

ZEN NEWSLETTER – LONG-DISTANCE HEALING



The chief objective of this work is to create an opportunity for you to safely and comfortably evaluate and optimize your overall wellbeing – physical, emotional, mental and spiritual.

To get started, you will be asked to call me at your scheduled time. We will have a brief consultation, at your comfort level, in which you will let me understand your physical concerns and areas of stress, as well as your desired outcomes. This, along with my intuitive long-distance body-reading abilities, will allow us to identify the aspects of your energy system with which it will be best suited to initiate the session and help define its direction.

Next, you will be asked to lie down in a quiet space in the comfort of your home where you can close your eyes and let go completely without interruption. At this point, we can either choose to get off the phone or continue our call on speakerphone, at your preference; while in some cases silence may be ideal, in others, interacting may maximize the outcome of the session and better your understanding of the role you play in your holistic health. If we choose to end our initial call however, we will keep our phones close by were a need for us to communicate presents itself during that time.

The long-distance healing then starts. I will allow myself to be wholeheartedly present and remotely attuned to you and your energy system, and to be led by its inherent healing wisdom. At this point, you will most likely begin to enjoy a deeper sense of relaxation. Depending on your level of perception and awareness, and if this better serves the process taking place, you may also notice subtle sensations in your body; or certain impressions, thoughts, or memories coming to your mind; or feelings, and / or emotions passing by like clouds at a distance. This may occur as different components of your energy system are given the support required and being empowered to gently process and release their blockages. As a result, the associated tensions and resistances will release as well and the flow of your energy will become freer and reinstate itself more fully.

When the energy healing is completed and considering the length of our scheduled time, we will round up the session. If we choose to disconnect earlier, I will call you back and we will look at how you are feeling. As useful, I will also give you a brief overview of my understanding of what took place during the work as well as possible pointers for you to consider, and answer any questions you may have.

Please keep in mind that the treatment may continue to integrate on average 24 to 48 hours after the session, so you are encouraged to be particularly kind to yourself during that time. A great advantage of long-distance healing is that you can continue to relax quietly at home right

after the session with the least amount of demands on your attention, and as long as you desire. You can therefore integrate the work more readily and completely. It is unlike any other setting and you are highly encouraged to make the best of this opportunity.

Holistic healing generally occurs in stages. As your system processes and releases what it no longer needs, it will increase in its ability to appropriate, integrate and realign all of its parts in relationship to the core of who you are. Therefore, depending on your healing goal and vision, several sessions may be advised. During that process, we will work cooperatively at your own pace and progress toward a deeper unification of your body's wisdom or Body Mind Spirit Alignment.

My role is to assist you in this alignment (or healing) process, to help you access a greater sense of wholeness and connectedness, and a clearer sense of direction and realization.

You can best contribute to your treatment and receive optimum benefits by:

- Having a clear and sincere desired outcome and expressing as clearly as possible what you are seeking from this therapy. The degree to which you are passionate about what you are pursuing will help set the pace for it to unfold.
- Talking openly with me about your feelings and asking questions to make sure we are working together towards a unified goal.
- During the session, letting go of expectations and remaining open to the directions in which your body, mind and spirit may be leading you.
- Between sessions, staying wholeheartedly present in the moment to the best of your ability.

CAROLINE'S TESTIMONIAL

'My long-distance healing session with Jeanne Marie - December 12th 2020'

When Jeanne first approached me for a healing session, I pondered the question of what needed to be healed. Equipped with an iron constitution, I had never suffered from any major health problems. I did feel, however, that my body was engaging in a dialogue with me or rather a monologue as I was very well aware that I had very often brushed off any discomfort and melancholic fits as being temporary.

What was it in me that needed to be verbalized, acknowledged and finally brought to light?

She called me on Monday Dec. 7th and offered me a long-distance healing session. I gave myself a few days to reflect on where I should concentrate my efforts; on Saturday, Dec. 12th, it became clear: my ovaries had started working up again.

Between the ages of 40-43, I had experienced pain, related to ovarian cysts. Then quite suddenly, the pain subsided and stopped. Now, aged 52, the pain had come back since September. Every month, after the end of my menstrual cycle, I felt a sharp pain in my lower abdomen, more intense when it was situated on the left side of my body but present in both ovaries when I menstruated in an alternating fashion each month.

Jeanne instructed me to lie down and place a pillow under my shins. I was at home, in my bedroom and the door was closed. It was 7 p.m. my time. Winter has arrived in Quebec, Canada

therefore it was dark and still all around. We were on speakerphone close to my pillow so I could place both hands on my stomach.

I breathed deeply. Right from the start, when she told me to feel the energy from the tips of my soles moving upwards, I felt energy travelling upwards in my body. When it arrived around the perimeter of the ovaries, the pain underwent a transformation. It tingled and dispersed itself; from a solid bar of pain, it was dispersed throughout my abdomen: much like a dam collapsing, making way for small tidal waves. I felt my pain subsiding progressively. I literally felt her hands touching my abdomen (more precisely the area between my belly button and pubis), wrapping that part of my body with warmth and benevolence. Then she asks me how I felt and what my thoughts were. This is what I remember:

My body speaks to me about tenderness, nurturing, the need to acknowledge that I had always omitted to touch my belly, to accept it as part of my OWN body. Rather it had been something distant, too fragile or delicate to deal with -always apart from the rest. I long to rekindle with my femininity, to accept it perhaps for the very first time. To integrate my womb and cherish it. I asked it for forgiveness, for having shut it out for so long. The words come slowly but crudely, clear as a bell. I hear Jeanne's voice, which modulates softly. I hear her breathe deeply and it is a reassuring sound. I feel confident that what I am saying is being received with respect.

Jeanne: you are in your head, the center of your control, typical in our Western Culture. I now feel her hand moving upwards on my forehead, heat is now centered around my nape and upper shoulders.

Jeanne: I see your father – does it resonate?

Yes I tell her, and it comes out: he was angry at my strength.

Jeanne: Femininity equaled weakness for him?

I nod. I don't want to go there tonight but I feel that I do give a lot of power to my head, allows me to be strong.

She mentions to me that I probably withdraw in my head at work... well, at work, I also use my heart, I create a tunnel of light for my students, encompass them in love and understanding.

Jeanne: when you come back home, do you go back to your head?

Yes, you're right, I say. Then it comes out: I need to give myself love.

Jeanne: I hear I don't deserve it.

Oh Jeanne, if you knew how far back that goes. I had forgotten about it. Forgotten that I had worked hard to renew my self-esteem.

I'm however handling a second conflict at the same time. On the cusp of my menopause, I feel that my body, in its nulliparous state (non-maternity/never had nor lost any child), is sending me strong signals... My body aches to be itself.

As I enter this new phase in my life, I feel that I have to share, pass along feminine wisdom to younger people. Experience maternity that way - experience womanhood.

What is this shield that you are holding up for others to see?

Jeanne: I remember when I painted you a long time ago, you had told me you felt that you had a man inside your body?

Yes, I remember. This impression has nothing to do with gender dysphoria; it's more about strength, a Yin imbalance - feeling that I can only accomplish what I have to do by using my Yang energy. Jeanne leads me to understand that I must greet my womb and take the next few days to observe it and integrate it.

At that point, Jeanne and I come to an agreement that a lot has been covered in the treatment. Next time, we can go further. In any case, I'm exhausted, as if I had done an intense yoga session.

She then performs an energy break, she slowly withdraws from the energy bond that she has created and do I ever feel it! I feel her energy separating from me; shudders go through my legs up to my shoulders. I feel like a rag doll that is being shaken, the pain in my abdomen radically changes and intensifies once more. Her presence has snapped, however I feel that I am in contact with my belly for the first time. I touch it lovingly, like a small animal that I am trying to tame.

Following thought: Jeanne offered me benevolence, I feel grateful for her care and altruism.

Reflections 1 week after the treatment

Am I not enough?

My armor has collapsed- I have no need to feel guilty about whatever physical desires come my way. I welcome my femininity wholeheartedly. I want to make peace with my womanhood, which in fact does not hinder me. I embrace my vulnerability, it is not a weight to bear, but rather, a tranquil force that allows me to reach out to others: it won't make me less strong, I will only appear in clear light. I have learned to wear my heart on my sleeve but time has come to offer my whole being. Very simply, lay it before others and say:

***'There, this is me
I am important
I am lovable
I am a force to be reckoned with.'***

Thank you Jeanne

You have allowed me to shed a skin that I have worn for too long, I now TOTALLY embrace the sweetness and humaneness that is so visible to others and that I often share with my students.

Similar to a mirror, I will now work towards using it as a vector of compassion towards myself. It might take a bit of time but I've emerged out of the tunnel.

I have acknowledged my self-worth.