



THE TARA APPROACH

ENERGY MEDICINE FOR PANDEMIC CONDITIONS

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This compilation is intended to support individuals who want to experience the basic principles of the TARA Approach applied touch self-care practices. Certified TARA Approach Practitioners and Teachers as well as those who have begun learning this system are also welcome to distribute this compilation to their friends, family members and clients to support their empowered and sustainable healthcare practices.

For continued learning and to attend TARA Approach programs go to www.Tara-Approach.org. Visit the website store to purchase Dr. Mines' books with specific applications. TARA Approach courses are available around the world and are listed on the Events page of the website. If you would like to be on the TARA Approach mailing list you can join on the site where you can also request a TARA Approach program in your area.

If you would like to view videos about the TARA Approach and its outreach go to
<http://www.tara-approach.org/interviews/>.

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Thank you for your commitment to grassroots and Sustainable Health.

The TARA Approach for the Resolution of Shock and Trauma

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Part One: Foundational Resources

OF TRANSFORMATION

ONE— Awakening -Walk Your Talk
HIGH ONE— The Mover's Support -Confident Legs
TWO— Wisdom -Soft Focus Is True Seeing
THREE— Release and Receive -Breathing From An Open Back
FOUR— Clear Consciousness -Shamanic Gateway
FIVE— Fearless -Self Support
SIX— Balance -Androgeny-Center of Compassion
SEVEN— Peace -Death and Rebirth
EIGHT— Alchemy -Clarity
LOW EIGHT— The Dispeller -The Purgative
NINE— Transition -Anger Makes Space For Itself
TEN— Transformation -Your Voice Tells Your Story
ELEVEN— Unloading -Coming Out of Co-dependency
TWELVE— Surrender -Acceptance of Body Truth
THIRTEEN— The Mother -The Calm In The Storm
FOURTEEN— The Sustainer -Nourishment and Assimilation
FIFTEEN— Wash Your Heart With Laughter -Joy In Everything
SIXTEEN— The Foundation -Muscular Joy

Ascending Points

Descending Points

Right Bottom

Right Top

NOTE:
If you cannot reach points 9 and 10,
hold HIGH 19.

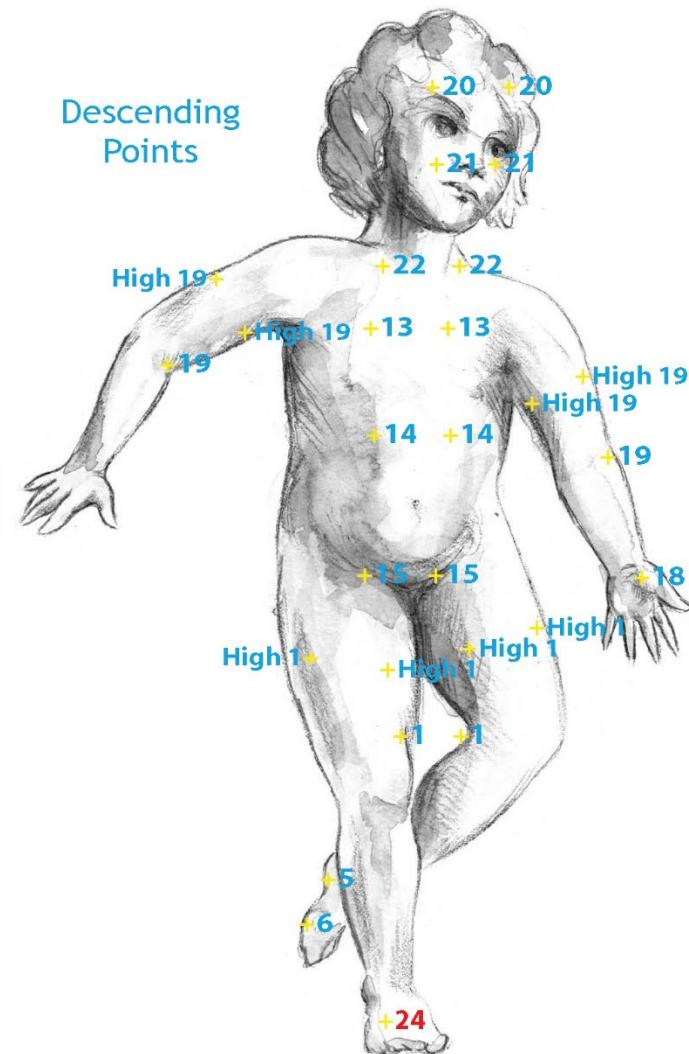
POINTS/AREAS

TARA
TOOLS FOR AWAKENING
RESOURCES AND AWARENESS

SEVENTEEN— The Connector -Nervous System Healer
EIGHTEEN— The Pathmaker -Walking on Your Path
NINETEEN— Being in the Center of Your Own Life -Good Boundaries
HIGH NINETEEN— Selfhood -Really Good Boundaries
TWENTY— Conscious Awakening -Allowing Intuition
TWENTY-ONE— True Security -Freedom From Worry
TWENTY-TWO— Adaptation -Wholeness In The Moment
TWENTY-THREE— Destiny -The Energy Underneath Anxiety
TWENTY-FOUR— Peacemaker, Relationship Counselor -No More Jealousy
TWENTY-FIVE— Regeneration -Reserve Energy
TWENTY-SIX— Completion -Self Love

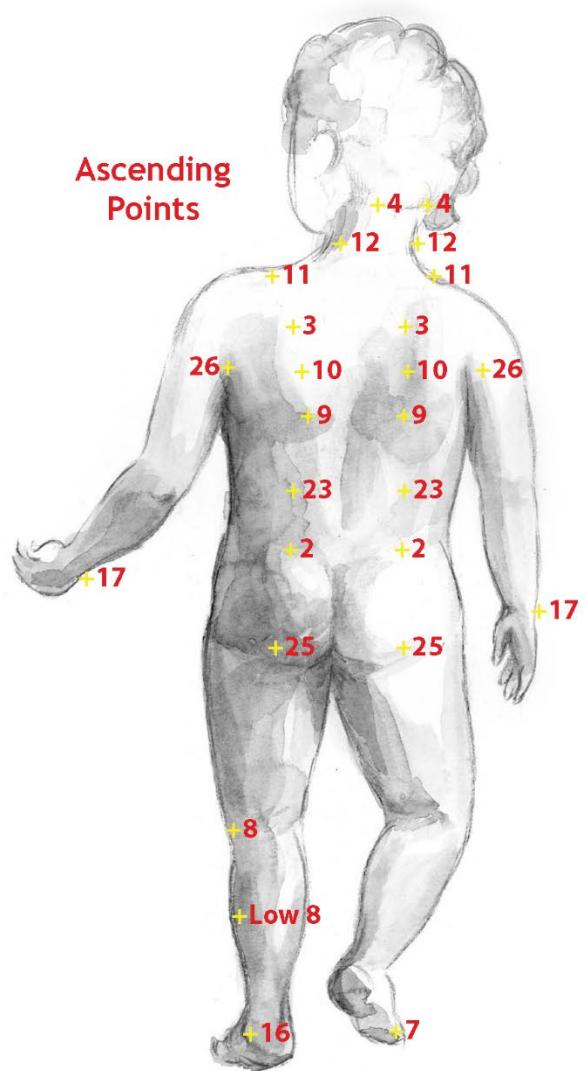
NOTE:
All Points are bilateral on the body. Due to the angle of view, not all points are shown.

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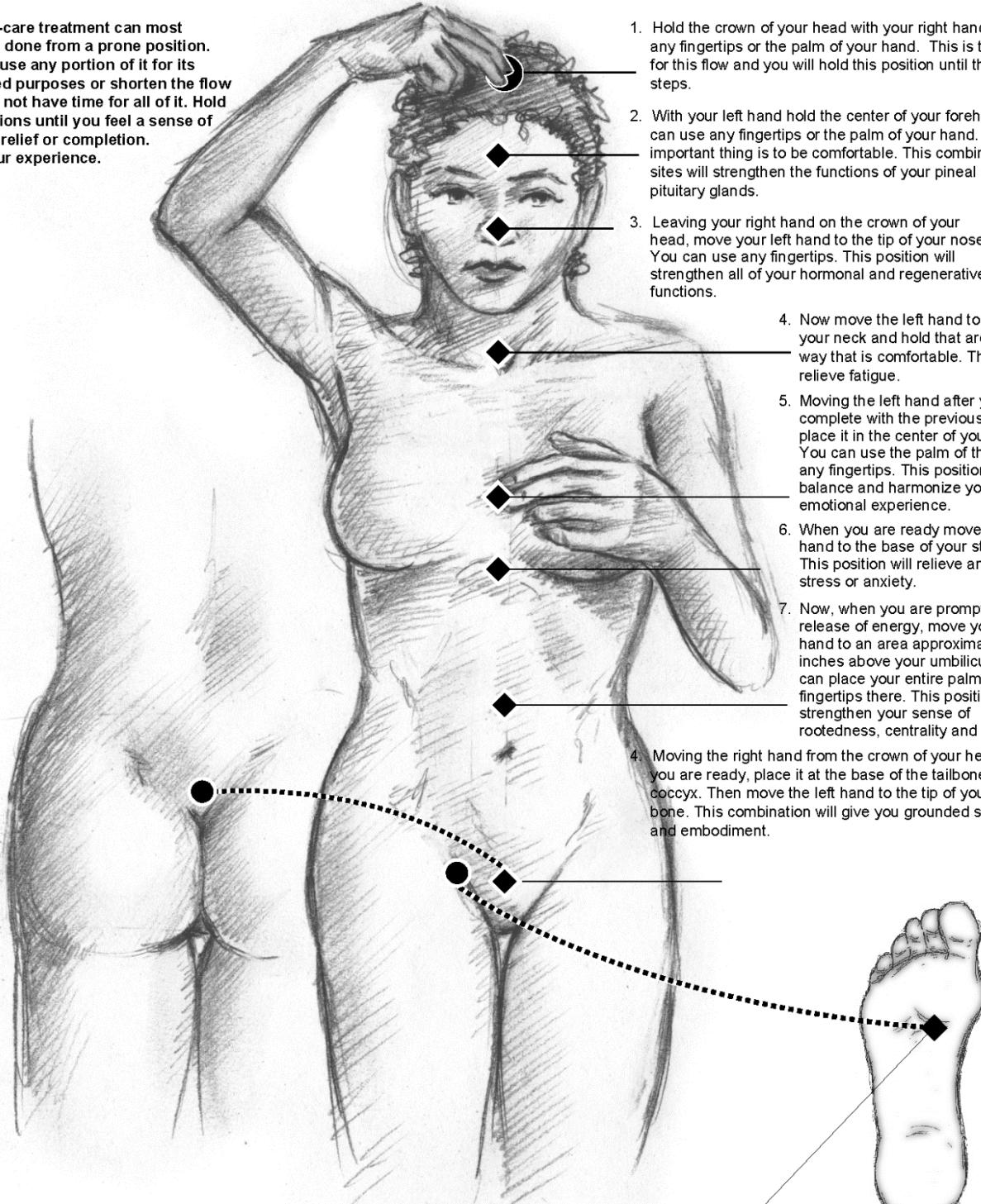
Fourteen - Digest
Fifteen - Jump for joy
Sixteen - Strong Muscles
Seventeen - Integrate
Eighteen - My Feet Are on the Ground
Nineteen - Boundaries
High Nineteen - Better Boundaries
Twenty - Imagination
Twenty One - Clear Sinuses
Twenty Two - Calm and Love
Twenty Three - Infection Warrior
Twenty Four - Friendly
Twenty Five - Naptime
Twenty Six - I Love Me

One - Wake up and start the day
High One - Extra Power
Two - Eliminate
Three - Breath
Four - Intelligence
Five - Courage
Six - Balance
Seven - Peaceful Feelings
Eight - Let Go
Low Eight - Let Go More
Nine - My Space
Ten - Clear Speech
Eleven - Soft Shoulders
Twelve - Easy Going
Thirteen - I Am Safe



Main Central Vertical Flow

This self-care treatment can most easily be done from a prone position. You can use any portion of it for its expressed purposes or shorten the flow if you do not have time for all of it. Hold the positions until you feel a sense of balance, relief or completion. Trust your experience.



1. Hold the crown of your head with your right hand, using any fingertips or the palm of your hand. This is the anchor for this flow and you will hold this position until the last steps.
2. With your left hand hold the center of your forehead. You can use any fingertips or the palm of your hand. The most important thing is to be comfortable. This combination of sites will strengthen the functions of your pineal and pituitary glands.
3. Leaving your right hand on the crown of your head, move your left hand to the tip of your nose. You can use any fingertips. This position will strengthen all of your hormonal and regenerative functions.
4. Now move the left hand to the "v" of your neck and hold that area in any way that is comfortable. This will relieve fatigue.
5. Moving the left hand after you feel complete with the previous position, place it in the center of your chest. You can use the palm of the hand or any fingertips. This position will balance and harmonize your emotional experience.
6. When you are ready move the left hand to the base of your sternum. This position will relieve any residual stress or anxiety.
7. Now, when you are prompted by the release of energy, move your left hand to an area approximately two inches above your umbilicus. You can place your entire palm or your fingertips there. This position will strengthen your sense of rootedness, centrality and courage.
4. Moving the right hand from the crown of your head when you are ready, place it at the base of the tailbone or the coccyx. Then move the left hand to the tip of your pubic bone. This combination will give you grounded stability and embodiment.
9. You can further increase your rootedness and balance by placing one hand to either side of your pubic bone in the inguinal area and moving the other hand to the sole side of your foot, under the mound of the big toe. This may be accomplished easily by either bending your leg or coming to a seated position.

◆ Left Hand

● Right Hand

INJU: The Art of Longevity

 <p>Inju, or mudra, derive from ancient, sacred wisdom. Repeat these hand postures as frequently as possible, maintaining focused concentration. All these positions may be done on either or both hands. The purpose of these gestures, according to their universal tradition, is to awaken you to your essence. They also have been known to reduce stress and fatigue, increase immune strength and enhance vitality. Special thanks are humbly offered to Jiro Murai, Mary lino Burmeister and Haruki Kato for their transmission of this lineage that is our common birthright.</p>	
 <p>Great Sun Diamond Inju Index fingernails touch while middle, ring and little finger palms touch and the thumbs also touch. Use this Inju to balance temperature disturbances such as extreme and unusual cold or heat when the circumstances do not seem to merit it. This Inju is a great help for circulation problems.</p>	 <p>Kidney Strengthening Inju The palms of the index fingers touch while the other fingers fold together and intertwine, forming the image of a temple. Strengthens the bones, balances kidney-adrenal function, enhances immune support and provides endurance and reliance. This is the Physician's Inju.</p>
 <p>Outside the Earth Inju Hold the inner seam of the little finger with the index, middle and ring fingers of the opposite hand. Opens the throat and helps speech flow clearly and easily</p>	 <p>Solar Plexus Inju The index finger of one hand rests in the valley between the index finger and thumb of the opposite hand. Relaxes the shoulders, opens the solar plexus and helps us to let go.</p>
 <p>Heart Protector Inju Hold the middle and index fingers down onto the palm of the same hand. The middle and ring fingers of the opposite hand rest at the base of the little and ring fingers of the hand with the folded fingers. Supports the Pericardium or Heart Protector, thereby relieving the burden of multiple stressors.</p>	 <p>Palm or Prayer Inju Bring the palms of the hands and all the fingers together as in prayer, pressing slightly to create contact. Brings you into a centered place of presence, stops nausea and eliminates confusion. Provides focus.</p>
 <p>Fatigue Releasing Inju #1 The palms of both middle fingers touch as the other fingers intertwine.</p>	 <p>Fatigue Releasing Inju #2 The middle fingernails meet as the middle fingers bend towards each other. The palms of the remaining fingers are erect and touching.</p>
 <p>Fatigue Releasing Inju #3 The pad of the thumb touches the base of the middle finger on the opposite hand, palm side.</p>	 <p>Fatigue Releasing Inju #4 The middle finger bends into the pad of the thumb on the same hand while the thumb rests on the top of the bent middle finger.</p>

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YOUR RESILIENCY IS IN YOUR HANDS

<p>Thumb – Resilient Embodiment</p> <p>The Inju of holding the thumb helps promotes resilience by simplifying your life through embodiment. Worry, preoccupation, anxiety and over-thinking block resilience. Holding the thumb also balances eating choices so that you are resilient and in the present when you eat. Eating disorders are caused by eating or not eating for reasons other than nourishment. When we choose to eat simply to nourish ourselves weight is balanced. Hold your thumb for resilient embodiment.</p>	
<p>Index Finger – Resilient Immunity</p> <p>The index finger can be your “go to” if you do not know which finger to hold. It strengthens your immune functions, cleanses you of toxins, eliminates fear, stops panic attacks, lubricates your joints, calms trembling or agitation, decongests, grows hair on your head and improves your hearing! When confronted with anything fearful, hold your index finger. It gives you the perseverance and agility you need to be active for your lifetime.</p>	
<p>Middle Finger – Resilient Mind</p> <p>Resilient thinking means awareness of a multiplicity of options. It is very difficult to be defeated or discouraged when you know how many possibilities exist. A resilient mind does not seek to control anything. Resiliency means being open and that allows for renewed planning and decision making in the flow of life. This is how resiliency is the key to intelligence. You invite all of these characteristics of the resilient mind when you hold your middle finger. You also transform your anger into creative thinking at the same time. And you stop procrastinating and just do it!</p>	
<p>Ring Finger – Emotional Resilience</p> <p>We all long for joyful contact with others. Past hurts interfere with the natural flow of love between all people. Yes, it is possible for us to feel joyfully connected to everyone, no matter their beliefs or skin coloration. Anything other than this fluid resilience is the product of a relational wounding. Can we heal this by holding the ring finger? The answer is yes. Here are two ways that you can have emotional and relational resilience, stepping into the loving present, using Inju.</p>	
<p>Little Finger – Authenticity=Resiliency; Resiliency=Authenticity</p> <p>Authenticity and Resiliency are mirrors of each other. When you are resilient you are not competitive; you have nothing to prove. You just ARE yourself. Authenticity also means honesty. The genuine truth creates nervous system ease. And while we cannot eliminate stress entirely from life, authenticity lessens it. This takes the stinging and destructive pretense of pushing yourself and over-extending out of your body. This is a great boon to your heart, physically as well as emotionally and spiritually.</p>	

Part Two: Three Gifts to Boost Immunity

1. Immune System Vitality

Befriend your immune system. Fall in love with it. Touch it! Clear any confusion you have in your mind-body about what is a toxin and what is a nutrient. We boost immunity with this clarity. Here is how you can communicate discernment to your immune system through touch.

The TARA Approach hands-on component shows us how sites on the body are calibrated to send mind-body signals through the messenger highway of connective tissue.

Hold these sites to refine, harness and deploy the innate warrior functions of your vibrant immune system.



By holding your index finger, also known as The Physician, you have a direct line to your immune system and its decongesting functions.



By holding your ring finger, you signal the heightening of your respiratory capacity when it is under duress.



This Inju or Mudra will keep you strong.

Kidney Strengthening Inju

The palms of the index fingers touch while the other fingers fold together and intertwine, forming the image of a temple.

* Strengthens the bones, balances kidney-adrenal function, enhances immune support and provides endurance and reliance .



2.The Gateway of the Throat

Your throat is a gateway. It is a first line of defense against pathogens seeking entry. Be proactive and protect the gateway of your throat.

Holding these two sites (#12 and #13) bilaterally or in any combination, signals the gateway guardians to assemble and do their job of protection.

These sites are AREAS with a four-inch radius around them. You can use any fingertips, alone or in combination, and even the palm of your hand to turn on these fields of protective bioelectricity. There are no contraindications. You can do no harm.

Hold Site 12 with the opposite 13 to protect the throat.



Site 13 is The Mother - The Calm in the Storm



Site 12 is Surrender - Acceptance of Body Truth



3. Generating Oxytocin: Love and the Immune System

Did you know that you began building the structure and power of your immune system from the moment you were conceived? The immune system is an interactive network that evolves and grows just as you grew in utero. And that growth never stops. That growth is enhanced right now by the same power that fueled your immune system before: the power of love.

Love deploys neurochemical vehicles to transport the forces of the immune system where they need to go. When you drop into the well of love you supercharge your immune function. You inoculate it with love.

Long ago the ancient Taoist masters knew how to do this with touch. They identified sites on the body that stimulate the secretion of oxytocin, the neurohormone of love. This transcends personal love. It is love for life and our unique contribution to it; it is love for being. It is the love that causes us to dare, to risk, and to transcend unprecedented obstacles such as what we face right now.

Hold Sacred Site #26 in any of these combinations to send love to your immune system and enhance its capacity to protect you.

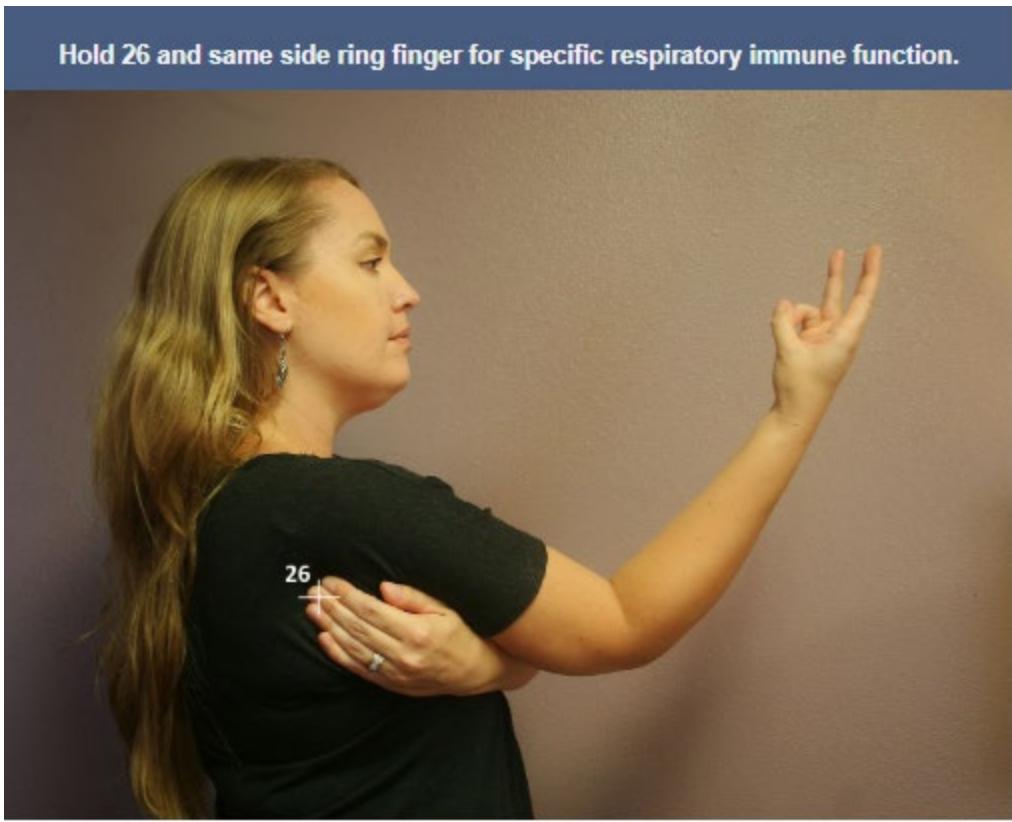
Hold 26 and Receive 36 Complete Breaths of Life.

Self-Love



Holding Sacred Site 26 on both sides of the body (just outside the armpit; giving yourself a hug) stimulates total self-acceptance and self-love. If you hold these sites and receive 36 complete breaths of life, emphasizing the inhalation, you will experience relaxation and surrender into self-respect, self-validation, and auto compassion.

Hold 26 and same side ring finger for specific respiratory immune function.



Hold 26 and opposite 24 to help shock sequence through your body and lessen the damage to the nervous system from overwhelm.



Part Three: Interventions for the Novel Coronavirus

LUNG-HEART INTERFACE: RESPIRATORY VIBRANCE

Respiration is, literally, at the heart of the novel Coronavirus impact. Developmentally the Lung and the Heart organs evolve in intimate co-collaboration. By using your touch to speak to both organs and their energetic pathways you strengthen them holistically. This can build a moat against invasion; a barrier of love and communication. Love and communication are indeed what these systems thrive upon.

Two Steps for Respiratory Vitality

1. Frame the Lung Meridian by contacting Sacred Sites 22 (under the knob of the collarbone) and 14 (palming the ribs at the base of the sternum) on the same side. Do this for both the right and left sides.

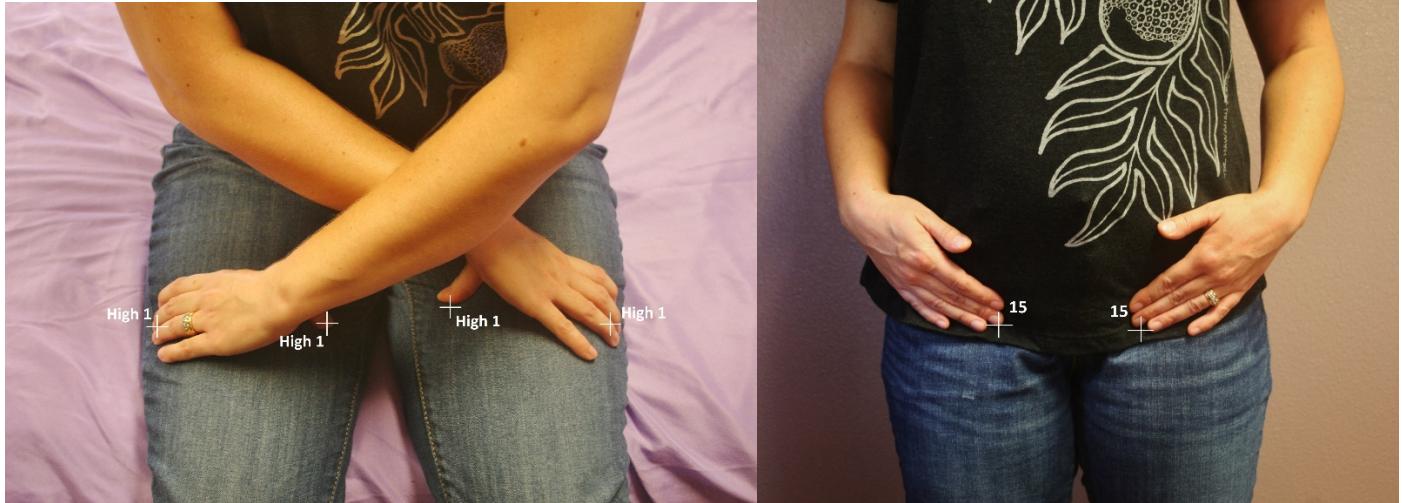


2. To stabilize the link between the Lung and the Heart and weave their steadfast relationship through the mind-body continue to hold Sacred Site #22 and add the opposite Sacred Site #17 on the hand that is holding #22. Once you have released one combination, hold it on the other side.



ANTI-DEPRESSANT/MOOD ELEVATOR/ENCOURAGEMENT TO GO FORWARD

The relationship between joy and action is spelled out in this combination of sites: #15 (beside the pubic bone) with opposite High 1 (mid-thigh region). High 1 is called Encouragement and 15 is Wash Your Heart with Laughter. The names say it all. Shifting your mood in the few moments that you connect these sites you find yourself seeing through new eyes; feeling with new skin; leaping forward from within. Though it may be awkward to hold these sites in standing, you can adjust your posture of find a comfortable seat, perhaps behind a table if you are in public.



SEEING THROUGH NEW EYES: OPENING THE PRE-FRONTAL CORTEX

One of these sites is not on any of our informational charts. It was transmitted to me in a conversation with my teacher Mary lino Burmeister. This unnumbered site is in the middle of the armpit and you hold it with the opposite Sacred Site #20, just above the eyebrow. Switch sides when you are ready. This is probably most easily done lying down but I also use this intervention when I am sitting at the computer and taking a break.

