

TAT[®] Life Enhancement Series



TAT
Professionals'
Manual

Tapas Fleming

TAT[®] Life Enhancement Series

TAT[®]
Professionals'
Manual

Tapas Fleming

TATLife™
PMB 7000-379
Redondo Beach, CA 90277
(310) 378-7381
www.TATLife.com

Copyright 2007 Tapas Fleming
All rights reserved
Redondo Beach, CA 90277
ISBN# 978-1-893412-14-9

Tapas Acupressure Technique and TAT
are registered trademarks and
TATLife is a trademark of
Tapas Fleming.

This book is dedicated, with love,
to my dad, Ben Kaufman,
and is offered to you, the reader,
from my heart to yours.

Acknowledgements

My thanks to Sara Arey for her wonderful editing and steady push to bring this book to life while maintaining Southern gentility and manners throughout.

My thanks to Bruce Campbell for his beautiful photographs and graphics, which wrap my thoughts in loveliness.

My thanks to C. Saurma for her wonderful final photo, full of sweet memories.

My thanks to everyone who has worked with me and asked questions, making it clear what was needed in this book.

My thanks to all my spiritual teachers, friends, family and the Divine, who constantly inspire and love me.

Disclaimer

Nothing in this disclaimer is intended to absolve TATLife™ from the requirements of Local, National or State Law. The information contained in this book is for educational purposes only and represents my personal experience and opinion. I cannot guarantee that there will be no adverse side effects in the use of Tapas Acupressure Technique® (TAT®). While you are free to use the materials presented here, I deny any liability caused by third party miscommunication or third parties in any way misusing or incorrectly conveying TAT.

Be aware that when using TAT, other emotional and physical sensations or additional unresolved memories may surface. **Previously vivid or traumatic memories may fade, which could adversely impact the ability to provide detailed legal testimony regarding a traumatic incident.** Emotional material may continue to surface after a treatment session and give indication of other incidents that may need to be addressed.

Before following or adopting any treatment or any opinion expressed in this book, you must agree that you will first discuss the treatment or opinion with an appropriate physician, therapist or other licensed medical professional and that you will follow all directions precisely and heed all warnings and cautionary information. TAT is not a substitute for medical or psychological treatment. If any Court of Law rules that any parts of this Disclaimer are invalid in Law, the Disclaimer stands as if those parts were struck out.

TABLE OF CONTENTS

	Page
HOW TO DO TAT	5
What Is TAT?	
Disclaimer	
How to Do the TAT Pose	
How to Combine the Pose and the Steps of TAT to Heal Trauma	
BEGINNING WITH THE END IN MIND	14
HOW DOES TAT WORK?	23
Merging Into Love	
The Vision Centers	
Cellular Biology	
Releasing Old Information	
Biophotons	
Traditional Chinese Medicine	
Yogic Tradition	
YOU AS PRACTITIONER	31
We Don't Do Anything	
Personal Tendencies to Rise Above	
Knowing Where to Start	
Developing Your Intuition	
Qualities That a TAT Professional Needs to Have or Develop	

WORKING WITH CLIENTS	39
The Basic Nature of Healing	
Subtle Veils	
The Chaos Principle	
Comprehensive Healing with a Vague Lead	
The Beauty of Bundling	
THE TAT SESSION	49
Creating an Optimal Healing Environment	
Beginning and Ending a Session	
What is Normal in a TAT Session?	
Listening Skills	
The True Meaning of "I'm OK"	
Forgiveness	
TREATING SPECIFIC ISSUES	53
Allergic Reactions	
Stuck Emotions	
The Discovery of a New Part of One's Being	
Healing the Emotional Aspects of Physical Illness	
Healing Feelings of Isolation	
Signs and Symptoms of Organ/Meridian Problems	
SURROGATE TREATMENTS	63

SUGGESTIONS OF THINGS TO CLEAR 64

My Relationship with God
Who I Am
Who Others Are
Food
My Body
My Parents
My Body's History
Illness
Pain

CONCLUSION 70

HOW TO DO TAPAS ACUPRESSURE TECHNIQUE® - TAT®



What Is TAT?

TAT is a miraculous healing tool that combines lightly holding a few acupressure points on your head (the TAT Pose) as you put your attention on a problem (the Steps of TAT). With this technique, you can profoundly improve any aspect of your life -- it's been called a "portal of grace".

Disclaimer

TAT is a relatively new healing approach and the extent of its effectiveness, as well as its risks and benefits, are not yet fully known. Please be advised of the following:

- Emotional and physical sensations or additional unresolved memories may surface.
- Previously vivid or traumatic memories may fade. This could adversely impact the ability to provide detailed legal testimony regarding a traumatic incident.

Before reading and using the information in this document, I acknowledge and agree to the following:

- My choice to utilize TAT is of my own free will.
- I assume full responsibility for my self-care in all aspects of my life.
- My choice to use TAT is free from any outside pressure.
- I will read this document in its entirety before using TAT.
- TAT does not provide medical diagnoses nor does it offer cures; it does not replace therapy or health care from medical professionals. I will consult with my health care provider for medical, psychological or other health related problems.

How to Do the TAT[®] Pose

With one hand, lightly touch the tip of the thumb to the area 1/8-inch above the inner corner of your eye. With the fourth finger (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. Place the tip of the middle finger at the point midway between, and about 1/2 inch above, eyebrow level.



Now 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. That is the TAT Pose.

For children age 11 and under, an open hand is used in front, the palm placed over the forehead covering the top half of the eyes. They may hold the pose themselves, or you may hold it for them.



For babies, very sick people or anyone who feels uncomfortable with touch, the Pose is done by holding the hands in the same position as for children,

only the hands are an inch or two away from the person's head. If you are holding your hands in the TAT Pose on someone else, the same area at the base of the skull is covered, but your little finger will be just above the hairline instead of your thumb. Before holding the TAT Pose on someone else, please make sure you have permission to touch them and perform TAT.

Each step should last around a minute or until you feel done. Feeling done can be indicated by a sigh, a sense of not being engaged with the problem anymore, your attention wandering, an energy release, or simply a feeling of being done. For children, this may happen in a few seconds.

Very rarely, your feelings may get stronger as you do TAT and become the central focus of your attention. If this happens, stay in the TAT Pose and put your attention 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 usually become peaceful in about a minute. If you don't feel peace beginning to come after about a minute, ask for help from a Certified TAT Professional or a licensed mental health practitioner.

You can rest your arms at any time you want, during a step or between steps. Eyes can be open or closed, and either hand can be in front. If you are more comfortable holding the pose while lying down, that is fine, too.

Keep your TAT work to a maximum of 20 minutes per day actually in the TAT Pose. Drink 6-8 glasses of water on the days you do TAT.

How to Combine the Pose and the Steps of TAT[®] to Heal Trauma

Decide on the trauma you would like to have healed. On a scale of 0-10, with '0' indicating 'no stress' and '10' indicating 'the worst it could be', rate your trauma at this moment. We'll refer to that trauma as "that" in the following Steps of TAT.

Make the intention that the healing you are about to do will also benefit of all of your ancestors, your family, everyone involved, all parts of yourself and all points of view you have ever held.

If you have never done TAT before, do the TAT pose and put your attention on each of these three statements, for a few seconds to about a minute:

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.

Do the TAT Pose and put your attention on each of the Steps of TAT for about a minute or until you feel done.

The Steps of TAT

Intention

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.

The Problem (Step 1)

Use the statement below that works best for your situation:

- The negative thought.**
- This happened.**
- Everything that led up to this happened.**

The Opposite of the Problem (Step 2)

Use the statement below that works best for your situation:

- 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.**
- This happened, it's over, I'm okay and I am relaxed now.**
- All that happened, it is over, and it is no longer resulting in this.**

<u>The Places</u> (Step 3)	○ All the places in my mind, body and life where this has been stored are healing now.
And/or	God (or whatever name you use for God), thank you for healing all the places in my mind, body and life where this has been stored.
<u>The Origins</u> (Step 4)	○ All the origins of this are healing now.
And/or	God, thank you for healing all the origins of this.
<u>Forgiveness</u> (Step 5)	<ul style="list-style-type: none"> ○ I apologize to everyone I hurt related to this and wish them love, happiness and peace. ○ I forgive everyone who hurt me related to this and wish them love, happiness and peace. ○ I forgive everyone I blamed for this, including God and myself.
<u>Parts</u> (Step 6)	○ All the parts of me that got something from this are healing now.
<u>Whatever's Left</u> (Step 7)	○ Whatever's left about this is healing now.

Choosing
(Step 8)

- **I choose (whatever positive outcome you want related to this).**

Integration
(Step 9)
And/or

- **This healing is completely integrated now.**

God (or whatever name you use for God), thank You for completely integrating this healing now.

- 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.**



- Now, put your hands around your ears as though you are cupping them. Put your thumbs just behind where your lobes attach to your neck, and your little fingers where the tops of your ears attach. The rest of your fingers spread out to touch the skin just behind your ear, over the bone. Put your attention on: **This healing is completely integrated now.** This Pose seems to help move the energy across the brain.

Lastly, I recommend that you give thanks to whomever or whatever you feel did the healing for you – God, Mother Nature, Holy Spirit, Divine Love, etc.

That's it. The Pose and Steps are the foundation of TAT. People often describe it as being elegantly simple yet amazingly effective. When practicing TAT, the Pose and Steps 3-9 stay the same, but Steps 1 and 2 can be varied to address any number of different issues.

Now that you have finished doing TAT, rate this trauma again. On a scale of 0-10, with '0' indicating 'no stress' and '10' indicating 'the worst it could be', rate your trauma now. Compare your before and after rating.

Please note that whenever you are working on something from your past, you can put your attention on an event or series of events without reliving them. With TAT, *it is not necessary nor is it recommended to relive or re-experience traumatic events in order for them to be healed.*

BEGINNING WITH THE END IN MIND

Having an image in mind of what the end result will look like is a useful way to begin. Here is a picture of a typical TAT session:

A client is coming to your place and you will do a TAT healing session together.

Your heart is peaceful and, with your intention, you have determined to serve your client. You have set the events and outcome of this healing work into the hands of God, the Higher Self, Divine Love, or whatever you relate to.

You welcome your client into your office/healing sanctuary.

You have two chairs directly facing each other set close together. You motion your client to a chair and invite them to sit down. When you are both seated, your knees are about a foot away from your client's, if you are both comfortable with that distance.

You have two glasses of water within easy reach, ready for the two of you. A box of tissues and a wastebasket are close at hand.

During the TAT session, your attention is soft and open. You have the feeling of watching the beauty of nature as your attention rests on your client.

You say something like, "What would you like help with today?" or "What would you like to work on today?"

You place your hand over your heart in order to hear and receive your client better whenever you want.

Your client then tells you what is on their mind. They may mention several subjects. You write down the few sentences or phrases that are highly charged. You write these in the client's exact words. These phrases easily attract your attention because you feel their intensity.

After the client shares for a few minutes, you say something like, "I will read to you what I noted you said that seemed to have the most charge. Tell me which one you would like to work on, and we'll do that."

You read back what you wrote.

The client picks a phrase or sentence that best represents the thought, belief, event, feeling or physical condition which they would like to heal. At this point, the client may change the wording in order to better reflect their problem. You two might also bundle up a whole group of problems, which are all highly related and refer to them as "this".

You can also simply say "What is the worst thing for you?" and select that to work on.

At this point, the two of you are feeling the density and charge of the problem. Your client often appears stuck in darkness, pain and conflict at this time in the session.

You use the piece that they have just given you as Step One of the Steps of TAT. The way to do this is to make a statement that what they said is so, or that the major supporting event that brought this into being happened, or that everything that led up to this happened. Here are standard ways to formulate Step One:

For a trauma, you say:

It happened.

For a physical pain, you say:

The most influential event that resulted in this pain. *or*

Everything that led up to this pain happened.

For an allergic reaction, you say:

(Whatever the allergen is). *or*

Everything that led up to this allergic reaction happened.

For a stuck thought or negative belief, you say:

(Whatever the thought or negative belief is). *or*

Everything that led up to this thought or negative belief happened.

For a feeling, you say:

The most influential event that resulted in (whatever feeling they said). *or*

Everything that led up to this feeling happened.

You explain to your client how to do the TAT Pose. You demonstrate how to do it on yourself. You have

your client do the TAT Pose on themselves and you check to see that they have it right.

You explain to your client that they will be doing the TAT Pose for about a minute or until they feel done and that they can just put their hands down at that point. You explain what 'feeling done' means. One of the following indicators will probably occur: they will no longer feel engaged with the thought they were putting their attention on; they will have a realization about something related to their problem; they will sigh; they will have a sense of a shift of energy; they will feel relaxed; they will see, hear or sense something that lets them know they're done; or, they will simply know they're done.

You explain how TAT works in the way you feel will best support this client. This may mean that no explanation at all is given because it will not be useful.

If you like, you can tell your client that you are praying that this trouble heals for them. You may also elect to silently make that intention in your heart, or to express gratitude that the healing is happening.

You instruct your client to do Step One. If they have remained in the TAT Pose longer than two minutes, you ask them to take a break and tell you what happened while they were doing the TAT Pose. They come out of the TAT Pose either by their own assessment that it has been long enough or through your instruction. You say, "Tell me what happened."

They tell you whatever they want about what happened. When they are done, you say something

which acknowledges that you have received what they have told you. You say something like "OK" or "Thanks" or "That's good." You do not add any analysis or discuss what happened; you simply accept it.

You write down anything that you feel either you or they might find valuable to read at a later time. This could include insights about their life or other related troubles in their life that you might want to address later. It is typical for a client to come up with an issue that you will want to address later with TAT. In some cases, what they come up with will have more energy related to it than what you began working on. In this case, you and your client can choose to go with the new issue now or finish your original issue and come back to the new one later.

You instruct your client to do Step Two of the Steps of TAT for about a minute or until they feel done. You tell them to come out of the Pose when they feel done.

The statements I have found that work very well are as follows. You are welcome to change the words as long as the meaning is kept.

For a trauma, you say:

It happened, it's over, and I'm OK.

For a physical pain, you say:

The most influential event that resulted in this pain happened, it's over and it's no longer resulting in this pain. *or*

Everything that led up to this pain happened, it's over and it's no longer resulting in this pain.

For an allergic reaction, you say:

My body has no trouble with (whatever the allergen is). *or*

Everything that led up to this allergic reaction happened, it's over and it's no longer resulting in this allergic reaction.

For a stuck thought or negative belief, you say:

It's not true that (whatever the thought or negative belief is) *or*

(A statement that the client creates of the opposite condition being true.) *or*

Everything that led up to this negative belief happened, it's over and it's no longer resulting in this negative belief.

For a feeling, you say:

The most influential event that resulted in (whatever feeling they said) happened, it's over and it's no longer resulting in this feeling. *or*

Everything that led up to this feeling happened, it's over and it's no longer resulting in this feeling.

When they are done with that Step and come out of the TAT Pose, you ask, "What happened?"

They tell you whatever they want about what happened. You note anything that you feel either you or they might find valuable to read at a later

time. This could include insights about their life or other related troubles in their life that you might want to address later.

You ask them if they would like to include God in the statements coming up or not. If they would, you ask them what name they use for God. You note this.

You instruct your client to do the rest of the Steps, asking them what happened after each Step.

If your client needs extra support in order to be able to grant and accept forgiveness, instruct them to do the TAT Pose and have a silent or out loud conversation with the person or people involved. You ask them to let you know when they're done. You leave it to them to share the content of the conversation or to keep it to themselves.

You tell them to put their attention on their original trouble and to let you know if anything remains unfinished about this. They are not in the TAT Pose while doing this review. If they reply that something remains unfinished, instruct them to do the TAT Pose and say, "Put your attention on '**Everything that remains about this trouble is healing now**' for about a minute or until you feel done, then just put your hands down".

They come out of the Pose and you ask, "What happened?"

You instruct them to once again review the original trouble and to let you know if anything remains unfinished about it. If there is, you have them repeat what they just did.

When they are done, you ask, "What happened?"

At this point in the session, there is usually nothing left of their original problem. This process usually takes about 15-25 minutes.

If your client hasn't been drinking water, then you invite them to drink some water, explaining that it helps support the healing process. You drink some water and enjoy the beauty of the healing that just happened.

You ask your client to tell you anything they would like to share with you about what just happened for them including any new insights, different sensations in their body, and how they feel. This is an excellent time to verbally acknowledge where your client began and where they are now. It is natural to feel happy and unburdened and a client sometimes forgets how they felt just moments before.

You ask your client if they have any questions or anything they would like to share about the process they just experienced.

You and your client are now feeling relaxed, empowered, happy and bright. You may find yourselves crying together with happiness, feeling blessed by the profound beauty of this healing. You may find yourselves in a shower of grace.

You and your client decide either to work on another issue or end your session. Proceed as above to work on another problem.

If you like, you thank your client for allowing you the honor of participating in their healing process. You

end your TAT session. You say something like, "Thank you. We're done," and escort them out of your office/healing sanctuary and into their happier, healthier life.

HOW DOES TAT[®] WORK?

I don't really know how TAT works. I have a lot of theories and observations though, and I will share those with you. Before we begin this discussion, I want to make clear that when I refer to God, I am referring to divine love, and you can call that whatever you like. You may think of God as your own true Self or divine Oneness. If you would like to substitute another word for God below, and throughout this book, please do so.

Merging into Love

It is my observation that TAT opens a door for the Divine healing energy of love, or God, or the Holy Spirit, to come and heal us. I feel that nothing which has sprung into being out of self-defense and exists as a seemingly endless whirlpool of disturbance can endure when it is put in the light of God. It can't resist the eternally attractive nature of divine love. It just merges into God. It can't help itself. When true love shows up, it is simply irresistible.

Let me give you an example of this. Say you were abused as a child. You might have identified with a new thought for yourself like "I'm no good and that's why this happened to me." So, say this "I'm no good" belief existed and you lived from that point of view your whole life. Then one day, you turned a corner, and there was God with outstretched arms saying, "I love you. You mean everything to me." You could either turn away and try to keep your "I'm no good" belief in place, or you could just melt into

love. Melting into love wins. In the end, your belief dissolves and you helplessly melt into God's heart.

The Vision Centers

When we are in the Pose, we touch the brain's area of vision. God is reported in scriptures all over the world to say "I am Light". I think that our brains are sensitive to the light of God. I think that by putting our hands on our brain's vision center (in the occipital area) at the back of our head and the vision center at the front of our head, that we 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 from our palms. This flow of powerful life energy passes through all of the control centers of our brain.

As our hands hold this position, we allow our attention to shift from our body-centered point of view, which has been fortified by a traumatic event, to a heart-centered point of view. In contemplating the opposite conditions "It happened / It happened, it's over, I'm OK and I can relax", we become centered in our own true self, and we feel at peace. Our true self is never hurt by anything. It is only our identification with this body that makes us resist a moment of trauma, fear for our lives, and live from that moment on in a condition of fear and resistance. Contemplating the opposites gives us supreme freedom. Also, letting go of blame releases us from identification with the small point of view "this body must survive at all costs", or "anything that gets in the way of this body's survival is my enemy". When we rest in our true timeless Self or God's love, we feel

fearless and at peace. This is my observation of what happens with TAT. For me, it is like taking a shower in God's grace. Whatever we bring in to be washed gets washed.

Cellular Biology

Bruce Lipton Ph.D., a cellular microbiologist and Stanford researcher, teaches that our perception of life informs our biology. How our cells respond to life is based on what we believe is out there. If we believe that what's out there is divine love, we feel a lot differently than if we believe that what's out there is something about to attack us. With TAT, we can change our cellular biology by changing our relationship with life or Divine Love. We can change our perception from fear to love.

Dr. Lipton says that our genes do not switch themselves on and off, that genes are not self-regulatory. He says that genes respond to a signal from the environment and that our perception of the environment determines our condition of health by regulating which cellular receptors are stimulated and which are not. This initiates cellular functions and creates our physical sense of how we feel emotionally as well as our health or disease condition. This indicates that being able to change our thoughts about what is real and getting in touch with our power to effect that change are central to our health. We know we can do this with TAT.

Releasing Old Information

I think that traumas leave us with old information. Due to energy economy, I suppose, we don't consciously evaluate every bit of information upon which we act. For instance, we have old information like "going into water above my knees is dangerous". This was the case for a woman who told me this story several years ago. Everyone on her mother's side of the family had this fear. She figured that someone way back in her mother's family had some serious trauma with water and that the information was passed along. She did TAT about it and became the only person in her family who could go in the water up past her knees.

From my experience with TAT over more than a decade, what I see is that our systems run on information. I see information as an organizing principle in how our minds, feelings and bodies function. When the information we live with is "I'm not good enough", our whole physiological and emotional reality gets in line with that thought. When we change that thought, our whole system realigns. Not only that, the world around us immediately changes as well.

One of my very favorite stories demonstrating this principle happened when a woman picked me up at the airport in Massachusetts where I was to lead a second TAT Workshop. I had been there the year before. She said, "When you were here last year, during the practicum, I worked on the fact that my father never told me he was proud of me or that he loved me. I'm an organic farmer. I get farming magazines. About 10 days after the workshop, I was looking through one of my farming magazines. There was a photo of me sitting on a tractor that my dad

had sent in. It had a caption under it saying who I was and that my father was so proud of me!”

Biophotons

All living cells give off light because they have biophotons. A German scientist, Fritz Popp, teaches that cells communicate by light. This would explain how a person’s whole body changes immediately when we do TAT. We are using the light-reading system in the body (the vision system) and changing information there. The whole body entirely changes instantaneously, and I think that it must be through the medium of light. This light can now be measured.

There is new information out about biophotons originating from research in Germany which shows that cells in a healthy state give off a different type of light than sick cells. When we do TAT, we observe that a person “glows” after they are done. The darkness leaves and light pours out of them. After I reach that point in a TAT session, I often tell a person, “You have to get up right now and go look at yourself in a mirror.” They enjoy seeing the light pouring out of themselves just as much as I do.

Traditional Chinese Medicine

From the perspective of Traditional Chinese Medicine, each organ houses a different functional aspect of our being. The liver is the residence of the General of the body. The General is in charge of the defense of the body. The heart houses the Spirit. When the General perceives that the system is under attack,

the Spirit flees the castle of the heart. When the General lets the heart know that all is clear, the Spirit returns to the heart.

Each organ, in Traditional Chinese Medicine, also has organs of action to which it is related. The liver is related to the eyes. In TAT, through the energy of the eyes, we convey information to the liver that all is well. The liver then relaxes the troops, sends them home from battle and lets the soul know that it is safe to come back to the castle. The Spirit rests at home and the kingdom of the body is at peace.

Yogic Tradition

Paramahansa Yogananda, a great yogi from India, taught that all impressions of all past lives reside at the medulla oblongata. I think that by having one hand at the base of the skull and the other at the area of our eyes, energy passes through the medulla oblongata and past life impressions become available for healing. The statement we use with TAT that "all the origins of this problem are healing now" would include this type of information.

The Indian system of yoga teaches of a series of chakras, or energy vortexes, in each person's aura. In the TAT Pose, we are touching the front and back of the sixth chakra. Each chakra has a spiritual power that comes with its mastery. The power that one gains from mastery of the sixth chakra is the power to bear the dualities of life. This is exactly what we gain, step by step, with TAT.

The revered sage from the yogic tradition, Patanjali, writes, "In order to attain liberation, contemplate the

opposites." In TAT, we first put our attention on whatever the trouble is, and then we put our attention on the opposite condition. This is contemplating the opposites.

Putting our attention on opposites is not done in order to insert a positive belief to eclipse the negative one. We are not adding a veneer of what we wish were true. First, we put our attention on what *is* in order to cease resisting whatever is true for us right now. For example: "Eggs are a trouble for me" or "I was in a car accident and I feel frightened to drive" or "I'm not good enough." In our current condition, we are in active relationship with this belief or thought, resisting it at the same time that we are stuck with it.

After acknowledging what *is*, we then contemplate the opposite condition in order to be able to think the opposite thought. For example: "Eggs are not a problem for me" or "I was in a car accident, it's over, I'm OK and I am no longer afraid to drive" or "I am absolutely good enough just as I am". If we have been chronically stuck with a resisted trauma and the ensuing negative beliefs, we are often entirely unable to think the opposite thought or condition.

Our ability to contemplate two ends of a spectrum of thought gives us the ability to respond to life appropriately and to choose our course of action. We have the ability to think whatever thought is a natural response to a situation. The entire spectrum of responses is now available to us because we are comfortable with both extremes. All the in-between belongs to us. For example, if road conditions are icy and we are not experienced drivers in those conditions, it would be appropriate to be highly

cautious and possibly scared to drive. If we are taking an airline flight, it would be true for most of us that we are "not good enough" at flying planes to take over for the pilot. If an egg salad has been left out on the counter for a couple of days, eating those eggs would be a problem, as we would probably get sick. This full spectrum of possibilities gives us the power to surf gracefully through life, acting on what is happening in the present and not out of fears from the past or worries for the future.

Most importantly, contemplating the opposites allows us to realize that we are neither end of the spectrum of thought or belief; we are not "good" or "bad". We are the absolutely free observers of both ends and everything in the middle. We are at peace in this condition because we are resting in our true nature, which is beyond duality. The real beauty of what you get from TAT *is you*.

YOU AS PRACTITIONER

We Don't Do Anything

The flow of life energy and spontaneous healing are brought about by being in the TAT Pose. While having your attention on one thought, you relax and witness the healing that occurs. There is not a sense that we are the ones who are doing the healing here; there is a sense that we are resting in grace. It's a state of sublime enjoyment. When working with clients, we are not wrestling with our minds, trying to seize upon something wonderful to say to guide them. Our cleverness, education and powers of observation are no match for the absolute all-knowing fountain of life that is Nature or God. That's a good thing: it means that we can relax and watch what happens without having to try and figure anything out. We are not pushing ourselves along toward higher states of being or clearer realizations – we are simply present, taking pleasure in being, and witnessing the divine unfolding – moving us into greater happiness at Godspeed, not the speed of our own minds.

Personal Tendencies to Rise Above

My dear friend and colleague, if you are a professional helper of others, you may have some points of view that keep your attention fixed in the realm of emotions. While it is true that compassion is an expression of divine love, having your life primarily focused in emotions and healing may not be in your best interest. You may want to have living a happy

life, self-realization, love of God or your favorite hobby as your main focus.

You can use TAT to be free of fixed points of view that keep you stuck in the realm of emotions. Here are some sample thoughts that might help you see something like this within yourself:

I have to make others happy.
I have to help everyone who is suffering.
I have to have my emotional feelers out to the world so that I can sense what's wrong with someone and fix it.
My only value is that of an emotionally soothing support person.
If I make others feel better, no one will yell at me.
I can assure my safety by calming angry people.
I have to be emotionally hyper-alert for my safety. Then if someone is having strong feelings, I can feel it before they express it and try to deflect their emotional expression away from me.
I need to be in strong emotions in order to feel that I'm alive.
If I'm peaceful, I feel dead.
I can't stand my own feelings, so I'll focus on other people's feelings.
I have to save everyone who suffered like I did so they never have to feel what I felt.
I can't rest, relax or do anything for my own happiness. I don't count. Only other people count and I have to work tirelessly until they are all happy.

When stuck beliefs like these are cleared up, you will be a better healer. You will be free to let people live

their lives as they are. If you have an investment in the outcome of someone else's healing, you may not give them the freedom to make their own decisions. By releasing your own stuck beliefs, you will be a clearer channel for giving your all to your client's happiness and health.

Knowing Where to Start

People have asked me over the years to tell them how to figure out what to work on with a client. A client can present paragraphs of material and you need to be able to identify what would be best to address.

First of all, don't worry. A person's problem is like a hologram in that if they simply present one aspect of it to you, the whole of the trouble is included in the healing. A hologram is an informational/energetic whole that carries all of the impressions of an event. [See "Comprehensive Healing with a Vague Lead" in the Working with Clients section.] These impressions include the memories of the moment, the resisted parts of the event, the feelings, the meanings given to what happened, the attitudes formed and the physical body responses. I believe that it is what the ancient yogis termed as a vritti (this is a word from the ancient Sanskrit language). Vrittis are described as whirlpools in our mind. Yoga's goal, as defined by the Indian sage Patanjali, is the eradication of these whirlpools.

The experience of vrittis (or whirlpools) in our mind is like having a person tell us something and instead of being able to receive their thought simply and directly, troubles arise. It is as if they launched a

sailboat full of love from their shore to ours, and the boat just ends up spinning in countless whirlpools in our mind, one after another, never reaching our shore. We can see it out there, being moved from one whirlpool to another. We can react to what they have launched our way, but we are unable to receive it and respond naturally. We are left, instead, with listening to our mind chattering and having our feelings stirred up and never receiving the boatload of love.

In one seed, the whole tree exists. If we can heal that seed, the whole tree is changed. A cell contains all the genetic information of an entire being. In the same way, if a person comes to you with any aspect of a trouble, the whole trouble is present in that one piece. You don't need to worry whether or not you have identified the very best, most perfect piece. Any piece of the problem that they are in touch with will do. Therefore, Step One in the TAT healing work can be whatever the client presents to you.

Developing Your Intuition

To develop the type of intuition which will help you decide what is important to work on with TAT, you will be learning how to be more conscious of thoughts. Sometimes a person states a thought and so it is clear what to work on. At other times, you need to be aware of the evidence of an underlying thought by listening to what is said and feeling your own feelings as someone is talking to you.

Thoughts are things. Even though they are invisible and not commonly measured, they do indeed exist.

We know that some thoughts have remained with us since we were children. Some thoughts are new to us and give us feelings of courage and happiness. Some thoughts repeat over and over and keep us from realizing our dreams. Some thoughts only pop up in certain situations, while others are a constant, low-level drone. Thoughts entirely influence the flow of our life.

When you are looking to your intuition to guide you toward which thought has the greatest influence, take note of your own feelings and what they are reflecting. Note to yourself when you feel strong feelings. Your feelings are resonating with the other person's experience.

Since thoughts are things, then we know that we can relate to them with the usual measures of mass, energy, space and time. Tracking down a highly influential thought happens like this:

1. If a person is telling you something and they say that the problem feels heavy or that any part of them feels heavy, this denotes mass. For example, people often say something like, "My heart feels so heavy with this" or "This is such a heavy burden on my shoulders."
2. If a person shows strong emotions in relating a particular event or thought, this is an expression of strong energy. For example, if they are relating an event and they burst into tears or get very angry while telling you about it, this shows the strength of their emotions.
3. If a person feels all alone or far away from you or everyone, this indicates space. For

example, a person may be telling you about an event and feel more and more isolated or distant as they tell you the story.

4. If a person is relating an event and starts speaking from the viewpoint of that time, whether it is in the past or in the future (as in the case of worries), this indicates that time is attached to this event. Other common thoughts related to time are that "This will go on forever" or "This will never change."

If any of the above indicators appear along with a thought or story someone is sharing with you, then you would choose that thought or story because it has one or more of those elements (mass, energy, space or time) attached. The heaviness, strong feelings, sense of space and being attached to a particular time are manifestations of stuck energy. This is what is termed "stagnant qi (energy)" in Traditional Chinese Medicine. An axiom from the world of Traditional Chinese Medicine is that stagnant qi equals pain. Since you are doing healing work, you want to find stuck energy and promote healing there.

We all naturally experience these thoughts in our daily encounters with people. Some people just feel emotionally heavy, others feel emotionally light. Some people are locked in the past, others in imagined futures, and some are rooted in the present. Some people seem to be drowning in emotions, while others are floating in joy and tranquility. Some people seem out of reach while others are very easy to engage. These are our natural observations, our

intuition telling us about subtle energies that we can't see, but which we can feel.

To strengthen your intuitive skills, it is always a good practice to clear your own troubles so that you are like a still lake. When a pebble of your client's thought is dropped into your being, you quietly watch the ripples. You feel the impact in the feelings and sensations in your own body as your client relates their experience to you. You feel the relative strength of the ripples flowing through your body and emotions, allowing you to judge which thought had the most impact, guiding you where to begin working.

You can only get to this level of serenity by removing your own vrittis, or whirlpools of thought. This naturally happens the more you do your own healing work. TAT beautifully supports your growing tranquility, facilitating your becoming a good intuitive healer. Not only are you more perceptive with others, but the more calm and clear you are, the easier it is to notice when something occurs in your own being that needs to be healed. It is like having a tidy home; when one thing is out of place, it's easy to notice it and put it away.

Qualities That a TAT[®] Professional Needs to Have or Develop

A professional always needs to uphold their professional code of conduct. TAT Professionals agree to a code of ethics.

To be a very good TAT Professional, a person needs to be able to let go of being a great healer as their

goal and identity. They need to notice that they are not responsible for the healing that occurs doing TAT work. A very good TAT Professional notices:

- When a person is isolated or disconnected
- When a part of a person is not included in the wholeness of a person's being
- When a person is in a whirlpool of unfinished business with someone else
- When a person is out of contact with God in a way that is evidenced in a particular problem
- When a negative belief has a person's life in a whirlpool of endless turning
- When an attached being is present
- When a trauma has captured a person's life energy and crushed their sense of well-being
- When a single thought stops a person from moving forward into a happy life
- When a chronic, negative state of being becomes home instead of inner happiness being one's home

A good TAT Professional learns how to recognize these conditions and remedy each of them by:

- Studying all the TAT materials
- Consulting with more experienced TAT Professionals in the online TATLife group
- Doing the Steps of TAT with clients while being in the witness state
- Noticing when life situations bring up disturbances within (such as those mentioned above) and using TAT to bring themselves to a condition of peace
- Having small group or one-on-one consultations with more experienced TAT Professionals

- Having consultations with Tapas
- Reading the eNewsletter

WORKING WITH CLIENTS

The Basic Nature of Healing

Healing is the business of life energy itself. The power and intelligence of life energy do the healing. It is like a Great River, and you and your client jump in together. The Great River itself takes the two of you; you both just relax and notice what goes by. When something catches your client so that the river can't keep taking you, you do TAT with them on whatever is holding them back so that the two of you can go on.

Subtle Veils

Subtle layers of thought hold negative beliefs, trauma, limiting beliefs, illness, and stagnant qi (stuck energy) in place. These layers are invisible, impenetrable veils. They are so thin, often made of only one thought. They cover a trouble and entirely sabotage healing as long as they remain in place. They are tricky and full of power unconsciously given them by your client. You have to listen closely to hear them in yourself and others. Once you notice one and put it front and center, it is easily dismantled with TAT.

How can you notice, clearly identify and remove these layers?

You notice that the trouble a person has presented to you does not seem to be resolving quickly and easily. The person's attention is somewhat distracted. They may feel despondent, hopeless or frustrated. All of these feelings reflect the fact that they are not making the progress they want on their problem. They are unable to directly engage with their problem and their feelings reflect their frustration. They may have the feeling that they are caught in an invisible trap and can't move ahead.

You know that the person is feeling this way because your attention is with them as they move through their healing. You will begin to feel frustrated at things not moving. Don't let yourself be fooled into thinking, "I must be making some kind of error. Whatever the mistake is, it is eluding me now." Instead, realize that what appear to be your thoughts and feelings of frustration actually belong to the person you are helping. Both of you are in the flow of thoughts and feelings together. Be happy realizing you are in such close touch with the person you are helping.

To clearly identify the layer of thought, keep your attention on the person and ask them what's happening. Be ready to write down their exact words. Listen closely to the first thing they say. The character of these subtle veils of thought makes them sound like side comments, of only minimal importance, but they can sabotage the entire healing process. Beware. These comments are thrown off almost as an aside to the "real" issue at hand, but they are tricky and full of power. These are the very thoughts you want to capture on paper.

Typical thoughts will be:

I can't get to the problem.
There's no end to this.
This will never change.
This is just the way it is.
I can't stop it.
I'm stuck with this.
This problem is bigger than me.
It's useless trying to do anything about it.
This can never heal.
This can never be all done.
It's endless.
I can't reach it.
It's confusing.
If I talk about it, I'll be in trouble.
If I am conscious of it, I'll be in trouble.
No one will believe me.
I will endanger someone if I talk about this.
I can know it, but can't see it.
I can be conscious of it, but not be able to
speak about it.
It's hopeless.

To remove this veil, do TAT with Step One as:

**The event that put this thought in place
happened. *or***

(Whatever the thought is).

Do Step Two as:

**That event happened, it's over and it's no
longer resulting in this thought. *or***

It's not true that (whatever the thought is). *or*

(Their words for an opposite statement to Step One).

You may need to go through all the Steps, or it may clear up with only the first two Steps. After doing the first two Steps, determine how many Steps you need by doing the Review Step: tell the person to put their attention on the original statement and ask them if there is anything that feels unfinished. If there is something that feels unfinished, then do all the Steps. If not, you are done with that veil of thought.

There may be other veils of thought. If the person mentioned several thoughts, do TAT about each one. When you are finished, the original problem they wanted your help with will be accessible. When you resume the Steps of TAT for their original problem, the energy will move and peace and resolution about that issue will come quickly.

The Chaos Principle

Traumas give birth to one or more negative beliefs because taking refuge in beliefs seems like a good protection. When healing occurs, the negative beliefs die. Sometimes, before they die, they shake. For a few moments, they feel more real and present. They were empowered by your energy and before they die, you may feel uncomfortable as your energetic configuration changes. They existed as your friends and protectors. When they are exposed to the healing light, they can't resist; they melt into the love. If a client experiences this shaky feeling, explain what is going on if you want and tell them to put their

attention back on whatever it was you last instructed them to do as they maintain the TAT Pose. Tell them that usually, in less than a minute, the transition will be complete and they will feel better.

In science, there is a principle stating that before a system reorganizes to a higher state, there is a period of chaos. This is what is happening for your client. Most of the time, this happens so quickly and naturally that it is never even noticed.

Comprehensive Healing with a Vague Lead

David Bohm, a physicist, describes life as a hologram or holoevent. Not everything is manifest at once. Some of life is explicate and some is implicate; at any one moment, some is present and some is hidden. All of life is contained in any bit of life. This is good news for TAT Professionals; it means that any little piece of trouble a client presents to you contains the whole of their trouble. The same client will present different aspects of a problem to different TAT Professionals.

For example, say we have a client with an allergy to salt and a history of childhood sexual abuse. The client was given a bag of salty potato chips after each time they were abused.

If you are a medical practitioner, this patient may come in asking for help with edema.

If you are a therapist, you may be asked to help heal this client's traumatic childhood memories.

If you are an acupuncturist, this patient might ask for help with kidney troubles manifesting as incontinence.

If you are a counselor, intimate relationships that always end in emotional disaster could be the issue this client reports.

If you are a coach, this person could be asking for help with being a team player.

If you lead dream workshops, this person's imagery would likely indicate that the person feels helpless to escape a situation.

If you are a chiropractor, lower back pain might be what brings this patient in.

Being a TAT practitioner in addition to any of the above designations, you can work with the person to help all the conditions: the edema, the lingering trauma, the failed relationships, the feeling helpless and the physical pain. The healing will happen whether Step One is:

The most influential trauma that resulted in this edema. *or*

The abuse. *or*

The most influential attack to my system that has resulted in my intimate relationships ending in disaster. *or*

The most influential event that ended up with my feeling helpless. *or*

This lower back pain is not healing.

Every manifestation of the trouble is a doorway into the whole problem. You don't need to know the whole symptom picture or the entire history. You take the explicate scrap of evidence you have been presented and the entire implicate hologram is represented. Of course, you would take the history and learn about what your client wants help with in accordance with your profession.

In fact, the person can simply think of any one of the above troubles and not tell you one word about it.

In this case, Step One will be:

Everything that led up to this (whatever you, the client, are thinking of) happened.

Then do the rest of the Steps.

The teaching of vague works came to me when a friend was describing her stay in the hospital after an operation. She said, "When some of the nurses came in, I got this uncomfortable feeling in my back." We did TAT about "The uncomfortable feeling in my back when the nurses came in." The uncomfortable feeling in the back cleared up. I realized that I didn't know exactly where it was in her back, the origins of the feeling, or how it healed. All of that was outside the realm of my conscious awareness. Just having a tag for what we were focusing on together and then the grace that flows in the TAT Pose accomplished the healing.

Another great learning experience about not having to say anything specific about what happened came at the close of a TAT Workshop. An acquaintance approached me about a family trouble. "My sister's husband was in the hospital dying of cancer. Her 13-

year-old son was staying with his 19-year-old cousin while his mom was keeping close with his dying father in the hospital. After his father died, we found out that the older cousin had been sexually abusing the younger boy. Do you think you could work with him?"

Thinking of the fact that this young teenager didn't know me, had no relationship with me and certainly wouldn't want to talk about this type of experience with me, I replied, "Yes. He would just have to say two words. That would be enough."

My acquaintance set up the time and place for the session. When I met the teenage boy, I simply stated, "I heard that you have had some tough times recently. What was the worst?"

"My cousin", was his quiet utterance.

The thought came: there are his 'two words'.

We did our session. When we were about halfway into it, I asked him to review what happened with his cousin. "Is there anything that's left about what happened with your cousin that still hurts inside?" He nodded his head to indicate 'yes'.

"Put your attention on that and do the TAT Pose."

A few more Steps were done. When I asked if there was anything else about what happened that felt bad, he shook his head 'no'.

We were done. He had never said anything but those two words.

Months later, evidence that he had instantaneously changed as a result of the session was shared with me. The loud, aggressive music he had been listening to ended of the boy's own accord. Friends changed to socially better-adjusted, happier people. He started teaching other kids how to do TAT. When a girl playing sports suddenly collapsed and died from illness on the school grounds, he was asked to do peer counseling.

In years past, it seemed to be important to discover origins of a life pattern or trauma. Looking at past lives, genetic history and traumas from a person's conception onward, we would find roots of current troubles. One day, the thought occurred that we could simply put our attention on "All the origins of this problem are healed now" or "Everything that led up to this problem happened, it's over and I can relax now." This was the end of looking into the past for origins of a problem. Our intention that all the roots are healed now, along with holding the Pose, was enough to clear up all the roots without specific knowledge of what the roots were.

The Beauty of Bundling

Haven't you found that you and your clients/patients/friends doing TAT come up with a whole collection of stuff that is all related? For example:

feeling unloved
trauma of mother not wanting them
never being able to ask for what they want at
their job
intimate relationships never holding together

grief
apathy
chronic colds
upper back pain
beliefs such as
 Life has nothing for me
Wherever I turn, there's only emptiness
I can't connect with people

Do you wonder where to start?

If the person who is about to have healing occur sees them all as a related group, you can refer to them all as 'this'. Then, in doing the Steps of TAT, you use the term 'this'.

Your Step One will be:

Everything that led up to 'this' happened.

You have just bundled these all up and addressed them all at once. The beauty is that you can bundle a whole group of troubles and the whole bundle heals.

This whole bundle represents a trauma as it expresses itself in different systems: thoughts, beliefs, physical ailments, emotions, work, intimate relationships and personal fulfillment. It is natural that all of these manifestations happen. It is also natural that all these manifestations can heal as a group.

When you have finished doing all the Steps of TAT about 'this', if anything remains unfinished, doing the first two Steps on that piece should clean it up.

THE TAT[®] SESSION

Creating an Optimal Healing Environment

I recommend an uncluttered, open environment for healing. It is comforting to come into a place that is set up for the purpose of you two doing your session and not full of distracting elements. Some flowers or plants, a couple of glasses of water, a couple of chairs facing each other, some tissues, a waste basket and a small table are the simple essentials for your session. Adding whatever supportive beauty you like will enhance the happiness of the get-together.

Beginning and Ending a Session

It is important to begin and end a session so that your client feels settled and complete. When a client comes in, engage them in a little friendly small talk, then ask what they would like help with. Listen and write. Write the things that you feel have charge. This means that there is a strong emotional feeling when they talk about it. That feeling can be loneliness, anger, fear, isolation, worry, shock, grief, etc. There can also be feelings such as heaviness, floaty lightness and disconnection, dullness, distance or stuckness. Any of these could be seen as expressions which are like a river which is not happily bubbling and flowing along.

See if you can bundle a bunch of what they've said together and refer to it all as "this". Ask them if there is a bunch of it that they think can be bundled

together and if it's OK with them to refer to it all as "this". If it's not OK with them to refer to it as "this", ask what label they would like to use for the bundle they've created.

Then begin the Steps with whatever they have chosen. If they chose "this" to represent their bundle, then Step One is:

Everything that led up to this happened.

Then proceed through the rest of the Steps.

If they chose their own label, then Step One is:

Everything that led up to (their label) happened.

Then proceed through the rest of the Steps.

To end the session, ask them if there is anything they would like to say about the work you've done today or if they have any questions. When this part of your conversation is over, say something like "OK, we're done." That tidily closes your session.

What is Normal in a TAT Session?

When a person is troubled, they experience stuck energy. Doing TAT resolves the blockages and energy flows again. This flow can manifest in a variety of ways and all are normal. The person may sigh, stretch, move, rock, shake, breathe in unusual patterns, laugh, cry, become aware of things not noticed before, feel more connected with God or self, feel more connected with life, hear subtle sounds, have realizations, feel lighter, feel that the problem is non-existent, feel heat, feel a sense of release or simply feel done. All of this is normal.

Listening Skills

Keep your attention with your client during the whole time you are together. Watch them and listen to them as well as you can. Keep your attention soft and present, like a loving mother. If your attention is distracted, gently bring it back. If your mind becomes fixed on something, make a note of it so that you can do TAT about it later.

The True Meaning of "I'm OK."

For healing trauma, Step Two of the Steps of TAT is "It happened, it's over and I'm OK." The real meaning of "I'm OK" in our context is that you can't truly be harmed because you are not the body. Your true nature is spiritual. Your thoughts and feelings are formed by your beliefs and you can modify your beliefs. You are never stuck. If you really were something that could be stuck or hurt, it would be very hard to heal. But the truth is that once you simply have the thought "I'm OK" while you're in the TAT Pose, you immediately release your identification with the body-related perspective associated with that trauma and you move to the position of Witness. You instantly attain peace. If you were truly stuck, one little thought wouldn't be much in the effort to get you free. But the truth is that the deepest part of yourself was never stuck, so one little thought while you're in the TAT Pose makes a whole world of difference. In just moments, your perspective changes and you are resting in your always-free true self.

Forgiveness

Forgiveness is a key element in how well TAT works. The enlightened teachers tell us that this whole existence is our own Self. If we are unforgiving of a single soul, we are harming ourselves. We are not happy rejecting part of our own being. We are happy when we are accepting, compassionate and kind.

Sometimes in working with a client, you will give them the instruction to put their attention on forgiving everyone they blamed for whatever it is you're working on. They'll say, "But I don't!" (This has happened to me several times.) Instruct them to do the Pose and have a silent conversation with the person or people involved. Then ask them if it's OK to go ahead with forgiving the person or people now. It usually is. If it's not okay, tell them to put their attention on the thought that it's possible that they could forgive that person or people. Have them hold this thought for about a minute while they do the TAT Pose. What happens is that through the TAT Pose and their thought, grace comes and begins to melt their resistance.

It may be helpful for you to explain that forgiveness does not mean that they are approving of what a person has done that has been harmful or unkind. It means that they are no longer holding anger, bitterness, blame, and closed, unforgiving feelings in their heart. This is an opportunity for their heart to feel soft, open and forgiving.

TREATING SPECIFIC ISSUES

Allergic Reactions

TAT has been effective in lessening allergic reactions. If you choose to use TAT to help with allergic reactions, do not assume that it has worked. Have your client properly tested by their physician to check and see if their allergic reactions have actually ended. People can die from severe allergic reactions in anaphylactic shock. Do not put yourself or your clients in danger by assuming that TAT has worked. Get medical support so that everyone can rest easy.

Stuck Emotions

Our emotions are great indicators of trouble if they go on and on without resolving. While it is normal to have feelings about what is going on in our lives, if our feelings stay stuck, we know that something is not open and flowing within us. It is like an endless loop or a whirlpool.

When a trauma occurs and we find ourselves in a fixed belief, then we have trouble. Once we are in a fixed belief, the emotions, opinions, and ways of living that pour from that belief can pour endlessly. We ourselves are being that point of view. We are eternal: we can power a point of view and the accompanying emotions forever.

When a strong emotion without a known associated trauma presents itself, you can do TAT about the stuck emotional state. Here's what you do:

Step One:

Everything that led up to this emotion

happened. You can either use the phrase 'this emotion' or you can name it. You could call it 'this fear', or 'endless depression', or 'dark isolated loneliness'. Use whatever descriptive words come to mind.

Step Two:

All this happened, it's over, and it is no longer resulting in this emotion. I'm OK and I can relax now.

Then do the rest of the steps.

When we say "this emotion", what we really mean is "this particular stuck emotion that never resolves for me". We are not looking to heal the existence of emotions like anger, grief, etc. Emotions are a natural part of life and their healthy ebb and flow are part of the expression of being who we are.

If a strong emotion is presenting as the primary focus of a person's attention along with a memory of a trauma, then you can do TAT about the trauma:

Step One:

It happened.

Step Two:

**It happened, it's over, and it's no longer
resulting in this strong emotion. I'm OK
and I can relax now.**

Then do the rest of the Steps.

A stretch of years of my life was focused on pounding on mattresses, crying, shouting, yelling, communicating and dropping into feelings as much as I could. It seemed like the way to heal emotional troubles. It helped me be more emotionally expressive, but it did not resolve emotional traumas. TAT resolves emotional traumas and returns us to a state of dynamic flow.

The Discovery of a New Part of One's Being

Healing may put a person through a doorway to a part of themselves that had been hidden. It is like finding a frightened child who has been hidden for so many years that their existence was forgotten. It could be the discovery of an extremely angry, raging part that has been cut off. It could also be an isolated, depressed part that has come to light.

One of the first approaches for reintegrating such parts is to bring the newly revealed part into better communication with you. The best way to accomplish this is to begin by doing the TAT Pose and having a silent conversation with that part. Usually, the isolated part will have a lot to say to you before you can say much back. Be prepared to listen first. Then do the usual steps.

Step One will be:

Everything that led up to this (meaning the separate existence of the part) happened.

Step Two will be:

All this happened, it's over, and I'm okay.

You might also want to welcome the part back and thank it for however it served you through its existence. Then do the rest of the Steps. You are well on your way to a healed, integrated condition.

A typical example of the existence of a part coming into being happens when a person is abused. Often a protector part will come into existence. A vulnerable person may be being protected by this protector part. The protector part will usually be untrusting, lurking in the background making decisions to keep the person safe, and silently controlling how close the person can get in relationships. Some of these protector parts have the perspective of a young child. Can you imagine what it's like having a six-year-old part ruling an adult's intimate relationships? An adult may be unaware that such a part of them even exists. The way it will manifest in a session is often with a client saying something like, "Nothing seems to be happening with this technique. I feel stuck. Part of me isn't so sure that healing this (whatever you're working on at the moment) is a good idea." As soon as you hear "part of me", that's your clue to have them have a silent conversation with that part.

This approach also works well when communicating with someone or something that is not a part of one's being. For instance, your doctor might suddenly reveal a disease that you didn't know you had. You

might get a phone call saying that your beloved uncle died.

In the case of a disease, do the TAT Pose and ask it what its life is about and observe the thoughts, feelings and visions that come. Then, do the steps as usual with Steps One and Two from above.

For a person who died, have a silent conversation of the heart with them. Be open to hearing what they have to say to you as well as what is there for you to say to them. This might be enough, or it might be beneficial to do the some of the steps.

Step One will be:

This person died.

Step Two will be:

This person died, he/she is okay, I'm okay, and we can relax now.

Use your judgment/intuition about whether or not to do the rest of the steps, though I do recommend the forgiveness steps if you hold any feelings of blame or anger around the person's life or death.

Healing the Emotional Aspects of Physical Illness

To learn about the illness, have your client sit in the TAT Pose and conduct a conversation with it. Have them ask the illness what its purpose is in their life. Have them ask it to show them its physical characteristics – its color, feeling, sound, texture, smell, strength of energy and whatever else it wants them to know. Have your client imagine they can

receive all of that information and then tell them to accept whatever comes to them. Later on, after you have done TAT about various aspects of the illness, have them hold a conversation again so that you can both see what has changed in the characteristics of the illness.

Have your client think about any medical traumas related to the illness, including the initial diagnosis, surgeries, medications and any traumatic encounters in a medical setting. Do TAT about each of those events.

Have your client contemplate how family and friends are reacting to the illness. When a person has an illness, friends and family often become very emotional and highly opinionated about the best course of action. If there is any upset for them there, do TAT about that.

Become aware of beliefs about the illness. Do TAT about all limiting beliefs such as:

This can never change.
Nothing can help me.
My health can't improve.
I deserve or caused this illness.
Having this illness meets my needs.

You can have a person do the TAT Pose as they visualize the outcomes they want to have. For example:

This illness is miraculously healing.
I am in better health now than I have ever been.
My happiness is dissolving my illness.

I am creating radiant good health in all aspects
of my life.
I can meet my needs in healthy ways.

Have the person sit in the Pose and ask the disease
what its life is about and observe the thoughts,
feelings and visions that come.

Then, do TAT with Step One as:

**Everything that resulted in (whatever
thoughts, feelings and visions came to
mind) happened.**

Do Step Two as:

**Everything that resulted in (whatever
thoughts, feelings and visions came to
mind) happened, they're over and they're
no longer resulting in this disease.**

Healing Feelings of Isolation

Trauma creates isolation. You are always in the
process of bringing a part back into wholeness. It
may be a physical part, a sense of a part of yourself,
an emotional expression, your heart-felt spiritual
connection with God, Nature or life, your intimate
connections with others – friends and family. Look
for these in your work with clients.

For any of these parts being isolated, you have very
effective approaches you can take to removing this
sense of separation.

First, have a silent conversation with the isolated part
while holding the TAT Pose. Don't try and make
anything happen. Just be there and have a

conversation allowing whatever is there for you to be communicated and listening to whatever is there for you to hear.

Second, do Step One of TAT as:

The most influential event resulting in this isolation happened.

Do Step Two as:

That trauma happened, it's over and it's no longer resulting in this isolation.

Then do the rest of the Steps.

Third, as you do the Pose, simply make a positive statement, seeing, feeling, knowing, and sensing in whatever way is natural to you that this isolation does not exist. For example:

For an organ problem:

Example: if a person has had heart surgery, they can do this:

My heart is completely connected with the rest of my body. My heart is in deep communi-cation with my whole body. My heart feels at home and related to all the rest of me.

For a sense of a part of yourself:

Example: if a person has a sense that part of them is out of touch with the rest of them, they can use statements such as:

This part is no longer isolated from the rest of me. This part is entirely loved by all of

me and is in communication with all parts of me in all dimensions, both conscious and subconscious.

For an emotional expression:

Example: if a person grew up in a family that wasn't allowed to express sadness, or any other particular emotion, they can do any of these statements:

Sadness is part of my life. I accept and love myself along with this sadness. It is OK to express sadness.

For spiritual connection:

Example: if a person feels distant from God, they can do this:

I am intimately close with God. God is in my heart. There is no separation between God and me. My life is God's life.

For intimate connections with others:

Example: if a person feels distant from their family members, they can use a statement like this:

My family and I are close. We understand and support each other. We deeply connect with each other. We love each other.

Signs and Symptoms of Organ/Meridian Problems

Different organs are related to specific problems according to Traditional Chinese Medicine. These correspondences may help you understand how to treat your client with TAT:

Lungs – grief
Heart – shock
Liver – anger
Kidneys – fear
Spleen (digestive system) – worry

For example, if a client told you that they had chronic lung problems, such as getting colds often, you might ask if they had suffered the loss of a loved one or something that they might be grieving over. If they said “yes”, then the first place to start would be having them have a silent conversation with their loved one while in the Pose.

SURROGATE TREATMENTS

If you would like, you can do TAT on yourself on someone else's behalf. I strongly recommend that you either have the person's express consent or that you make a prayer or intention along these lines before you begin: "I offer this healing for this person's highest and best good, to accept or not as they wish."

Before you go through the Steps of TAT, make an intention that "This is for you (whomever you're doing it for)" and then go through the Steps of TAT as usual.

This approach could be useful in cases where a person is physically far away and you are unable to communicate with them by any other method. It is also useful if someone is in a hospital and you are unable to visit them. You can also use it on behalf of all beings. You can do the TAT Pose with the thought "May all beings be happy."

I think that the reason this works is that thoughts and intentions are not limited by space or time and that we are all connected. Another way of looking at it is that the whole world is held in your own heart and you can contact anyone you choose there.

SUGGESTIONS OF THINGS TO CLEAR

There are a few basic areas that are important to us all. If you do some TAT for each of these areas, your life will be clearer. I suggest that you look at each category and read each negative statement. If you feel something in yourself resonate with a negative statement, do TAT for that to clear it up.

I have listed here the negative statement and the opposite statement. These represent Step One and Step Two of the Steps of TAT.

When you read these, you may have a statement come to mind which is similar to something listed here, but is unique to you. Use your own unique statements. Use whatever best states your inner belief.

My Relationship with God

There is no God.
God is. or: God exists.

God doesn't love me.
God loves me.

God isn't there for me.
God is here for me.

I can never know God.
I can know God.

God is far from me.
God is near me.

God doesn't care about me.
God cares about me.

Who I Am

I exist and can die.
I am unborn and cannot die.

I am evil.
I am not evil.

I am worthless.
I am valuable.

I am limited.
I am limitless.

I am limited by time.
I am not limited by time.

I am limited by space to here.
I am not limited by space.

I am unlovable.
I am lovable.

I don't deserve to live.
I deserve to live.

I don't deserve to be loved.
I deserve to be loved.

I don't deserve help.

I deserve help.

I am lacking.

I am everything that is important.

Who Others Are

Others are untrustworthy.

I can trust others.

Others can hurt me.

Others cannot hurt me.

Others can control me.

I am beyond the control of others.

Being loved by others is not important to me.

It is important to me to be loved by others.

I am isolated from others.

I am in close connection with others.

Food

My first allergic reaction of this life (from conception
onward). (You don't need to know what it is.)

It happened and I'm OK.

The food or drink (not including water) I feel I need
to have every day to feel OK.

I have a healthy relationship with that food or drink.
(There may be several items.)

Food is not good for me.

Food is good for me.

The thing I have the greatest allergy to in my life.

(You don't need to know what it is.)

I have a healthy relationship with that.

I feel unnourished.

I feel nourished.

My Body

I don't accept my body as it is.

I accept my body as it is.

I don't feel at home in my body.

I feel at home in my body.

I'm not in my body.

I am in my body.

I hate my body.

I love my body.

I can't relax in my body.

I am perfectly relaxed in my body.

The moment of conception of my body as it
happened.

*I accept the moment of conception of my body as it
happened.*

My birth.

I accept my birth as it happened and I am fine.

My Parents

I can't accept my mother as she is.
I accept my mother as she is.

I can't love my mother as she is.
I love my mother as she is.

I can't accept my father as he is.
I accept my father as he is.

I can't love my father as he is.
I love my father as he is.

My Body's History

The traumas of my lungs.
Those traumas happened and my lungs are OK.

The traumas of my kidneys.
Those traumas happened and my kidneys are OK.

The traumas of my liver.
Those traumas happened and my liver is OK.

The traumas of my heart.
Those traumas happened and my heart is OK.

The traumas of my spleen.
Those traumas happened and my spleen is OK.

(You can focus on any system or part of your body that you want in addition to the above.)

Illness

This illness exists.

I have a harmonious and healthy relationship with this illness. This illness is healed.

Pain

This pain exists.

This pain is cleared up.

This pain can never heal.

It is possible for this pain to heal.

Conclusion

Dear Friend,

Understanding and using the information in this TAT Professionals' Manual will support you in bringing happiness, health and the joy of life to the people you serve. TAT is a sturdy, flexible tool that opens a floodgate to grace and healing energy. I hope you will enjoy using TAT in your healing work and will find heartfelt fulfillment in the beauty of light and happiness pouring from your clients.

With love and affection,
Tapas



Tapas Fleming is a Licensed Acupuncturist in California. She developed Tapas Acupressure Technique® (TAT®) in 1993. She lives with her family in Redondo Beach and travels worldwide teaching TAT.