

How To Tap

Learn How to Tap for personal happiness, health, wellbeing and prosperity!



TAT Steps that Karin uses:

PROBLEM: This happened. This exists.

And... This happened, it's over, it's occurred in the past and can stop now, that was then and this is now, I'm OK, I lived through it, I can relax now.

OPPOSITE: What should've happened? What would I like to have happened instead? What would be the results NOW if it had happened this opposite? I can pretend the opposite happened just to see what it feels like. I can now feel the opposite of the problem right now. I feel Y instead of X.

ORIGINS: All the origins and all the reasons of this are released and healed now. And they are really good reasons and all of them are released and healed now. **And:** God, Jesus, the Universe (whatever name you use) thank you for helping me and healing all the origins of this.

PLACES: All the places in my mind, body, life and field where this has been stored are healed and released now. **And** God (whatever name you use), thank you for healing all the places in my mind, body, life and field where this has been stored.

ALL THE THINGS I'VE GAINED FROM THIS PROBLEM ARE RESOLVING NOW because even if I don't think I've gained something, I obviously have. Perhaps some part of me is eased by having this problem. And whether that true or not all the things I might have gained or could have gained are resolving now.

I APOLOGIZE TO THOSE I HURT: I apologize to everyone I hurt related to this... because I did hurt people even if I didn't mean to and was doing the best I could... I know I hurt them and I apologize and wish them love, happiness and peace.

FORGIVE THOSE I BLAMED AND HURT ME: I forgive everyone I blamed for this. This does not mean they are unaccountable or that I am saying they were right – I am not changing what happened nor choosing fault – I am forgiving who I put blame on - for this is not my place. I poured bad feelings and intentions on those I blamed and now I forgive them. And I forgive everyone who hurt me related to this – no matter if their fault or not – I choose now to forgive them for hurting me – even if I don't think I truly can – I will sit here right now and pretend to forgive... I forgive everyone I blamed for this, including God and myself and I forgive everyone who hurt me related to this..... and wish them love, happiness and peace.

ANYTHING LEFT IS RELEASED NOW..... I CHOOSE THE OPPOSITE INSTEAD: I choose this positive outcome that I want related to this.

THE RELEASE AND HEALING IS COMPLETEY INTEGRATED NOW **And/Or:** God, (whatever name you use for God), thank You for completely integrating this healing now.

Switch the position of your hands and put your attention on: **This release, learning, healing and understanding is completely integrated now – and that includes my heart field and my personal matrix - This release, learning, healing and understanding is completely integrated now.**