

## THE TEMPORAL TAP – BELIEF CHANGER



Identify a belief that is no longer serving you

Create a negative affirmation for the belief

e.g. “I no longer need to believe that .....”

Tap through the **left hand** side 3 times. Repeat with He/She, You, [Your name], We x 3 each

Create a positive affirmation for the belief that you would like to install

e.g. “I choose to believe that .....”

Tap through the right side 3 times. Repeat with He/She, You, [Your name], We x 3 each

Carry out the Hook-up to integrate the hemispheres.

Check how you feel about the belief now. Sometimes I have found this to work incredibly quickly. However, for persistent beliefs, you may wish to carry it out daily and check how things evolve.

This exercise is based on ancient practices and is covered in Donna Eden’s Energy Medicine