



TAT

Strike A Pose for Healing!

- Do not exceed 20 minutes per day in the pose.
- Drink 6-8 glasses of water.
- Give thanks for your healing.

For children age 11 and under, the pose is done by holding the hand in front open with the palm covering the three points. The hand in back is in the same position.

For babies or 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 persons head.

Focus on these steps one at a time holding the TAT pose for one minute or until you feel a shift.

(You need only do this step once ever) “I deserve to live and I can accept love, help and healing.”

The 7 Steps:

1. “Put your attention on the problem and do the TAT pose.”
2. “Put your attention on the opposite condition and do the TAT pose.”
3. Do the TAT pose and focus on “All the origins of this problem are healing now. Or God (or whatever name you use), thank you for healing all the origins of this problem.”
4. Do the TAT pose and focus on “All the places in my mind, body and life where this has been a problem/resonated/been held/been stuck are healing now.” Or God, thank you for healing all the places in my mind, body and life where this has been a problem/resonated/been held/been stuck.”
5. Do the TAT pose with either: “All the parts of me that got something out of having this problem are healing now. Or God, thank you for healing all the parts of me that got something out of having this problem.”
6. Do the TAT pose “I forgive everyone I blamed for this problem, including God and myself.”
7. Do the TAT pose and put your attention on “I ask forgiveness of everyone I hurt because of this problem.”

The 3 Steps in the pose: (Tapas used this formula for addressing her cancer)

1. “I forgive everyone that ever injured/hurt me so that I ended up like this”
2. “I ask forgiveness of everyone that I ever injured/hurt like this.”
3. Have a conversation with those people/those pieces of information.

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