

Jennifer Schaefer is an intuitive healer who's philosophy is: "You are your own healer." She believes that she is merely a guide that helps you find the tools and understanding of how your body heals from the inside out.

She teaches self empowerment by clearing the Emotional and Spiritual bodies of thoughts and feelings that keep us "stagnate", causing disease ('dis-ease') in our Physical body.

When she teaches in a group setting she breaks down the three bodies for a deeper understanding of how they work in unison to create inspirational understanding and healing.

Emotional* body must be cleared first. It houses male energy, our reality, our mind/ego and our belief system from our past experiences.

Spiritual* body is second to clear. It houses our feminine energy, heart communication, intimacy to life (relationships, knowledge, connection to our higher self) vulnerability to our truth and our trust and faith on our path.

Jennifer Schaefer

INTUITIVE HEALER

Physical* body is the last piece of the puzzle. It allows us movement, vitality and wellness to connect to our strengths.

When you have a deep understanding and learn fun tools to clear these bodies, you create a connection to self-empowerment and self-love. She has created tools to guide you through releasing old pains and physical disconnect. These help you motion forward in connecting to the "choices" that feed your highest path towards your purposeful life.

Here are a few examples of the tools she teaches:

*Learning to connect to your "body feedback loop" that allows you to connect to your truth, not live in your past story.

*Explaining how to use the "art of journaling" to connect to your wise-self within.

*The importance of handwriting Affirmations and how this changes neural pathways to support new beliefs and thoughts.

*Learning clean eating and how toxins affect your emotions and physical vitality

Jennifer's groups are so popular because she uses humor, honesty of her own personal struggles and speaks with "tough love." She has repeatedly been called the "female Tony Robbins." She interacts with people from the audience to clear them using her intuitive abilities so the group has an example that will enrich their experience and understanding.

Jennifer leaves everyone inspired, empowered and motivated.

Jennifer's background:

Jennifer Schaefer has studied human behavior for over 16 years. Her philosophy to deep transformational healing is aligning your Emotional, Spiritual and Physical Bodies -- meaning you must treat the "whole" being to have lasting health. Her background studies include nutrition, whole food supplements, anatomy, toxins, spiritual science, muscle testing, threading (intuitive connection), guided imagery, deep relaxation, and NLP.

Because of her diverse background studies, her intuitive abilities and her unconditional love and support for each client, Jennifer is highly sought after. She has built a diverse and loyal client base that includes high profile celebrities, professional athletes, musicians and on-air personalities.

She has created "Spiritual Awakening Retreats" in San Miguel de Allende, Mexico; Bali, Indonesia; and Joshua Tree, CA.

Contact Information

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