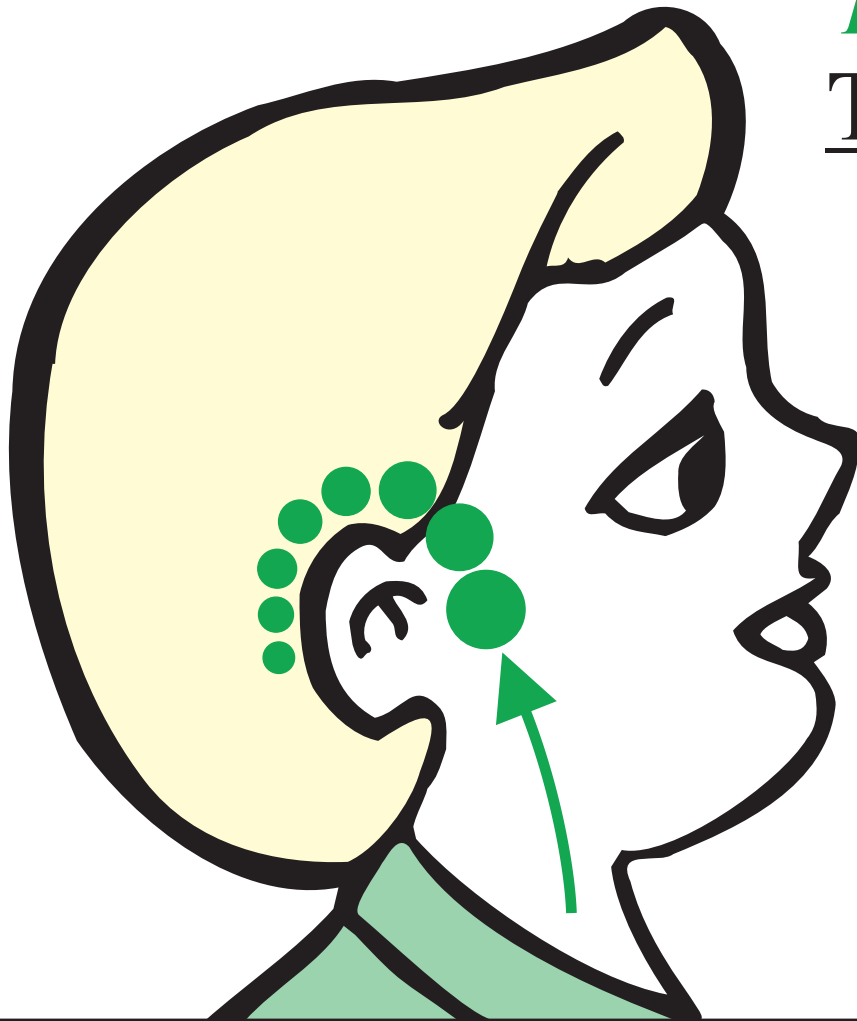


*Fast-Track Your Affirmations with*  
**THE TEMPORAL TAP**



- 1) Identify something you'd like to change.
- 2) Create an affirmation.
- 3) Tap along the top of the ear 3 times while repeating the affirmation.
- 4) Repeat several times a day, at least 30 minutes apart.