

Em #4b Temporal Tapping

Temporal tapping temporarily subdues the 'critical faculty' an unconscious filtering mechanism that operates on the individuals concept of self and the world. So new data is accepted or rejected based on this filter affirmations. Remember the subconscious loves to keep everything the same... so it knows how to protect.

By subduing the filter you can drop down into the subconscious mind, changing the programming & allowing for new data to be embedded into the subconscious / nervous system. It allows the body to imprint something deeply in the neurology of the mind - eg allows us to embed an affirmation as a new belief/filter instead of the old limiting pattern.

Contraindicated with Epilepsy or a stutter

Tools / Resources

X Chart

Affirmation books eg You Can Heal Your Life (Louise Hay), Rekindled Ancient Wisdom PDFs (Pam Myers & Sally Worth)

Evaluation

1. Find emotion
2. Create an affirmation (in relation to their goal) from either the issues around the goal or from another source.

Balance

1. Say affirmation while you tap around the ears backwards and forwards (or in circle depending on client's coordination')
2. Follow X clockwise and anti-clockwise eyes open/eye closed

Checking changes

1. Check emotion
2. Check mode

Note:

- Can put FO hold into circuit for more effectiveness
- Doing this while performing another balance (eg NL), speeds up and enhances the balance or as a stand alone balance itself.

