

# The Temporal Tap: Reprogramming Your Mind to Change Your Life

During my early days in chiropractic college back in 1976, I was exposed to a powerful, ancient technique for reprogramming the mind. As a young student with an extra-heavy course load, I needed something that could help me develop good study habits. This "something" needed to work very rapidly, be simple to apply--and cost nothing! Fortunately for me, I learned about the "Temporal Tap." During the intervening years, I have not only used it myself, but have taught it to thousands of patients. You won't need to buy any equipment or charts, take classes or consult with a professional to use this highly effective and totally safe method.

When we want to change the way we do something (or avoid doing something), we use self-talk to make that shift. Unfortunately, we can get stuck where we are when resistance to that change arises. As it turns out, a method developed in ancient China for controlling unruly children can help us reach our goals in the twenty-first century.

Suppose, for a moment, that Harry wants to limit his potato chip intake and stop eating them after a few chips instead of after a few bags. Or, Sally wants to establish an earlier bedtime for herself so that she can feel refreshed in the morning and get more accomplished during the quiet hours before her work day starts.

If these tasks seem daunting, take heart: the Temporal Tap is your ticket to a new you! Instead of just talking to yourself, you can add a simple head-tapping pattern while you talk (out loud or silently) that gets your suggestion or command to stick. Here are your instructions for the tapping and verbal patterns that will help you change unhelpful behavioral patterns. Neither the tapping nor the talking by themselves tend to do much good, but the combination of the two works amazingly well.

## How to Tap



Bring your fingers together so that their edges touch and the fingertips are lined up. Now touch the tips of the thumb and index finger so that the thumb and four fingers form a curve.

Touch the little finger to a spot on the side of your head just behind the corner of your eye, while leaving all of the fingers in that C-shaped curve. Keeping the fingers together, tap in a rapid, staccato pattern from the eye over the top of the ear to the back of the ear. You can do this just by bending your wrist from front to back as you tap. Tap hard enough so that you can feel and hear your fingers tap on your head. Go fast enough so that you can go from the front dot to the back in just over a second, as if you were cranking a Jack-in-the-Box toy or scrubbing a spot on a window.

## What to Say While Tapping

First of all, don't freak out! I know you are just learning this, so until you are comfortable with doing the rapid tapping motion, you don't have to create perfect suggestions at the same time.

Use the following guidelines to formulate the phrases you will use while tapping and write them down. Then you can read them until you are comfortable with tapping and talking at the same time.

- Use short, simple phrases that are easy for you to remember. For example, "I feel better when I drink water every hour."
- Use language that indicates to your mind that you have already started to change, as in, "It is getting easy for me to stop eating when I'm full."
- Be specific about what you want when you design your phrases. The following phrase is too vague: "I am a very confident person." In my own case, I *do* feel confident when I speak to people, however, I would *not* feel confident that I could successfully fight five opponents.
- If a suggestion is worded using the word, "not" or "-n't" contractions, use your right hand to tap on the right side of your head. Example: "There isn't any reason why I have to stay up past ten o'clock." Otherwise, tap on the left side of the head with your left hand while saying or thinking your suggestion, like, "I enjoy chewing my food well."

### Some Samples

| Left Side Tapping (Positively Phrased)<br>Phrase starts with:   | Right Side Tapping (Negatively Phrased)<br>Phrase starts with:  |
|---|---|
| I am, I do, I can, I am very good at, It is easy for me to, I feel better when I, I deserve, It is OK for me to, I have the support of, It is safe for me to, I feel comfortable with, I can let go of, I feel blessed because... | I am not, It isn't necessary for me to, I don't have any problem with, There isn't any reason why I can't, There isn't any reason why I must, I don't have to, I don't need blank (approval / chocolate / etc.) to feel OK, It is not true that, I am not afraid to, I am not disturbed by... |

Be creative! Decide how you would like for things to be in your life. How would you prefer to think, feel, act? Design your suggestions to move you in that direction.

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