



A Note from Taye....

I have often felt like an invisible bystander in my own life, constantly overshadowed by self-doubt and unresolved emotional baggage from my past.

Despite a successful career as a Montessori teacher and a circle of friends, I often found myself paralyzed by fear and indecision, unable to act in accordance with my true desires. I finally had to say, "No"! "No more"! And, "Yes!" and Yes to"!

When I stumbled upon the message promising to ignite my inner superpower back in 2015, I felt a spark of hope. The idea of healing my pain, mastering my emotions, and cultivating unwavering confidence resonated so deeply inside my bones.

Since I discovered EFT and Optimal EFT, I have been determined to break free from the shackles of my past, I have embarked on a transformative journey to discover my true desires and potential, finally acting and taking a stand for myself. What that meant to me was (and is) continually morphing myself to be and become the partner that I really want to be.