

THE TEMPORAL TAP

**A powerful way to re-program
your mind.**



The Temporal Tap is an age-old energy technique that calms the part of the nervous system that holds on to old habits.

You can use this technique to change your limiting beliefs into more empowering ones.

It is especially effective when used in conjunction with other healing techniques or **EFT** (Emotional Freedom Technique) to release the emotional attachment to the old belief.

The temporal tapping technique is used for re-programming the subconscious mind, in fact, it helps break old habits, and to develop confidence, new attitudes, or emotional responses and establishing new ones.

It impacts your thinking, your behaviour, your nervous systems, your energies, and even the activities going on in your cells. It helps to change emotional responses and attitudes while activating the truth that is already inside yourself.

In 1970, the founder of applied kinesiology George Goodheart discovered that tapping along the cranial suture lines can change the gears that transmit the sensory information.

When combining this tapping with **statements or affirmations**, the mind will be receptive to this.

Simply tapping on the head around the top of the ears calms the part of the nervous system that fights to maintain our current belief systems and patterns of behaviour.

The statements are worded differently for the left and right hemispheres.

The **left side** of the brain is more critical and so more receptive to negative statements.

The **right side** of the brain is more accepting and more receptive to suggestions made in the positive.

By tapping this location on both sides while stating the belief you want, you can tap into the power of your mind.

Tapping stimulates acupuncture points that release tension and help to balance the energetic system of the body.

The temporal area that gets tapped is linked to the triple warmer meridian, which when tapped, relaxes, allowing new habits and new attitudes to be reactivated.

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

**“Whether you think you can, or
you think you can't--you're right.”**

— Henry Ford

Carlotta Elle
Emotional Healing

HOW TO TAP

What do YOU want to change?

Create both a positive and a negative affirmation. Use short, simple phrases that resonate with you.

Be specific about what you want, and don't use phrases that are too vague, for example, instead of "I am a very confident person", you can say "I do feel confident when I am surrounded by people".

The statement must be in the present tense: use "I am, I do, I feel" instead of "I will feel..., my life is going to be..."

Left Side Tapping (Negatively Phrased):

- I no longer experience overwhelm.
- I no longer have issues with money.
- I am no longer afraid to speak up.
- I no longer believe that I am not good enough.
- I no longer struggle to lose weight.
- I no longer allow myself to be affected by other people's opinions.

Right Side Tapping (Positively Phrased):

- I can let go of fear and open up to joy.
- Money comes to me easily and effortlessly.
- I choose to release my fear and allow my mind and my body to be calm and serene.
- I choose to believe that I am absolutely good enough.
- It is easy for me to lose weight.
- I deeply and completely love myself.

If you sense you are resistant to a specific statement, try to **analyse what is going through your mind** while you are saying your affirmations.

For example, if your positive affirmation is, "It is easy to lose weight," and your inner voice replies, "no, you can't lose weight, you will always be overweight", then you need to change your affirmation to a statement that is more relevant to you, for example, "I now believe I can easily lose weight"

Begin at your left side of the head moving from the temples towards the ears. Tap on your temporal bone with your fingertips while saying your relevant statement.

Perform it at least 5 times a day or as many times as you can during the day.

Tap away until you feel a change within yourself. it might take a few days, and for some beliefs, it may take longer.



The more often you practice the temporal tap technique, the sooner it will influence your nervous system, subconscious mind, emotional health, and thought patterns.

Remember to keep it in the present tense as you are informing your subconscious mind that this is a fact now.

“Your beliefs become your thoughts, your thoughts become your words, your words become your actions, your actions become your habits, your habits become your values, your values become your destiny.”

If you would like to dive deep into discovering how to shift your beliefs, let go of the past and move forward, how to release negative emotions, I want to invite you to come and go even deeper with me.

I use different healing techniques in my practice: kinesiology, EFT, Tapping, NLP, Bach flower remedies and many more.

Kinesiology allows us to discover imbalances in the body, mind and spirit, helping to bring awareness to what is keeping us feeling stuck or blocked and allowing to then find out what your body needs or wants in order to release those emotional or/and physical blocks.

Love, Carlotta

Click [Here](#) for more info.

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