



THE TARA APPROACH BEGINNING SELF-CARE

Stephanie Mines, PhD.
Copyright 7/2018

www.tara-approach.org



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.

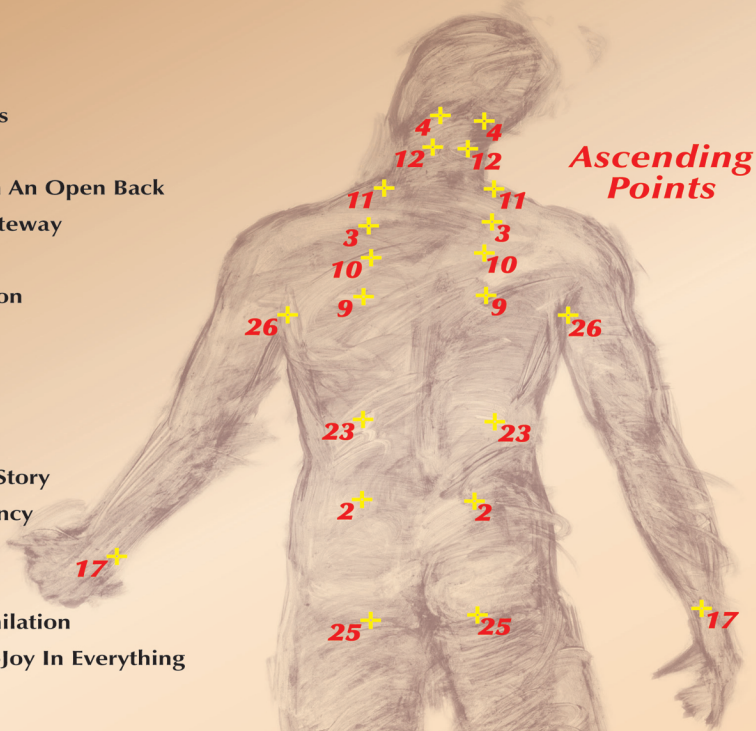
If you would like to view videos about the TARA Approach and its outreach go to <http://www.tara-approach.org/interviews/>.

The TARA Approach is a fully recognized 501.c.3 not-for-profit organization. All donations are tax deductible. If you would like to make a donation to support our work in the world please go to <http://www.tara-approach.org/donate/>.

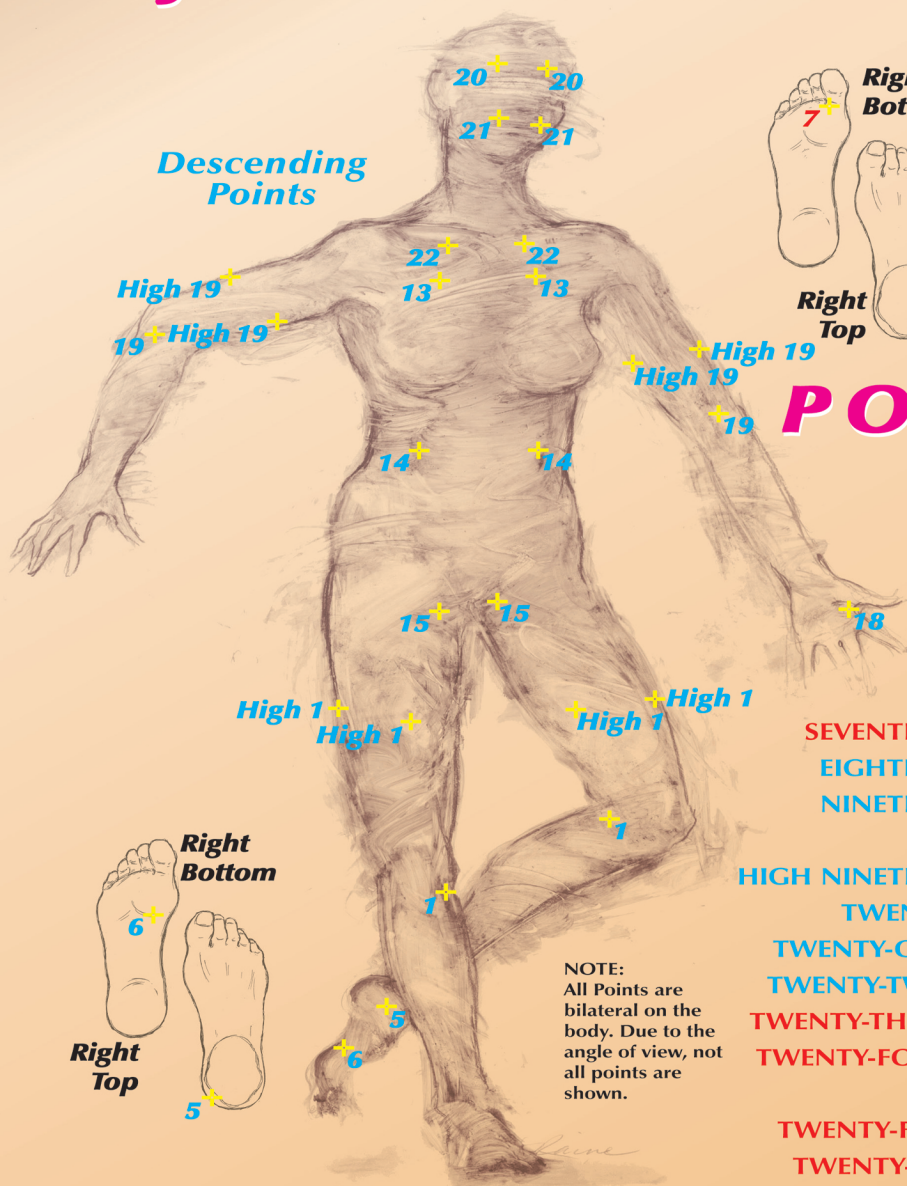
Thank you for your commitment to grassroots and sustainable health.

The TARA Approach for the Resolution of Shock and Trauma
Thetara.approach@gmail.com
303-499-5427

- 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



Jin Shin Tara



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.

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

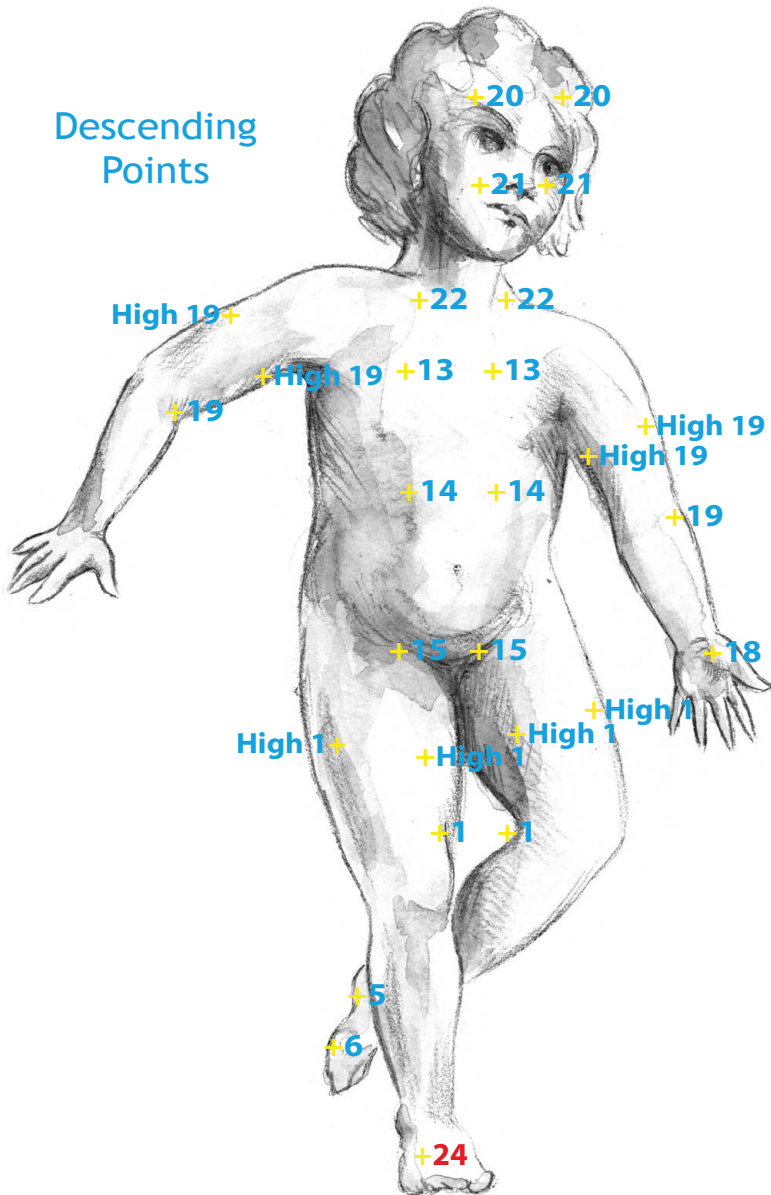
Nine - My Space

Ten - Clear Speech

Eleven - Soft Shoulders

Twelve - Easy Going

Thirteen - I Am Safe



Descending Points

High 19+

High 1+

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

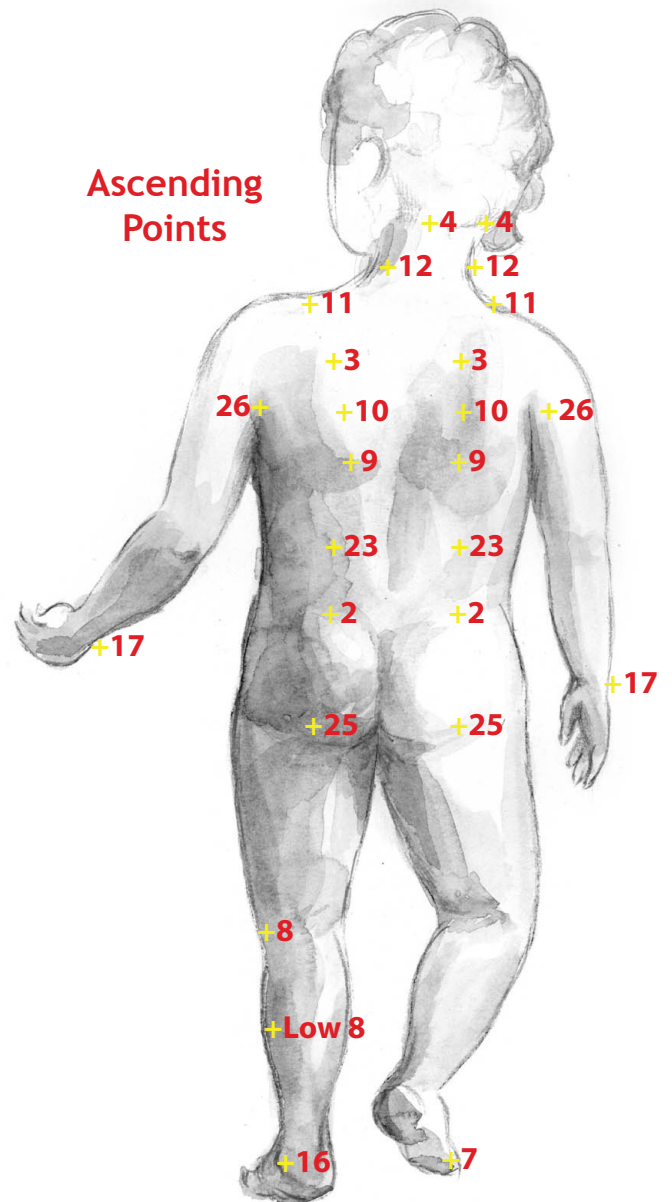
Twenty Two - Calm and Love

Twenty Three - Infection Warrior

Twenty Four - Friendly

Twenty Five - Naptime

Twenty Six - I Love Me



Ascending Points

Main Central Vertical Flow

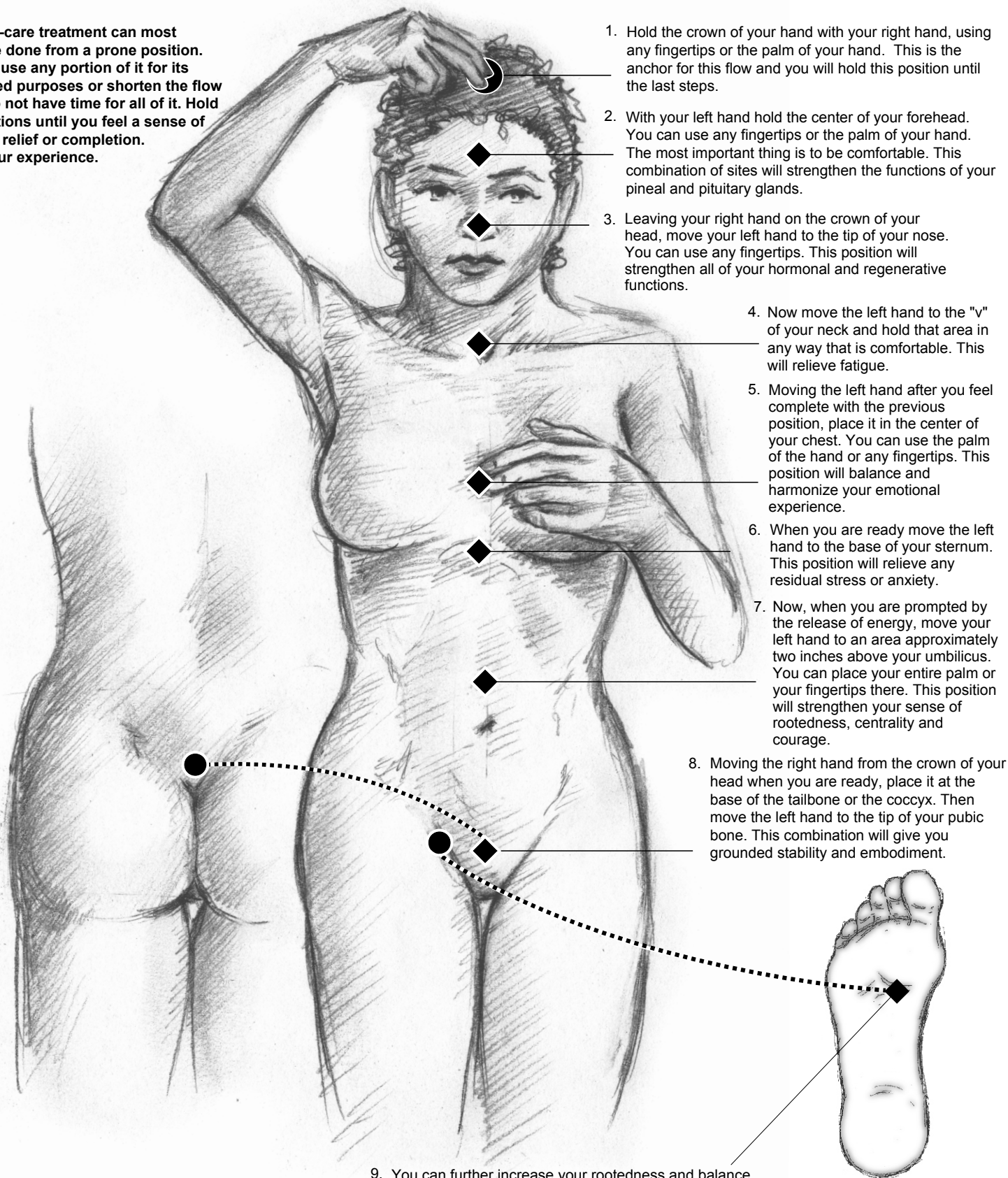
This self-care treatment can most easily be done from a prone position. You can use any portion of it for its expressed purposes or shorten the flow if you do not have time for all of it. Hold the positions until you feel a sense of balance, relief or completion. Trust your experience.

1. Hold the crown of your hand 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.
8. 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



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.



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.



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.



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



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.



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.



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.



Fatigue Releasing Inju #1

The palms of both middle fingers touch as the other fingers intertwine.



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.



Fatigue Releasing Inju #3

The pad of the thumb touches the base of the middle finger on the opposite hand, palm side.



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.

YOUR RESILIENCY IS IN YOUR HANDS

Thumb – Resilient Embodiment 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.	
Index Finger – Resilient Immunity 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.	
Middle Finger – Resilient Mind 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!	
Ring Finger – Emotional Resilience 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.	
Little Finger – Authenticity=Resiliency; Resiliency=Authenticity 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.	