

## Temporal Tap

This is a combination of autosuggestion combined with sensory stimulation to achieve neurological reprogramming.

George Goodheart discovered that your mind will be more receptive to affirmations when you tap along the sutures of the cranial bones behind the ears.

The tapping is also sedating the tripple warmer meridian, that is responsible for the stress response. You sedate it because you go in the opposite direction of its natural flow.

The left hemisphere is responding more when the affirmations are made with a negative wording. Whereas, the right hemisphere will respond better to a positive wording. (The opposite is true if you are left handed).

Starting at your right temple, use the fingertips of your right hand to tap, going from front to back, while stating: "I stay calm and confident when speaking in public". Continue tapping, going all the way from the temple, around the back side of the ear.

Then use the fingertips of your left hand to tap your left temple and all around the back side of your ear. This time state the same statement in the negative: "I do not feel anxious when speaking in public".

Feel free to use this technique with other affirmations. It is very useful technique for breaking old habits and establishing new ones.