






"Parenthood is the
ultimate test of
willpower, unconditional
love, forgiveness, and
faith."

Jen Marie Cluff
RN, BSN, RMT

   @jenmariecliff

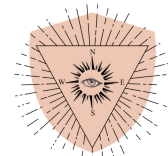
Join the FB Mom Group:
Holistic Health & Wellness for Moms

HELPING
WOMEN SHINE
FROM WITHIN

Book Today!

Roanoke, VA 24018
info@jenmariecliff.com
www.jenmariecliff.com/book-online

JMC HEALING &
WELLNESS ACADEMY



HOLISTIC SELF-CARE &
HEART-CENTERED LIVING




History

Jen resides in the beautiful Blue Ridge Mountains of Roanoke, Virginia. She lives with her loving husband, growing toddler, and four crazy cats.

Her clinical experience ranges from Resource Pool to Neurotrauma ICU, and Hospice Home Health. Finally, she's certified in Usui Reiki and Karuna Reiki® as a Master Teacher and Practitioner since 2011.

Her nursing experiences taught Jen a lot about the vulnerability in times of trauma, chaos, and tragedy. While in the critical care unit, she volunteered free Reiki sessions for her colleagues. It was during this period when she realized how much she loved and missed providing gentle healing and balancing to the human spirit.

Jen wanted to help others on a deeper level, and more holistically. Today, her new business combines her love of science, spirituality, ancient techniques, and nursing experience in one intuitive healing session for the body, mind, heart, and soul.



Why have a session?

TO MOVE FORWARD

No one is immune to life's challenges. Your perspective and coping techniques are what forms your reaction towards those challenges.

Many people need:

- Mindset shifting
- Learn to let go
- Forgive the self and others
- Resolve resentments
- Move on from long-term grief
- Learn to speak up and speak the truth
- Energetic healing
- Cleansing and clearing
- Protection from psychic attack, electromagnetic radiation, and non-beneficial energies/entities/situations
- To learn to ground themselves (from the chaos) in their environment
- Strengthening of their auric body
- To be more grateful
- Clearing of familial negative habitual patterns
- Releasing of past life traumas and spirit attachments



About

THE STAFF

All sessions are 1-1 with Jen.

THE SERVICES

Each session will vary depending on the client's current needs. The client does not need to reveal any information prior to the session. Jen will intuitively be directed by Divine Guidance. This Guidance varies from her Higher Self (her Essence: Spiritual Self), Archangels, Angels specializing in healing, Ancestors, Ascended Masters, and other Guides who are here to help the human collective on their highest spiritual path.

The healing session can be grouped into the following types:

- Intuitive Card Reading & Consultation
- Clearing Traumatic Events
- Balance & Regaining the Whole Self
- Clearing Negative/Low Vibrations
- Protection, Uplift & Strengthen Auric Body
- Connecting Head and Heart: Awakening the Human Potential



LOCAL SESSION - 1 HOUR

Work with Jen at The WellNest in Downtown Roanoke, Virginia. All sessions will be in private.

~~\$65~~

\$45

**For WellNest
MEMBERS ONLY**

ONLINE LEARNING

Workshops and online courses will be available starting in 2020. Get on the waiting list for the EARLY BIRD discounts. Go to:

www.jenmariecliff.com/online-learning