

Date: Wed, 20 Jul 2005 04:00:25 GMT  
To: "Unstress for Success Newsletter"  
From: TATLifeNewsletter@unstressforsuccess.com  
Subject: Jet Lag Fix and Latest TAT Protocol

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## **Jet Lag Fix and Latest TAT Protocol**

My Dear Friends,

I hope summer is beautiful where you are and you are enjoying your summer days.

I recently took a trip to Europe. I did TAT after about four or five hours into the trip and once more shortly before landing. We went from California to Spain. I did it once, shortly before landing, on the way home. I just put my attention on these thoughts as I held the TAT Pose:

"It's OK that my body has just traveled very fast over several time zones. My body is in harmony with where it is on the earth and in relation to the sun, the moon and all the stars and planets right now."

For the first time ever, I suffered no jet lag either way. Try it: you'll like it.

I have the Seven Steps version of TAT at my website. It works very well. Here is another way to do TAT that also works very well. It is my latest version. I like it. Use whatever version you like. You are welcome to copy this and pass it along to friends, family, colleagues, and anyone else you'd like.

## **HOW TO DO TAPAS ACUPRESSURE TECHNIQUE - TATsm**

### **WHAT IS TAT?**

TAT is an easy process for ending traumatic stress, reducing allergic reactions and freeing yourself of negative beliefs. TAT is a new, simple and effective technique that delivers inner peace, relaxation, more vibrant health and empowerment in minutes. It 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). TAT does not replace therapy or health care from medical professionals.

### **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. If you are holding your hands in the TAT pose on someone else, the same area at the base of the skull is covered, however your little finger will be just above the hairline. Both hands should be resting gently. No pressure is necessary.

For children age 11 and under, the hand in front is placed over the forehead, covering the top half of the eyes. 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.

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. If this happens, stay in the TAT pose and put your attention back on what you were doing in that step. Don't put your attention on getting more and more into the feeling. Following these instructions, your feeling usually turns to peace in about a minute. If you don't feel peace beginning to come after about a minute, ask for help from a mental health professional.

You can rest your arms at any time you want -- during a step and/or between steps. Your eyes can be open or closed. You can use either hand in front.

**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 USE TAT TO HEAL TRAUMA**

Decide the trauma you would like to have healed. We'll refer to that trauma as "this" in the following Steps of TAT. Make the intention that the healing you are about to do is for the benefit of all of your ancestors, your family, everyone involved and for all points of view you have ever held.

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

**Step One:** This happened.

**Step Two:** This and everything that led up to it happened, it's over, and I can relax now.

**Step Three:** I apologize to everyone I hurt related to this and wish them love, happiness and peace.

**Step Four:** I forgive everyone who hurt me related to this and I wish them love, happiness and peace.

**Step Five:** All the places in my mind, body and life where this has been stored are healing now. **Or:** God (whatever name you use for God), thank You for healing all the places in my mind, body and life where this has been stored.

**Step Six:** Whatever is left about this is healing now.

**Step Seven:** I choose (whatever you want related to this).

In Steps Three and Four, you do not need to think of each person involved. Just make the intention with your heart. In Step Five, you do not need to know all the places where the trauma was stored. Just make the intention that they are healing.

**Last,** 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.

### **HOW TO USE TAT TO HEAL THE EMOTIONAL ROOTS OF ALLERGIC REACTIONS, NEGATIVE BELIEFS, AND PHYSICAL ILLNESS**

For Step One, use this statement:

Everything that lead up to this happened.

The rest of the Steps remain the same.

### **HOW TO USE TAT TO HELP HEAL A RELATIONSHIP**

If you feel you have unfinished business with someone – whether they are dead or alive – hold the TAT pose and have a conversation with them (silently or out loud) until you feel done. If it's right for you in this relationship, ask for forgiveness and grant forgiveness.

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The approaches given here are the core of the TAT healing process. However, understand that there are many situations requiring complete training to help heal. A person may have a complex emotional history, a multi-faceted illness or allergies complicated by emotional trauma which would require skill and training in order to safely and effectively care for them.

To learn how to use TAT completely and professionally or to heal allergic reactions, the emotional roots of physical illness, negative beliefs, and how to work with children, groups and for animals, visit [www.TATLife.com](http://www.TATLife.com) and order the videos, DVDs and book. In addition, to fully learn TAT, take workshops given by Tapas Fleming and TAT Trainers. Trainings are posted at [www.TATLife.com](http://www.TATLife.com) . You are welcome to join TAT International and learn TAT at any level you would like, including becoming trained as a TAT Trainer. Please take advantage of our free downloadable book and our free eNewsletter – both are available at [www.TATLife.com](http://www.TATLife.com) .

You have my love and best wishes for your health and happiness,

Tapas

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Be sure to check [TATlife.com](http://TATlife.com) for a list of upcoming events and information on the Annual TAT Symposium in October 2005