



The Temporal Tap

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This is a combination of autosuggestion combined with sensory stimulation to achieve neurological reprogramming. George Goodheart discovered that your mind is more receptive to affirmations when you tap along the sutures of the cranial bones behind the ears.

The tapping is also sedating the triple warmer meridian, which 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. (Please note: 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 backside of the ear.

Then use the fingertips of your left hand to tap your left temple and all around the backside of your ear. When working on this side, 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.

To see this technique in action and learn more about how it works, go to:

http://m.youtube.com/watch?v=f6yH0gdyu8Q&desktop_uri=%2Fwatch%3Fv%3Df6yH0gdyu8Q

<http://fabulously40.com/blog/id/changing-a-physiological-or-psychological-habit-with-the-temporal-tap-3915>

[http://www.drstuart.net/Temporal Tap Instructions.pdf](http://www.drstuart.net/Temporal_Tap_Instructions.pdf)