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EMPOWERMENT



The Awareness Marketplace

the place where we consider our spiritual life challenges and how we react to them

with **Michael Daly**



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**March 12th 2016: Tapping To Heal Ourselves
using TFT**

In this episode we will be looking at the tool of tapping various points on the body to help overcome emotional and physical stress which our bodies hold on to. Our guest this week is Dr. Tara Jessup who leads workshops with her patients in which she uses the tapping tool to speed-up the healing process. Dr. Jessup will teach us this simple tool and complete different tapping sessions to alleviate past and present stresses in our lives including - anxiety, depression, substance addition, pain, allergies, self-image and many other issues.

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Featured Guest



Dr. Tara Jessup

Dr. Tara Jessup is a Chiropractor who leads who works with a growing practice from her office in Ontario, California. Her journey has lead her incorporate the tool of tapping TFT as used by Roger Callahan along with conventional methods used in adjustments with her patients. Dr. Callaghan uses TFT to release many different issues in workshops and personal one on one appointments.

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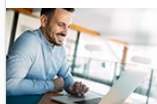
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