



## Tapping into the Field™ Healing Meditations...

**TITF** combines **EFT tapping**, **shamanic/holographic imaginal work** and **body-centered meditation**. It's a process that transfers the energy that is trapped and consumed by negativity & emotional pain & makes it available for living your life in constructive, positive ways. Just as with EFT, you can use this on anything. Holly is finally expanding the locations for the group into Cleveland by offering it at Insight Learning.

Read more at [www.meetup.com/Akron-EFT-Tappers](http://www.meetup.com/Akron-EFT-Tappers) or [www.TodaysTapping.com](http://www.TodaysTapping.com) & facebook: TodaysTapping.com

The TITF process transmutes energy that sabotages into energy that supports your well-being. Energy that is sabotaging you includes unhealed past traumas, losses, emotional wounds, negative/limiting beliefs, and destructive patterns of thought. Reverse the flow of that energy and it now is available for you to live with more aliveness, radiance, freedom and joy! The experience has been said to be life changing by a number of participants.

While people often heal deep emotional pain, this is not a therapy group. Holly emphasizes creating a very safe healing environment. Because it is done as a meditation, even though some information is sometimes shared by participants, you can be as private as you like about your own experience.

**7:00 – 8:30 pm. February 15<sup>th</sup>, 2016 (monthly)**  
**Insight Learning and Wellness Center**  
**25901 Emery Rd #112**  
**Cleveland, Ohio 44128**  
**\$20**

**Holly Timberlake, PhD.** is an Energy Psychologist in private practice, a teacher of energy and holistic psychology, a writer, speaker, and retreat facilitator. She was the founder of Nakaia Healing Arts, one of the first holistic health centers in Northeast Ohio. She lives in Akron with her grown family close by. She's a nature, art, music and dance enthusiast, expressing the joy of creating in many simple and satisfying ways.

**Insight Learning: 216.765.4470; Nakaia Healing Arts 330.653.5081**