

February 2021

MONTHLY WELLNESS KIT

SELF-CARE, SPIRITUALITY, AND
INTUITIVE DEVELOPMENT

WWW.JENMARIECLIFF.COM





February 2021

Hi lovely!

The year is really starting to roll, can you feel the energetic movement? There's less stagnation in the air. I have a feeling this coming Spring we, as a collective, will be freer from the constraints of our homes.

I have exciting news! I'm providing a free opportunity for moms (or moms-to-be). I've partnered with a local Studio that will be opening this March in Roanoke, Virginia. Before I launch my paid classes called Vision Quests, I want to test the waters, so-to-speak. Meaning, I'd like to get a perspective of the participant's experience so everyone who pays for my classes will have a positive outcome. You can find out more on page 7 to apply. The deadline is February 26th.

Enjoy this Wellness Kit. I had fun creating it for you!



With Love & Light,

jen





Stress

FACT

Did you know that one of four types of stress is called Acute Stress?

Otherwise known as the "Fight or flight" response. The body prepares to defend itself. It takes about 90 minutes for the metabolism to return to normal when the response is over.

Learn more by clicking the link.

www.stress.org



Stress

REDUCTION TIP

DRUMMING (SOUND)

- Induces Deep Relaxation
- Boosts Immune System
- Sense of Connectedness
- Access a Higher Power
- Release Negative Feelings
- Present Moment

Read full article [here](#).



Purpose

BRINGING VALUE EVERY MONTH

The purpose of this wellness kit is to bring bite-size and digestible information to the busy mom who desires healthy habits.

It is much easier to make a lifestyle change with small and intentional steps. This packet will provide fun facts, reflective questions, mantras for your mindset, and a short summary of an integrative practice.

An integrative or "alternative" practice should not be a replacement from conventional or allopathic medicine. There should be a combination of *both* approaches to optimize your health and wellness.

DISCLAIMER:

This packet is not meant to be ALL encompassing and should not replace seeking advice from your health care provider for specific questions, solutions, and concerns about your health. The purpose of this packet is to spark curiosity and gain some insight into your health and wellness.

Maha Mantra

DAILY MINDSET



" You are not alone . "

Every month I'll pull a card from my numerous decks and ask Spirit what is the (self-care) theme we need to all prioritize as a collective consciousness.

You can take this message in a couple of different ways. Take what aligns with you and leave the rest. This is a short general reading:

For those who are more spiritual:

Connect with your Higher Self. This is the infinite light being that embodies your experience from lifetime after lifetime. Name this Higher Self. This part of you is the bridge to your Spirit Guides. A team of helpers on the other side who are willing and waiting. All you have to do is ask for help. Then be open to receiving it.

For those who are not spiritual:

Let your village be your support system. Stop trying to be everywhere, everyone, and everything. You only have so much bandwidth; don't spread yourself thin.



Worksheet

YOU ARE NOT ALONE

Sample questions to ponder during your desired activity:

Question 1 - Spiritual

CARVE SOME ALONE TIME. IMAGE YOURSELF AS A SPIRITUAL BEING. WHAT DOES THIS BEING LOOK LIKE? (THERE ARE NO WRONG ANSWERS.) WHAT NAME WOULD YOU GIVE THIS BEING?

Question 2 - Spiritual

SPIRITUAL BEINGS WHO COME WITH UNCONDITIONAL LOVE AND LIGHT CANNOT INTERVENE WITH FREE WILL. IN OTHER WORDS, YOUR SPIRIT GUIDES CANNOT HELP UNTIL YOU ASK FOR IT. WHAT DO YOU NEED HELP WITH IN YOUR LIFE AT THIS MOMENT? WRITE IT DOWN CLEARLY, THEN SAY IT OUTLOUD. LET GO OF THE OUTCOME. BEING WILLING AND READY TO RECEIVE THE ANSWER.

Worksheet 2

YOU ARE NOT ALONE

Question 3 - Not Spiritual

HAVE YOU TAKEN ON TOO MANY PROJECTS? LIST ALL OF THEM HERE. THEN PRIORITIZE IN ORDER. ARE THERE ANY PROJECTS YOU CAN DELAY, DELEGATE, OR DELETE TO LESSEN THE BURDEN?

Question 4 - Not Spiritual

ARE THERE PEOPLE YOU LOVE AND TRUST THAT COULD HELP YOU AND YOUR CHALLENGING SITUATION? WHAT IS HOLDING YOU BACK FROM ASKING FOR HELP?

VISION QUESTS

This is an ancient technique to connect with Nature and Spirit on a deep level. You will learn much about yourself, your current situation, the Universe, and your Spirit Guides.

Build resiliency through the art of questing, otherwise known as spirit travel. In the past, this was reserved for spiritual leaders to access vital information to support the survival of the tribe. Today, it is believed that anyone can use this method to empower their life.

Free Opportunity

Want a free experience to understand more about Vision Quests? Click the link below to learn more.

<https://www.jenmariecliff.com/beta-test>



Announcements

UPDATES & COMING SOON



PODCAST - RELEASING ON JANUARY .., 2021!

Motherhood + Wellness

Instagram: @motherhoodwellnesspodcast

www.jenmariecliff.com/podcast



FREE EXPERIENCE

You can purchase, download, and listen in the comfort of your own home.

VALUE: \$320

COST: \$27



NEW BLOG ARTICLES

1. [The Lifelong Journey - Podcast Trailer](#)
2. [Dr. Kimmie Chernichky - Chernichky Family Chiropracti](#)



REIKI CERTIFICATION COURSES - COMING IN 2021!

Usui and Karuna® Hybrid - Online & In-Person
www.jenmariecliff.com/online-learning

*NO REQUIREMENTS: Great for BEGINNERS!!

COURSE/WORKSHOP: Usui Reiki One

DATE: TBD

LOCATION: The WellNest in Roanoke, VA

GET ON THE WAITING LIST!

<https://www.jenmariecliff.com/online-learning>



PRIVATE SESSIONS

Holistic Healing

Intuitive Card Reading

Starting back up in April 2021.



Let's Get Social!

STAY IN TOUCH



BUSINESS INFO

Email: info@jenmariecliff.com

Website: www.jenmariecliff.com

LinkedIn: www.linkedin.com/in/jen-marie-cliff-34a9bara8/

PODCAST

Facebook Page: @motherhoodandholisticwellness

Instagram: @motherhoodandholisticwellness

Pinterest: www.jenmariecliff.com/podcast

SOCIAL MEDIA

Facebook Page: @jenmariecliff

Instagram: @jenmariecliff

Pinterest: www.pinterest.com/jenmariecliff/

INSIDER NEWSLETTER

A monthly newsletter to keep you posted about the JMC business. Some benefits include:

- Discounts on services or products
- Upcoming events
- Upcoming podcast episodes
- Upcoming blog articles
- Inspirational stories and quotes
- Practical tips for the busy mom
- NEW! Monthly Wellness Kit

PRIVATE GROUPS

FACEBOOK -

- [Holistic Health & Wellness for Moms](#)

*Read the past INSIDER Newsletters [here](#).

