

A New “Instant” Energy Therapy

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Introduction

As the various ‘new’ Energy Therapies have developed we have seen a movement towards shorter more rapid versions of them. For instance, the original tapping method of BSFF developed into a faster non-tapping version of instant BSFF, and EFT developed into short form tapping and the standard tapping sequence was reduced by omitting the 9-Gamet part.

TAT alone developed into a more complex procedure as the number of steps increased from the original four. Here is an instant energy technique based on the earlier TAT procedure which can be used as a stand alone therapy or simply as one more tool in the practitioners box to be used in conjunction with other therapies.

The iTAT Procedure©

This is not the place to teach the original TAT procedure and that is not my intention. This piece assumes that the reader is familiar with basic TAT. Anyone who is not familiar with that technique should go to the TAT website (www.TATLife.net) and see the instructions there.

The current TAT procedure has 8 or 9 steps, and the very latest form includes three alternatives for each of the two steps. Not all these steps are necessary in all cases and some can be dropped in many cases. What steps may be dropped can be decided using muscle testing, if the practitioner has a reliable muscle test.

Recently, a three step TAT Procedure has been suggested and it is from these three steps that iTAT© has been developed in UK. The three steps are :-

- 1) Everything that contributed to my identification and resonance with this problem.
- 2) Everything that contributed to my identification and resonance with this problem happened and is over. I no longer identify or resonate with those things
- 3) I now resonate and identify with ... (whatever is desired)

iTAT© uses statements similar to these, but fundamentally differs from the original TAT therapy in the way they are used.

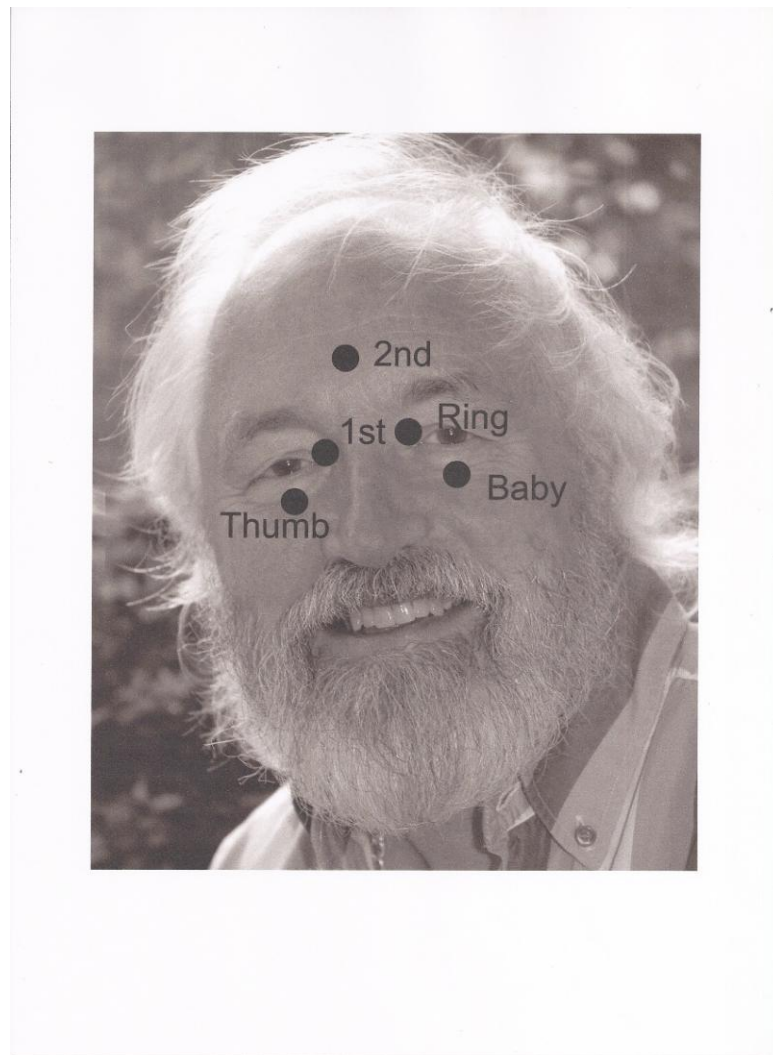
In the original TAT the problem is first identified in the mind of the client – it is not necessary to vocalise it in detail. Then the TAT pose is held until the client feels some

change or until the practitioner decides the step is complete. The process then moves on to the next step. Between steps the client is asked to recall what happened during the previously completed step.

Care must be taken that the client does not stay in the TAT pose from more than about 20 minutes in each session, unless the practitioner has a reliable muscle test that suggests longer will be safe.

The iTAT Pose

The original iTAT used the same pose as developed by Tapas Fleming for use in TAT. However, as it developed practitioners started using a modified pose which used all five fingers. This pose is now used universally when using iTAT. This is the pose now used for iTAT sessions



The Basic Form of iTAT[®]

In iTAT[®] the client identifies with the problem in the same way and holds the same pose, but relies on the subconscious to instantly make the change. The subconscious mind works at great speed – almost instantaneously – and is willing to act on our intention. If an object is thrown towards our face the subconscious reaction is to close our eyes and flinch. This happens almost instantaneously – we do not have to consider if the object will hit us or do damage if it did. Our conscious reasoning mind is not involved - the subconscious acts for us.

This is the process involved in iTAT. It is the intent that matters. The client and practitioner both have the same intent. In step one it is to recall the problem and all its component parts, in step two to release those root causes and in step three to install some desired goal to replace them.

iTAT[®] can be presented to the client in either of two levels of brevity. The level the practitioner chooses to use will depend upon the client.

At the first level, after discussing the problem sufficiently to bring it into the client's subconscious mind (it need not be put into words and the practitioners need not know what it is), the client is asked to hold the pose, but only for an instant. The practitioner then moves onto the second step, and again only holds the pose for an instant.

Before the third step the desired aim is discussed and then evoked with the third step with the pose only being held instantaneously as before.

The three steps of iTAT may be verbalised as :-

- 1) Everything that causes this problem
- 2) These things happened and are over. I no longer need to identify with those things
- 3) I now identify with(the desired goal)

It is usual to evaluate the depth and intensity of the problem before the procedure and after it, usually using a SUDS or VOC scale, to judge how much change there has been. If the client still has some parts of the problem causing them distress the procedure can be repeated as often as necessary to completely clear all elements of the problem to the client's satisfaction.

Instant iTAT[®]

The second level of iTAT[®] follows the example of BSFF which evolved into Instant BSFF when its founder Larry Nims, realised that tapping and set up wording was not necessary, iTAT[®] can similarly be used without any physical process. Whenever we notice a problem, we can use a 'Cue Word' to instruct the subconscious to run the whole iTAT procedure, just as in Instant BSFF we employ a 'Cue Word' to instruct the subconscious mind to run the whole BSFF process. First we need to install the instruction into our subconscious minds with the following instructions

Instructions for the Subconscious Mind

“These instructions are to my subconscious mind.

Whenever I consciously notice any problem that I intend you to eliminate and I think or speak my chosen cue word, you will do the entire iTAT[®] treatment for me for that problem. The cue word I choose is(cue word).....

This means that you, my unconscious mind, will eliminate all of the emotional roots and beliefs involved with each problem I choose for you to treat. You will thoroughly resolve all these effects so that they no longer cause me any sort of discomfort.

You will do this for me whether or not I consciously know what the problem is, and even if I cannot identify, describe or label it in words. I need only to consciously notice the problem that you will treat.

Subconscious Mind, you will always do all of these things for me from now on, no matter what condition, circumstance or situation that I am in or whatever problem I may be imagining or remembering. And thank you for being my faithful servant.”

Protocol for Resistant Issues

In many difficult or complex problems there are a number of sub-issues, which act to prevent the removal of the problem in some clients or which allow the problem to return. These are known as ‘stoppers’. iTAT[®] deals with these stoppers in a similar way to BSFF. A series of muscle tests are made to seek out these potential problems either before the iTAT[®] process is evoked or later if the problem is seen to remain or to return. If any of the tests return weak (No) the iTAT[®] process is run on that problem. This is best suited to the use of the ‘Instant iTAT version due to its ease and speed.

The series of muscle tests depends upon the problem in hand and the client, but here are some typical test phrases :-

- 1) I am worthy to overcome this problem
- 2) I am willing to be free of this problem
- 3) I am willing to be free of this problem now and for ever
- 4) I have permission to be free of this problem
- 5) It is safe to be free of this problem
- 6) I deserve to be free of this problem
- 7) I can forgive others and also myself so I may be free of this problem
- 8) *(Any other stopper the therapist may realise as significant to the patient)*

When all these stoppers have been cleared, it may still be necessary to treat some further issues. Neither the therapist nor the client needs to know what these extra stoppers are and they can muscle test on the global statement :-

8) There are still things that will make me keep this problem or take it back

Conclusions

This new procedure can be used as a stand-alone procedure, or simply as another tool for the box of an Energy Therapist which can be used at will alongside other procedures when the case calls for it.

It is a copyright procedure, but it is offered free of charge to all to be used and modified as they will. The only stipulation is that it is used for good

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