

The Steps of TAT® 2011**by Tapas Fleming****www.TatLife.com****Intention**

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

Step 1 - The Problem

This happened.

Step 2 - The Opposite of the Problem

This happened, it's over, I'm okay and I can relax now.

Step 3 - The Places

All the places in my mind, body and life where this has been stored are healing now. And/or God (or whatever name you use for the Divine), thank you for healing all the places in my mind, body and life where this has been stored.

Step 4 - The Origins

All the origins of this are healing now. And/or (God), thank you for healing all the origins of this.

Step 5 - Forgiveness

All the communications and connections related to this are completing now. I forgive everyone who hurt me related to this and wish them love, happiness and peace. I apologize to everyone I hurt related to this and wish them love, happiness and peace. I forgive everyone I blamed for this, including God and myself.

Step 6 - The Parts

All the parts of me involved in this are healing now. And/or (God), thank you for healing all the parts of me involved in this.

Step 7 - Whatever's Left

Whatever's left about this is healing now. And/or (God), thank you for healing whatever is left about this. Review the original problem to see if there is any aspect that still has an emotional charge.

Step 8 - Choosing

I choose (whatever positive outcome you want related to this).

Step 9 - Integration

This healing is completely integrated now with my grateful thanks. And/or (God), thank you for completely integrating this healing now. Move whichever hand was in the front position to the back and vice versa and repeat the step. Encircle your ears with your fingertips and repeat the step.

