



TAT

Get a snap shot of the problem in your minds eye. Say *Out loud*

1

Everything that led to this problem or feeling happened. And I resonated, identified and connected with it.

2

Everything that led to this, happened. Whatever contributed to this (problem) is now over. It's okay for me to relax and let go. I no longer need to identify, resonate, or hold on to the things that contributed to this issue. I no longer choose to resonate, identify or hold on to them.

3

Get a snap shot of the opposite of the problem. Say out loud, "All the origins of this problem are healed now".

4

All the places in my body, mind or life, where this (problem) is stored or stuck, including my cells are healed now."

5

I apologize to anyone I ever hurt because of this (problem) including myself. And I send us a wave of love, healing, happiness and peace.

6

I forgive anyone who ever hurt me because of this (problem), including myself. And I send us a wave of love, healing, happiness and peace."

7

I forgive anyone I have ever blamed for this (problem) including myself. And I send us a wave of love, healing, happiness and peace.

8

All the parts of me that needed to hold on to this (problem) are healed now.

9

All communications around this problem are taking place now." (That can be communications with your cells, between different parts of you, with you and other people, you and God/Spirit/Universal energy, or however you see it.)

- 10 Anything that's lingering around this problem is healed now.
- 11 Continue to hold the pose...
- 12 Now you get to the fun part where you replace what you just released with what you really really really want in your life. You can choose to have love, peace, contentment, joy, abundance, prosperity, and/or connection to the divine.
- 13 What do you really really want? "I choose to _____." ex: have more patience, have a loving relationship, have a restful night's sleep, to be more accepting of myself, etc.
- 14 Integration process
- 15 Still holding the pose...
- 16 This healing is completely integrated in all parts of my being now, and for that I am grateful.
- 17 When you feel the shift you change your hands the other way, and say "this healing is completely integrated now. in every cell of my body, every dimension of my being and I am so grateful for that.