for completing all the communications and connections related to this.”

STEP 9: WHATEVER’S LEFT

Everything that’s left about this is in the process healing now.

ASSESSMENT

CHOOSING A WOW! STATEMENT

INTEGRATION OF HEALING SESSION

FINISHING WITH THE HEART POSE