

What is TAT ?

TAT is a simple technique that makes
It easy for you to end stress, even
traumatic stress, and live a happier
life.

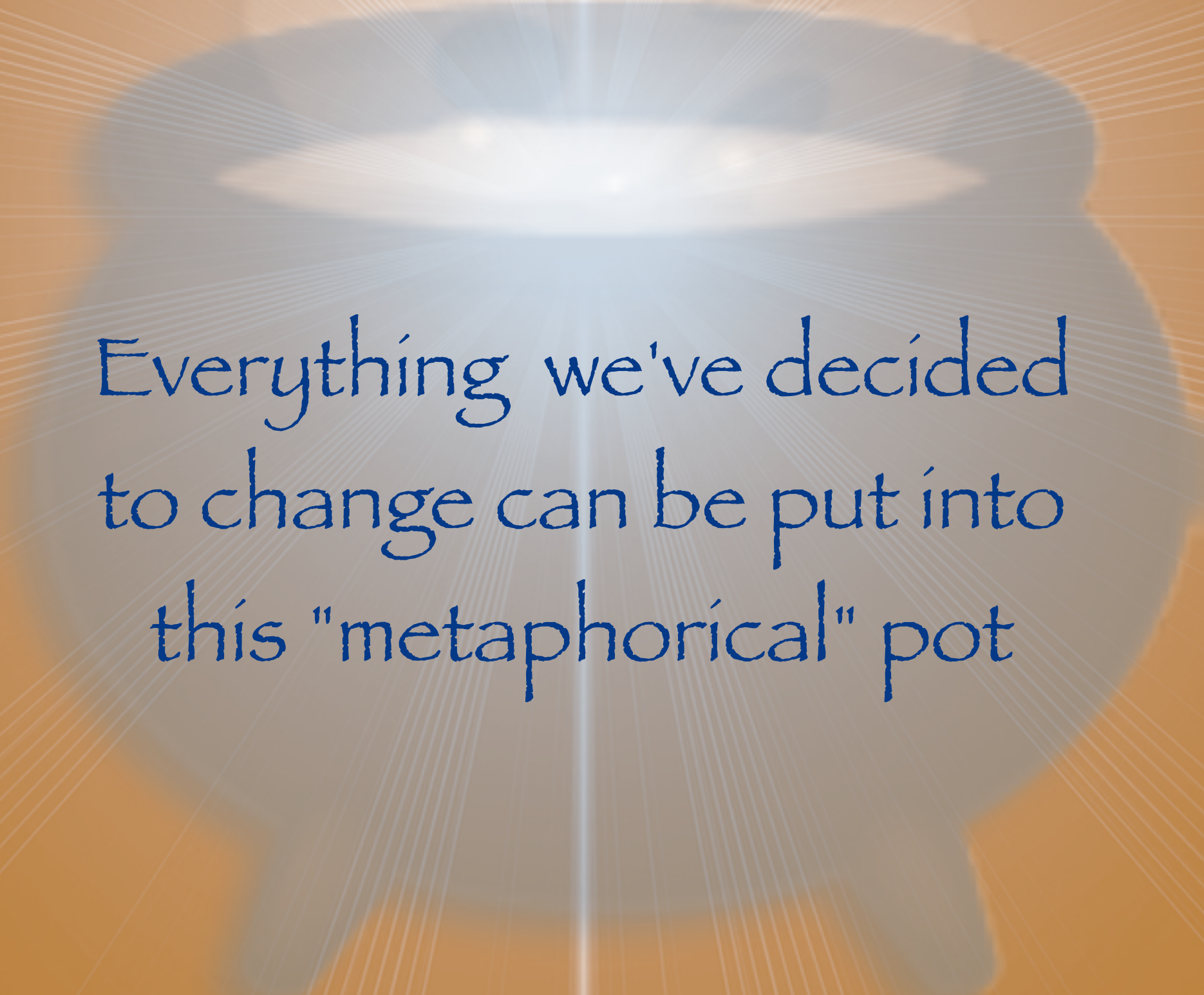
How To Do TAT

TAT is as simple as placing your attention on a set of particular statements while touching specific acupuncture points on your face and head. That's It!

Identify The Problem

What Is It That You Want To
Change?

Just Put It In The Pot!



Everything we've decided
to change can be put into
this "metaphorical" pot

What Goes In The Pot

Any “Stopper” Thoughts Like:

- This will never work.
- My problem is just too big.
- I will never forgive _____ for this
- No matter what I've tried nothing seems to work.
- I don't deserve love, help or happiness.

Plus....

“The Problem”

For example

- I'm always worrying about...
- I feel like I'm always angry
- My back always hurts
- I hate my job
- My husband never listens to me. I don't feel heard!
- Deep down I'm not happy

Set The Intention

This healing is on behalf of me, all the parts of me, all points of view I've ever held, my family, my ancestors, everyone involved and everyone who would like to benefit from this healing. This healing will happen safely and easily

The Steps of TAT (Statements)

- The Problem
- The opposite of the problem
- The Places
- The origins
- Communications
- Forgiveness
- The parts
- Whatever is left
- Choosing
- Integration

The Shift

Sigh

Yawn

Laughter

Insight

Feeling Relaxed, Weight Lifted Off Shoulders

Body Movement, Sensations or Pain

Bored With The Statement

Feeling Done or Complete

Integration

step 9

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

Do this step with all three poses.



How Will You Know It Worked?

- Think about what you put into the pot and notice what is different.
- Notice how you're being when this comes up again in your life.

REMEMBER

- Drink plenty of water- it helps the healing.
- Keep your time in the TAT® Pose to 20 minutes a day.
- Rest if you feel the need.
- Get individual help from our Certified TAT professionals listed at TatLife.com