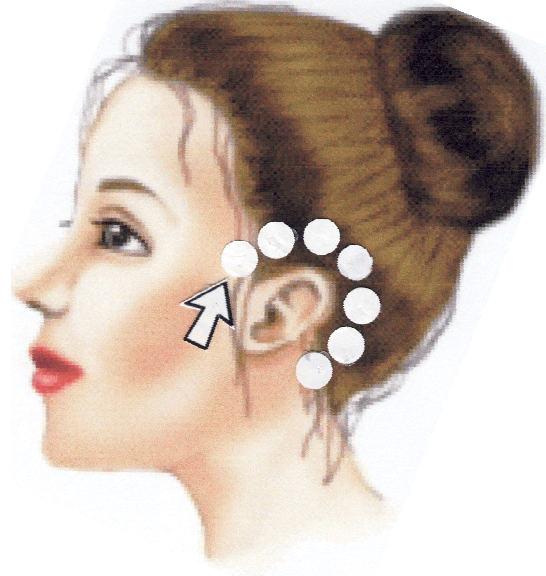


Temporal Tap

(Your results will be much better if you take the time to *read through all the instructions first* before attempting to do the process.)



The Temporal Tap Can Be Used for Most Anything

Temporal Tapping has helped people **alleviate depression, calm anxiety and ease panic attacks**. It can also be used to **develop confidence, break old habits, change emotional responses and attitudes** while installing new ones.

It helps with becoming **more optimistic** and with **improving self-esteem** while replacing old unwanted behaviors with new resourceful ones. It can be used for any area of your life, including emotional, spiritual, mental or physical.

Temporal Tapping is an easy and powerful method to change many habits and patterns. Put your attention on the part of your life you most want to change, and create a simple affirmation that reflects your highest desires.

How to Create Your Affirmations

Identify an attitude, a belief, behavior, condition or habit in your

life that you would like to change. State the affirmation in a single sentence in present time—as if what you want is already a reality. Make your affirmation short and to the point for easy recall. Create the affirmations in your native language or whatever language is most comfortable for you.

Describe your desired change in *positive* terms. “*I find that staying calm and relaxed is easy,*” or “*I always have more than enough money for whatever I want,*” or “*I feel peaceful and free.*” **Very important**, use your own words to express the outcome you seek.

Restate the desired change in *negative* terms using words such as **no longer, don’t, can’t, not, isn’t**. When tapping around the left ear, use negatively-worded phrases such as, “*I **no longer** struggle to stay calm and relaxed,*” or “*Having enough money is **not** an issue,*” or “*Feeling peaceful and free **isn’t** a problem.*”

People have used it to lose weight and more. For example, the **negative** affirmation could be: “*I **don’t** have to eat much food to feel full,*” the **positive** affirmation: “*I feel full on smaller amounts of healthy foods*”; to **improve job performance**, **negative**: “*It’s no trouble to do my work while feeling calm and relaxed*”; **positive**: “*I feel calm and relaxed while easily finishing all my work,*” and even to **stop fingernail biting**, “*I **don’t** have a problem with letting my fingernails get healthy and strong,*” **positive**: “*My fingernails are getting stronger and longer every day.*”

Detailed Instructions

Begin at your **LEFT** temple. Use the fingertips of your left hand

while keeping your fingers close together and your hand slightly cupped. This ensures that you tap on all the points along the Temporal line.

Tap in a half-circle from the left temporal bone in front of your ear, up and around to the back side of your ear, and on down to being lined up with your earlobe. This is done ½ to 1 inch out and away from the edge of your ear.

Do this while saying your affirmation phrase in a **negative** mode about what it is you want to change, such as, "*I **don't** have any issues with having lots of creative ideas.*" Repeat this at least five times.

Changing to your **RIGHT** temple, repeat the same process while saying a positively worded phrase such as, "*I have lots of really creative ideas.*"

[An exception to tapping a negative affirmation around the left ear and a positive affirmation around the right ear can be with **left-handed or dyslexic** people—(but not always). In this case you would tap the *positive* affirmation into the *left* temporal lobe and the negative affirmation into the right temporal lobe.

If you are uncertain about being an exception, and the process is not working after giving it enough time, try tapping the opposite way and see if you have better results.]

Do this exercise with your affirmation statements several times a day. **The more frequently you do the Temporal Tap—at least 5**

or more times a day, the quicker and stronger the effects are. It can speed up getting the results you want. Consider associating your repeated tapping with major daily activities such as, upon arising, before or after mealtimes, during coffee breaks and again at bedtime ... or any other times you choose.

To increase the effectiveness of your affirmations, write them down so you are using the same wording each time. If you think of a better way to reword your affirmation, write that one down and use it instead.

Do your tapping separately for as many affirmations as you wish (one at a time is easiest)—allowing at least ½ hour between each tapping session. Do each one 5 or more times every day for at least a week. Only do more than one change at a time if you can comfortably and easily address each one. With deeply rooted habits, it may take up to about 30 days for the results to appear. Occasionally, however, the results are immediate but frequently need to be reinforced with additional tapping while finishing out the week.

As a stand-alone, the Temporal Tap can also provide a soothing and calming effect. Instead of tapping, use the fingers of both hands at the same time and make stroking motions around the ears from front to back while breathing deeply. It can also interrupt the gag reflex and diminish nausea.

Once your desired change has been fully integrated into your life, you can start tapping for another new change. Even if you are skeptical, evaluate the effectiveness based on the results you get.

Being willing to suspend all judgment, skepticism, logic, analysis and rationale and keeping an attitude of openness and curiosity while engaged in the actual process can produce magical and amazing results!

Overview

1. Decide on something you would like to change.
2. Create both a *positive* and a *negative* affirmation.
3. While keeping your fingers together and cupping your hand slightly, tap up and around the front of your *left* ear with your fingertips, around the top, then behind your ear. Tap just hard enough to stimulate the energy and to get a little bounce.
4. Do this at least 5 times while repeating your *negative* affirmation. Repeat the same process around the *right* ear with your right hand while saying your *positive* affirmation. Say your affirmation every time while tapping around your ear. Saying your affirmation aloud helps you to focus and concentrate on keeping it firmly fixed in your energy field.
5. Do your tapping at least 5 times a day or more and at least 30 minutes apart for one week or longer. For more deeply rooted issues, it may take up to a month of tapping, several times a day before seeing a complete resolution. Sometimes, when making a simple change, the results are often experienced immediately, and they often need to be reinforced with additional tapping.

How Temporal Tapping Works

This is an age-old energy technique originally used for pain control in the Orient. Legend also claims that it was historically used by the ancient Chinese to control unruly children.

Now it is used for reprogramming your mind. While tapping around the ear, it makes the brain more receptive to learning while temporarily suspending other sensory input. By tapping this location while stating the belief you want, you can tap into the power of your mind.

The tapping stimulates acupuncture points that release tension and help to balance the energetic system of the body. When combining this tapping with statements or affirmations, the intention is put into the energy field which is then directed toward achieving the desired outcome.

Temporal Tapping affects the brain and all the systems thereby carrying the message of your intention to every part in your body. The temporal area that gets tapped is one place where the *triple warmer meridian* can be accessed. This is the energy system that maintains physiological habits and is involved in the *fight or flight response* that also triggers *anxiety* and *panic*. Meridians are the energy pathways in the body somewhat similar to a network of blood vessels that is found throughout our system.

When tapped, the triple warmer meridian relaxes allowing new habits and new attitudes to be formed. This works because you

are tapping in the opposite direction of its natural flow and it makes the brain more receptive to learning.

Tapping up around the front, the top and the back side of the ear is a simple, direct and powerful tool that makes the brain more receptive to learning new habits and installing new beliefs. It calms the part of the nervous system that fights to maintain your current patterns of behavior so you can attract love, more success, abundance or whatever else you desire in your life.

It is believed that any negative thought, belief, behavior or feeling causes a disruption in this flow of energy. This causes an energetic blockage which can result in serious body-mind-spirit imbalance and often leads to poor health, and sometimes, even accidents and injuries.

Resistance

If you sense you are resistant, become aware of what is going through your mind while you are reciting your affirmations. For example, if your positive affirmation is, *“I choose to make lots of money,”* and your inner voice replies, *“What makes you think you deserve lots of money. After all, your folks weren’t rich, and you’re no better than they are!”* Then you need to change your positive affirmation to a statement that rings true for you. For instance, *“I have now become incredibly wise in the ways of money and I deserve to be comfortably rich.”*

Experiment ... get creative with how you word your affirmations. Find affirmations that you can really believe in. You can also use

EFT, One-Step Reframe (Give it the Finger), or any other intervention you have learned, if you feel emotionally resistant or you continue to hear those negative “yes, but’s” arising while you are saying your affirmations.

If you are unable to resolve your resistance or just need assistance with the process, contact Dr. Dianne Ruth, or another professional of your choice who is trained in energy psychology.

Temporal tapping was discovered by Dr. George Goodheart, the founder of Applied Kinesiology, and promoted by Donna Eden, a major force as a presenter and instructor in energy psychology for over 30 years.



Dianne Ruth, PhD

- Doctor of Clinical & Counseling Psychology
- Anxiety/Depression Care Coach
- Short-Term Alternative/Holistic Counselor

Dr. Ruth works with clients by phone around the world, and in-person in her San Diego office. She specializes in short-term, drug-free recovery and has a 97% success rate.

For a **Free Personal and Confidential Consultation**, email DrRuth@DynamicResources, call or text her at **(619) 961-7500**.

Referrals are appreciated...