

Texas-based spiritual teacher Jennifer Farmer is a professional intuitive and medium with clients all over the world who seek out her wisdom and guidance for professional and personal development. In 2008, she was named as one of the Best Psychic Mediums by Bob Olson of BestPsychic-Mediums.com. She also holds her unique meditation workshops all over the US and has produced a number of empowering CDs for guided meditation.



# Butterfly Healing

tion with people, but it wasn't easy.' After a few weeks, she underwent highly painful diagnostic testing and shots in her back to assist with the pain. "Keeping a positive attitude and getting along with others while coping with physical pain was difficult and my life was certainly challenging. Things like doing laundry, going to the grocery store and sitting in a chair were difficult and painful. I opted for another surgery, one that would replace the damaged disc with a new one."

While the surgery went well, Jennifer's convalescence did not go



become my life's purpose and passion."

From her own experience, she is convinced that meditation is one of the most powerful tools that we can use to change and heal our lives. "I have tried every form of meditation and encourage people to really seek out and find the right meditation to relax, reduce stress and enhance their inner connection with God."

"Most of us know that there's some emotional healing needed when a physical issue persists. In my work, I witness suffering on many levels. Very quickly, I knew that I wanted to offer tailor-made solutions to more people. I was encouraged and guided to start my own meditation classes and teach what I have practiced. Seeing others use meditation, develop with practice, move through pain and access their own healing power has been a beautiful gift for me. It has made me see that we can all access the power within that is divine and in doing so, start the journey of moving our lives to a place of peace and harmony."

Jennifer uses her talents as a psychic medium in workshops and personal readings, and she is passionate about her work. "I use my gifts to assist people in healing and making the most of their life. Seeing people heal and being apart of the experience motivates me and pushes me to evolve and grow in my abilities. I have dedicated my life to this because, firstly I want to, and above all, because I love it! It is the best way for me to live my life."

She has attended bereavement and hospice care training, psychic development courses in the US and mediumship development and trance courses in the UK, but is still well grounded from working for years in a corporate background. "Prior to working as a psychic medium fulltime" she reveals, "I worked in management and corporate training for a major telecommunications company. In that highly structured environment, I was able to acquire some valuable skills in working through difficult situations with people. I enjoyed working with people professionally and personally. We had formal courses on improving communication skills, people management, and diversity. So many of these skills have now been integrated into the work I do today." Jennifer is firmly on a path of becoming a recognized expert in the field of meditation and all its uses, and she's constantly writing and producing new CDs that will deal with some of the most complex life issues, and how to overcome life-long patterns that so often stop us from achieving our full potential.

Spiritual development has been a priority for more than 18 years. "I've immersed myself in reading books that help me learn and expand my own life, and as a result, I've been able to put many things into practice. My experience in life, especially in learning to heal pain, has also prepared me for this work. Since the death of my father, when I was a teenager, which was a very particularly difficult time for me, my learning has been this amazing journey as I've embarked on my quest to seek out spiritual and meaningful answers to help me cope with life. Thank god for perseverance and miracles, otherwise I would have missed all the beauty in life today."

Please visit Jennifer's website at [www.ButterflySpiritConnections.com](http://www.ButterflySpiritConnections.com) to learn more about Jennifer or purchase her professional guided meditations.

Meditation is a transformation tool to enable you to cope with the stresses of everyday life. With dedication and commitment, the positive benefits of mediation will quickly become noticeable in all areas of your life, so that you become more relaxed and calmer when you go about your daily activities. Meditation is a powerful tool that can be used to reduce anxiety, physical pain, stress, depression, and help in dealing with grief, insomnia, physical symptoms that may be associated with chronic illnesses and improve overall wellness. All meditations begin with the process of merely breathing in and out. Spending time every day focusing on your breath reduces stress restores emotional balance, provides clarity and can act as a catalyst for healing in your life.

Meditation, for Jennifer, has more than a little personal significance – it helped her banish chronic pain. "I've practiced meditation on a regular basis for many years," she says. "Several years ago, I used it in a whole new way as a powerful healing tool. It became the catalyst for healing from repeated back surgery when all traditional procedures and medications had reached their limits for healing."

In her early thirties, she experienced chronic low-back pain from a car accident and was diagnosed with degenerative disc disease. She goes on, "I then compounded the injury with stenosis from yard work. As a result, I underwent my first back surgery, and within several months, I was up, walking and on my way to great health."

But Jennifer's recovery was about to be derailed. "Sometime later," she recalls, "I tripped on a step in my garage, fell down and re-injured the same area where I had the surgery. This time, the pain level was more than I could stand, so I called my doctor and we started some medication to reduce the pain. This provided some relief but it did not resolve the constant nerve pain that went down my leg."

Her own self-reliance was her worst enemy at that time. "I knew how to 'buckle up and get through it' and thought I could handle it on my own. I was able to attain a tolerance level that allowed everyday interac-

as expected." Days turned into weeks. Weeks then turned to months," she says. "And I was still dealing with nerve pain and lower back pain. Countless changes to medications and additional diagnostic testing left me feeling like a test animal in a laboratory. After six months of pain and no relief, I was left feeling hopeless and exhausted."

The answer, when it came, was surprisingly simple. "I sought out a more natural solution to help me cope! At this stage, I was open for anything that would help the healing. I'd just never considered meditation in that way before. I started with guided meditations and visualizations that focused on the outcomes that I desired – a strong healthy back and living a life pain-free without medication. One of the most powerful meditations I used was Keys to Higher Awareness by Wayne Dyer. I practiced regularly for over a month and to my surprise, the days got easier, with less pain and less medication."

Four years after her last surgery, Jennifer is now pain-free. "I can walk everyday, do yoga in moderation, and enjoy my life with a new peace. I now relate to pain both physical and emotional because I have worked through it and am on the other side now. As a result, meditation and teaching people how to meditate has