



10 Affirmations for Self-Expression Freedom

**I AM SAFE EXPRESSING WHAT I THINK AND
FEEL TO OTHERS**

**WHAT OTHER PEOPLE THINK OF ME IS NONE
OF MY CONCERN**

**AUDIENCES WANT PRESENTERS AND PERFORMERS
TO DO REALLY WELL**

I ENCOURAGE OTHERS TO SPEAK OPENLY TO ME

I AM COMFORTABLE BEING VULNERABLE WITH OTHERS

I AM A WORTHY AND LEGITIMATE HUMAN BEING

**WHAT HAPPENED IN THE PAST IS OVER.
IT NO LONGER LIMITS ME IN THE PRESENT**

**I ENJOY SHARING MY IDEAS WITH PEOPLE WHO WANT
TO HEAR THEM (AND THOSE PEOPLE ARE OUT THERE!)**

**THE MORE I PRACTICE SPEAKING, THE EASIER IT GETS
AND THE BETTER I FEEL**

**THE ONLY DIFFERENCE BETWEEN ME AND TONY
ROBBINS IS OUR MINDSET (AND MAYBE 8–12 INCHES
OF HEIGHT ;-)**

Sometimes affirmations don't work. In fact, they can have the *reverse effect* if they seem totally untrue, fantastical or impossible to achieve in the present moment.

Temporal tapping is an ancient method for opening our minds to something we *want to believe*, but aren't quite ready to believe, yet. It makes breaking old habits much easier. Read on to learn exactly how to do this simple technique:



TEMPORAL TAPPING FOR EASY CHANGE

The “temporal tap” is a centuries-old technique for internalizing self-statements and spoken affirmations. Tapping around the temporal bone (beginning at the temples and traveling around the back side of the ear) makes the brain more receptive to learning new habits and instilling new attitudes, while at the same time temporarily eliminating other distracting input. Result: affirmations can go much deeper into the psyche. Your new beliefs, held at both the conscious and subconscious levels, raise your collective vibration, making it easier to electromagnetically attract what you want.

1. **Create your affirmation.** Strangely, for this to work, the affirmation must be stated in both a positively worded form and a negatively worded form. The positive version should be phrased in the present tense with emotion and detail, to appeal to the right brain. The negatively worded version will have the same intention, but use words like “no, not, never, don’t, won’t,” to appeal to the left brain. Some examples:

*(Left side) Negative counterpart: “I never feel panicky when giving a presentation to co-workers”
(Right side) Positively worded: “I always feel confident when giving a presentation to co-workers”*

*Negative counterpart: “I am never without money and prosperity in my life”
Positively worded: “Money and prosperity are flowing abundantly into my life right now”*

*Negative counterpart: “I never overeat junk food to stuff down my emotions”
Positively worded: “I eat for health and fitness and I enjoy my food”*

Write down your affirmation, in both forms, and repeat it exactly the same way each time you do the tapping. Make them short, to the point, and in language you normally use. If you hear “yeah, but...” negative self-talk in your head, rephrase the affirmation, or clear the doubts with meridian tapping.

2. Starting at the **LEFT temple**, and bunching all of the fingers of your LEFT hand together, tap in front of the ear canal and continue tapping on the scalp along the top edge of the ear until you reach the back center of the ear, just opposite where you started, **3 or 4 times**. State the **NEGATIVELY worded statement** out loud on this full pass on the left side.



3. Repeat this technique on the **RIGHT side, tapping** with your RIGHT hand, but this time make your statement in its **POSITIVELY worded form**. Repeat this 3 or 4 times on the right side.

4. **Repeat the entire process four or five times each day**, waiting at least 30 minutes between tapping sessions. The more you tap in the affirmation, the quicker and stronger the effect on your nervous system and your field of habit. I suggest you use it for at least a week, and notice signs that things are changing.