

## 'TAT' = Tapas Acupressure Technique

### \*'TAT' Hold:

Put your thumb and ring finger on the bridge of your nose, and your middle finger on your third eye.

Put your other hand on the back of your head, cradling your skull

[or Children may hold one palm low on the forehead and one behind the skull and just breathe deeply.]

### Step 1:

Think of a distressing belief, emotion or event and do the \*TAT hold on that for up to four minutes or until you feel something shift

### Step 2:

Think of the opposite belief or statement (i.e. it is over) and do the TAT hold on that for a minute or until you feel something shift

### Step 3:

Do the TAT hold and say:

*I am now healing all the origins of this belief/emotion/problem or  
God is now healing all the origins of this belief/emotion/problem*

### Step 4:

Do the TAT hold and say:

*I am now healing all the places in my mind, body and life where this  
belief/emotion/problem is stored/held/resonated or  
God is now healing all the places in my mind, body and life where this  
belief/emotion/problem is stored/held/resonated*

### Step 5:

Do the TAT hold and say:

*I am now healing any part of me that is afraid to let go of this  
belief/emotion/problem or  
God is now healing any part of me that is afraid to let go of this  
belief/emotion/problem*

### Step 6:

Do the TAT hold and say:

*I forgive everyone I blame for this belief/emotion/problem... including  
God and myself.*