



CENTER FOR TRUE HEALTH

The TAPAS Accupressure Technique (TAT)

An energetic technique developed by acupuncturist, Tapas Fleming

Steps:

While in the TAT pose, put your mind on the issue you have had and be still with it for a few minutes (about 3 or 4 minutes). All the other steps are held for one minute.

Sit with the idea that “All the origins of this problem, whatever they may be, are healing now.”

Sit with the idea that “All the places in my mind, body, and spirit where this has been a problem, are healing now.”

“I forgive any part of me that got something out of this.”

“I forgive anyone I might have blamed for this, including myself.”

“I ask forgiveness from anyone I might have hurt because of this, including myself.”

Imagine you don't have this problem. “That issue is over and I'm free of it.”

Tapas always asks for help from God. Whatever your spiritual beliefs, there's enough evidence that our thoughts, prayers, and intentions make a difference, making this step worthwhile if you feel comfortable.

How to do the pose:

Take your thumb and ring finger and place them gently on either side of the bridge of your nose, near the corners of your eyes. Place your third finger in between and slightly above your eyebrows.

Place your other hand underneath the back of your skull.