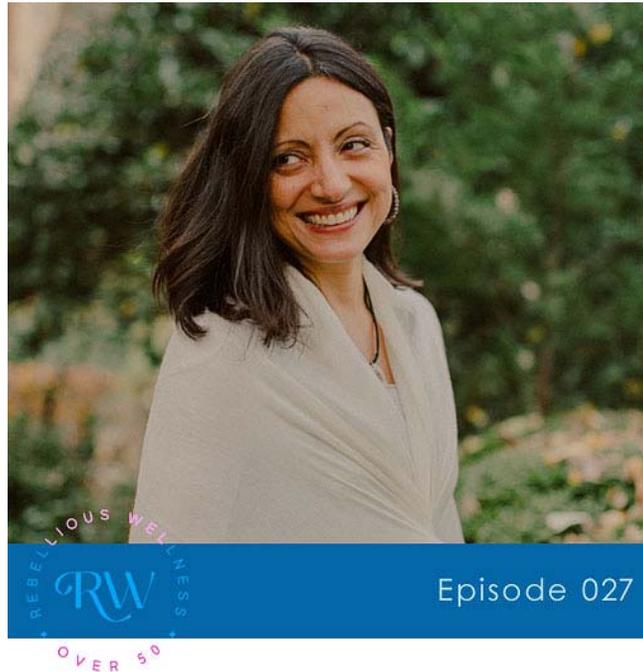


Rebellious Wellness^{over}₅₀

Energy Healing is Ancient, Powerful and Normal



Ep 27: Energy Healing is Ancient, Powerful and Normal with Jennifer Herrera

Gregory Anne

This is the Rebellious Wellness Over 50 podcasts for women over 50 who aren't done yet. You may have seen the worst of aging and are hoping there's a better way there is. And I'm going to show you how in interviews, book reviews, rants and stories. Each week, I'm going to bring you the latest science based info on how to age better. I'm Gregory Anne Cox, and I believe it's time to bust the myth that aging equals decline in every area of life. It pisses me off, and it's BS.

Gregory Anne

Look, aging happens. It doesn't have to ruin your life. You just need to get a little rebellious in your approach.

Gregory Anne

Welcome back, everybody to another episode of Rebellious Wellness Over 50 where we talk about things that a lot of people may not be talking about. Open new ideas and doors for us to get information to age better so that we can enjoy all the years we have left, not just get through them. Today. My guest is Jennifer Herrera, and she is an energy worker, among other things, formerly a real estate agent. And we're going to talk about that transition. So, Jennifer, welcome.

Jennifer Herrera

Thank you. And thank you for having me here super excited to be here.

Gregory Anne

Happy to have you here. So, you have been practicing, I'm going to say the healing arts, including HeartMath for over ten years, body work as well. And you went to the Arts of Energetic Healing School. You're a Reiki master and a certified coach through HeartMath. HeartMath is one of my favorite organizations for the lay person to learn about the energetic connection between us all and the energy of the heart and the power of the heart for healing not just our bodies and taking care of our heart, but healing the world.

Gregory Anne

Really. (Inaudible) So tell us about that little transition from being a real estate agent to currently being more at peace in your life and doing the things you do.

Jennifer Herrera

So it's kind of a long story.

Gregory Anne

Okay, well, you can make it short.

Jennifer Herrera

Working in the real estate office. And I had worked always in an office. And I remember just kind of every time I'd be in the office when I had a spare minute, I was surfing the net, just working out how I was going to get to the gym that day. No matter what I did that was the one part of my life, I always have to get to the gym. And I had this dream of, like, just working in fitness and wellness somehow and getting, you know, just being in an office did not suit me, dress and sitting down all day.

Jennifer Herrera

So, at some point later on, I ended up going through divorce. And at that point I thought to myself, you know, everyone kind of says how they always want to change their life or do something different. And at that point, I thought, like I'm just going to do it. And my

very first thing that I did was actually a Pilates certification, which I still teach. And I still enjoy teaching. I'm doing a few classes in the city during the week, and my friends were just like, So you're going to teach Pilates now? How's that going to work?

Jennifer Herrera

And I thought, I don't know, I'll just learn about it. And maybe I'll get some kind of office job, like working behind the scenes. But I went through all the trouble to get the Cert. I had to get up and teach in front of people, which I was not used to doing at all. And I thought I'll just teach so that I really know how to do it. And I ended up creating this nice little Pilates business for myself, teaching at gyms and private clients and all that stuff.

Jennifer Herrera

And one day, this is kind of like the first segue into the energy work. I was working on a client, and I was doing body work and kind of like stretching her. And she said, you know, you have really great touch. You should do, like, a Reiki certification. I didn't really know what Reiki even was at that point. But in my mind, I found, like, a quick, like, over the weekend, my first Reiki certification was a long weekend. I signed up for it, not really even knowing what I was getting into.

Jennifer Herrera

I thought, oh, I knew a little bit about energy work. And I showed up. There are a bunch of people there. Everybody's talking about energy and their feelings. And at that point, I was really, unless I knew somebody well, kind of reserved, the sharing so much. But, you know, they said, it doesn't matter if you believe it, you don't believe, it's going to set you down this path. And it really did. It really did. A little while later I end up having an illness. And I think that's always, like, when nothing's working in the medical field, that's always the push to let's see what else is out there.

And that kind of brought me to it. So I barely knew what the chakras were. Do you know what the chakras are?

Gregory Anne

Yes, but why don't you tell the audience about the chakras.

Jennifer Herrera

Early that I had gone to yoga classes. I had heard people talk about the chakras, but this little voice inside was like, you know, you need to get a book on the Chakras. So I did it. And I started reading about it. And the issue that I had went away. I had been to doctors. It couldn't help me.

Jennifer Herrera

And I thought, okay, I could tell somebody this and they'll be like, oh, that's just like, all in your head. But it worked for me. So I'm like, if it's all in my head, but it works for me. This is great. So what else can we do with this energy work? And that's when I really like, that's what really pulled me in, when my health started to change. And like my attitude and looking at everything and seeing so many positive changes between, like, friends and family.

Jennifer Herrera

And I never went back to the office.

Gregory Anne

Good for you.

Gregory Anne

I just want to backtrack for people that don't know what chakras are. They may have heard chakras. Their energy centers explain a little bit about how knowing them is one thing. But how do you use your chakras?

Jennifer Herrera

So whether you use them or not, they're there, right? They're just different. There are seven main chakras, different points in the body. So depending what's going on. If it's the stomach issue, you would say, like, it's solar plexus Chakra. If you're getting headaches, you might say it's like your third eye Chakra, like wherever it's connecting in the body. If you're having arm pain, it would be connected to your heart Chakra. So these energy centers kind of govern. It's almost an energetic anatomy, just like you have, like, the muscles and the bones.

Jennifer Herrera

And that's the basic, most basic definition.

Gregory Anne

Right. And so when we get, so let's just say a pain in the center of our body, around our heart, it could be that the energy of that Chakra is blocked. Is that correct?

Jennifer Herrera

Yes. I don't like to say blocks, because I like to think energy is always constantly moving, right. But maybe it's slowed down. Or maybe there's something there that we need to look at. And the other thing that's important for me is I never want people to think that I'm thinking, oh, your pain is not real. Like, the symptoms are real. I go through things, everybody. But I think that when you know about the chakras, then you start to look inward a little bit and say, Well, what else?

Jennifer Herrera

And that kind of goes to holistic healing. Like, what else is happening in my life that could be affecting me right now, right. And I'll say to women like, I'm working on clients that like, I have a lot of neck pain or my shoulders hurt. And I'm like, Are you doing a lot at home? Do you feel like you're carrying this load? And, yeah, I feel that way. And it just, oh, kind of funny, is it?

Gregory Anne

And then Reiki healing is moving energy.

Jennifer Herrera

Right. So. And just for people that don't know, if you cut the definition into, like, Ray, which is spiritual wisdom and Qi, which is energy. So it's putting those things together. I think a big misconception with Reiki is that people will say to me, oh, you're a Reiki healer. Like, so you put energy into people or, like, how do you not take the bad energy? And it doesn't work that way for me. Anyway, if I have a client, they'll lay down with me and I'll kind of hold their head.

Jennifer Herrera

I'll put them in a state of relaxation. I might just put some still point pressure points on the body once they're in a relaxed state, and the energy just starts to flow. I would say it's more for me and the client, a shared energy. And I'm supporting their energy field, not doing anything to them. I'm just bringing them into a space where they are able to do for themselves.

Gregory Anne

Right.

Jennifer Herrera

And they'll come out and be like, oh, you're such a healer. And I'm like, no, you're such a great healer. I just helped you get into the space that you need to get into to do it. I see it's like tuning a piano, right. Like, they play the music, and I'm just there to tune the piano.

Gregory Anne

Yeah. And that's a great distinction for people that have maybe never been to a healer. That name is probably mis-representational of what actually happens. Now. There are some people out there who will take a lot of money saying, "I will heal you."

Jennifer Herrera

Right?

Gregory Anne

Never mind the Western medical model, but it is a matter of returning the body to its natural state, which is a state of homeostasis and wellness and wholeness.

Jennifer Herrera

Right. And the thing is that everything is already there.

Gregory Anne

Yeah.

Jennifer Herrera

You just get so distracted and so busy that we don't take the pause. And that's one of the things that that I learned at Heart Math that's really anyone that's listening right now can benefit from that. It's just so simple. When I started to study with Heart Math, I thought these concepts are, like, really basic, but that's all you need. And they're not that basic when you start to delve into them. Right. But just the simplicity of, like, let's just pause for a moment, take a deep breath, think about something to be grateful for.

Jennifer Herrera

And it starts from there. And it's just always coming back to that heart center.

Gregory Anne

Yeah. And I know the heart center, that phrase may trigger anti woo sentiments. And some people, this is, since humanity has been recording change in the body and the spirit and energy and all those things which they have. Every single cave drawing has some aspect of the energy in a human body, and it's usually focused on the heart. The center of our being is in so many cultures represented by the heart muscle itself. And Heart Math has done a great job of bringing again to the lay people how that energy center is affecting our experience of life.

Gregory Anne

Right. So our energy is being sent out into the world. And if we take that pause, take a deep breath. It will emanate a more positive energy. And also we can take in other people's energy. Like you were saying before, you don't take somebody's energy when you're doing a Reiki session. But if we are not careful, other people's energy can negatively impact us. And our heart center is then not able to be as...

Jennifer Herrera

So, a couple of things here.

Jennifer Herrera

The first thing is, like, so important to me, one of the things that really drew me to HeartMath is that when you're talking about the concept that a lot of people in their mind will think like, oh, energy work. I can't touch this. I can't see it. What is this? They do so many, like, if you go on their website, they do so many studies, scientific studies. And I really love that. I already know that it's there. But for somebody that's skeptical, it will give you scientific study that shows like, this will calm your nervous system, you will be healthier.

Jennifer Herrera

They actually have some studies they did because there is a lot of thought that you think something and then you start to feel it. But they call it from the ground up that you feel something and then now that's controlling your thought. And they have, like, people hooked up to machines and scientifically, they're doing these incredible studies, even with meditation. That's another one that kind of people are like, oh, I can't meditate. It shows that it slows your brain waves. And when it does that for me, that's like, okay, I vacuummed the apartment now.

Jennifer Herrera

It's like I had all this stuff going through my head, and it's not that you have to stop thinking when you're meditating, but you just pause for a moment and everything just kind of melts away a little bit, even if it doesn't melt away. Like, you can't judge every meditation, even if it doesn't melt away, like, at least you rested for a few moments or you took that pause. And that's where it starts.

Gregory Anne

And I think we are as a culture, I'm sure it's global, are used to being on. Oh, my gosh. We don't even appreciate a pause. How significant that can be. So be on, be type A, be whatever it is that your personality and your life calls you to be and incorporate a little bit of this breath, stop meditate for a minute. I had a client years ago, and I don't know one day she contacted me. She said, I'm going to start meditating. I said, Great, what's the program? And she said, a minute a day, and I rolled my eyes in my head, thinking like great...

Gregory Anne

Well, that's a place to start. What is your goal? She said a minute a day. And she did a minute a day for about six months. And then she started to really like it. She would lie down on the floor. And then one day somebody judged and you're like, oh, you're

supposed to be sitting up. I said, no, just do whatever works for you. Right? So is that the case? You should meditate in a way that's comfortable for your body.

Jennifer Herrera

So there are lots of different teachers that I worked with, and I have different schools of thought. And then you have to decide for yourself what's going to work. It's funny you brought this up because I have a friend that is starting to meditate now, and it's the same thing. Like, I will get her to come with me to a formal meditation class once a week. And every week, I'm like, did you meditate? I didn't have time. I encourage what you said. Two minutes. You have two minutes to sit down and it's just to get the habit going.

Jennifer Herrera

Once you get the habit going, that's it. Then it's placed. I was taught by some teachers, like, sit up straight because all your chakras are aligned, right. Also, that you need to not fall asleep. Then I was taught from other teachers. You need to be comfortable. And that's one thing that I've adopted because I feel if you're not comfortable, then you're definitely not going to start to relax mentally. You're just focusing on my back hurts. My legs hurt. So that's for me, it works for me.

Jennifer Herrera

Also, there's this thought that's falling asleep is bad. And there's the thought that falling asleep, if that's what happened, then that's what your body needed to rest. And whatever happened was what was supposed to happen. And you shouldn't judge it. You should just, you know, be glad for the time that you got to rest. You fell asleep. Doesn't matter. You still meditated.

Gregory Anne

Glad you said that, because there's so many other things, just judgment around what's right and what's wrong. And I think, and it's been for people over 50, 60, 70, as our bodies are no longer all that comfortable, maybe sitting on a hard floor or sitting in a straight back chair completely, you know, so people just can't do it their knees or whatever. So find a place like you said, that's comfortable for you.

Jennifer Herrera

Yeah. And I also think like being over 50, like, this is the time. If you haven't started meditating, like, now is the time to really start, it just gives you those couple of minutes. It just gives you like a reset button and we need to reset.

Gregory Anne

So let's talk about how we, speaking of judgment, how we judge ourselves, how we talk to ourselves is that, you know, I've had other guests we've talked before about the mean girl and shame. But this is a little bit. This is more like the everyday kind of how we talk about ourselves or our lifestyle.

Jennifer Herrera

Right. So what I tell my clients when I'm working with them is I'll notice sure, we are all sort of guilty of talking to ourselves in not the nicest way from time to time. And that's in a sense, it can be useful because it gets us to work, and it gets us to get things done, that we achieve our goals that way. But at the same time, I think we need to take time and celebrate at the end of each day. What did I do? That was great today.

Jennifer Herrera

And I have often come to the end of my day like, well, I didn't get this done. I didn't get that done. And this is what's going through my head and it wires you for stress and instead say, like, oh, you know what? I did really well today. And then you're more inspired to keep going. I think that's part of it. I think also mindset can come into spirituality, just like mind, body, everything kind of lapse and is connected. It's the same thing. Learning to talk to yourself is like going to the gym.

Jennifer Herrera

Right? So if I go to the gym, like, on Monday once a month, I'm not going to have the body that I want. You have to go every, not every day, but I try to move my body in some way a few times a week. And it's the same in here, like, it's habitual. And the more you say, hey, this is what I did right today. I saw something on Instagram that had asked a series of questions. I thought it was great. It's like, name something that you really like about yourself.

Jennifer Herrera

Like, what's one quality and have all these uplifting questions reflecting back on who you are and a lot of it's just like asking the right questions of ourselves and not the wrong one. But I'd say, you know, like, mind is muscle. You got to keep lifting that weight until it becomes more natural. And some of the practical things I'll do if I wake up in the morning, I train my son kind of to do this as well. We wake up in the morning, what's three things that we're grateful for, and they don't have to be these life altering things.

Jennifer Herrera

But you could just say like, oh, my God, this cup of coffee so delicious and you just start to extract joy from really simple things instead of thinking like, you need all of this stuff

that you don't need. I'm healthy. I'm walking around. You know, this is a great thing to be grateful for. We're together. We have food. Heartmath, does a lot of gratitude exercises, and that's super important. So that's that's one, like, exercise that's practical. Get up in the morning, three things you're grateful for.

Jennifer Herrera

I mean, so there's perspective. The other thing is just realizing and especially, like in the past year, when we were just talking about taking pauses. What I was thinking in my mind, like, we were all forced to take the big pause. And what I've seen from the people around me that were the most, like wired to do madness all day long, is that they don't want that life back at all. They've really changed. And it probably never would have changed if it wasn't forced. But it led me to, I'm doing a course with Chopra right now, and it led me to do things that I was like, oh, I don't have the time, you know?

Gregory Anne

Now you have the time. Yeah, I know. It's interesting. There have been a lot of articles written about how people are saying we can't find anybody to hire because of the extra unemployment when in fact, there are so many factors that factor in. But one of the main things is a lot of people have decided they don't want to go back to that job. To that commute, to that stress.

Jennifer Herrera

Are you on LinkedIn?

Gregory Anne

Yeah.

Jennifer Herrera

They're doing a hashtag now. So they're calling this exact topic The Great Resignation, which I think is really interesting. People are just really thinking about, okay. I'm like I went off the track. But thinking about mindset. Another thing is especially with the past year, everything that happened, think about the ocean. And I say, look at it from the shore, because when we look at it, what we're in immediately around us and we don't kind of Zoom out. Then it's easy to like "the tides taking me this way, the under toe is pulling me under."

Jennifer Herrera

And it's better to kind of have a mental surfboard. Okay. And I know another waves coming, and I'm looking at it from the shore, and I'm going to jump in there. I'm going to do my best to ride that wave because like I said earlier, energy is always in motion, so

it's going to go up and down. And the next wave is going to come and crash. And so when you think things are going great, you know, to be able to pull away and say, okay, this is cyclical.

Jennifer Herrera

It's going to pass. And then there'll be something else.

Gregory Anne

Yeah.

Jennifer Herrera

To help us grow.

Gregory Anne

Exactly. And if we're doing the gratitude thing, no matter how bad something gets, and I realize there are sometimes you can't immediately just pull yourself up and say, oh, let me just be okay about somebody died because we all lost some much in the last year. But the idea that being prepared, knowing something's going to come. And if you're headed down a road where you see something up ahead that doesn't look so great. Like, oh, my gosh lots of people couldn't pay their rent for a while and didn't have enough food or maybe a client, you know, canceled at the last minute.

Gregory Anne

Are we prepared for those things to happen or we wait until we get smacked by it? No. And try to prepare as best we can because they're going to happen.

Jennifer Herrera

Yeah. And I mean, there are things that happen that are just so difficult. And I think it's important that right, I never want to tell people like, "oh, just get back up." Take your time, process what's going on. And then you have these tools, like, when you're ready.

Gregory Anne

Exactly.

Jennifer Herrera

And I think it's important to, we schedule so much into our lives. This is something else I was working on with someone. And we were talking about how you schedule so much into your life work wise. And I've got chores to do around the house. And I have to take the kids back and forth. But did you schedule a fun time? Leisure time, time to do something that, like an activity, a hobby. We don't do that. And then it becomes a side

thing. And no matter what's happening, I think it's important to try and incorporate a little fun into your day.

Even when you're not feeling like it right? Because it just kind of like pulls you out of the funk.

Gregory Anne

Absolutely. I wrote an article for, my other business is copywriting and marketing, and it was about bad stock photography. And in my research I discovered a couple of, there's a subreddit called Crappy Stock Photography, and the pictures are hilarious. And there's another one where people that have, let's just say somebody is a dentist. It's something like "stupid stuff photography of my job", so people would post it. And then a comment underneath.

Gregory Anne

Girl, I laughed. I couldn't even write for about half an hour. So hilarious.

Gregory Anne

So good for me cause I'm like research, research. I got to get this done and get it to my VA. And then I found out I was like, alright, I'm just going down this rabbit hole because I need this break, you know?

Jennifer Herrera

Yeah.

Gregory Anne

Or if something comes up like, maybe we didn't schedule a thing to be fun. Maybe somebody calls and says it's so hot out, I need to go get ice cream will you come with me? Oh, just do something. You know, I think Spontaneity has also gone out the window in many of our lives because we schedule so much or because it's Covid.

Jennifer Herrera

It's funny. One of the things that I've learned during meditation, they always bring up this concept, and I don't think I understood it until it starts to sink. It took a while to sink in, but they're always talking about life unfolding. And by my nature, I'm a very big planner, right? I'm like, okay, we're doing this at this time, but to learn to just let go. It's just such a gift to say, like, oh, I'm going to do X, Y and Z with with my son today. We're going to go to the craft store...

Jennifer Herrera

And then you're at the craft store just looking at ridiculous things. Like you said. And like, this has nothing to do with, like, the end goal, but just to not rush him out and just

enjoy the silliness of that moment. And you say like, wow, you know, I'm having more fun here than, like when I went to Disney and I like, here we are in like CVS looking at masks or something. I don't know.

Jennifer Herrera

Halloween masks.

Gregory Anne

I like the idea of the unfolding versus me unwrapping it right? I was a kid who unwrapped things intentionally. I wasn't like a rip or tear, but the opposite of letting life unfold is making life happen the way I think it should. And that unfolding requires surrender. And I think surrender is very hard for a lot of people, including me. Although I've been learning to do it over the years. You get old enough, you've got to learn to surrender because there's no choice. You know.

Jennifer Herrera

Well. And I think one of the things that's great about the 50 plus mark is like, you kind of cross. And then you're like, well, you start to regard energy as like, currency.

Gregory Anne

Absolutely.

Jennifer Herrera

I can't waste my time being upset about X, Y and Z being angry. It's like I'm too old for that. I just need to be happy. And I love the people around me. And I think that's really important for, like, the older you get to be able to, you know, if I see someone and I see they're, like, set about something, I'm thinking that's just a waste. And it depletes.

Gregory Anne

That right.

Jennifer Herrera

That's the other thing. Like, you know, if you are just, like, happy and loving it, it fills you up.

Gregory Anne

Yeah. And like you said, that affects the energy of the people around you.

Jennifer Herrera

Absolutely. And energy is currency. And at a certain age, at every age, I mean, I think if I could really tap back in to reflect, let's say, 20 to 35, if I was working on my feet, it was

hot. But I was doing it. I didn't ever think about the energy because it seemed to be endless.

Jennifer Herrera

Right.

Gregory Anne

And, you know, into my 40s I was like, I don't want to do this every day anymore. Now I cook occasionally for people. But if I had to do it every day, so I need to preserve the energy I have been given. And, you know, it's not like I'm sitting around on the couch all day. But like you said, energy, emotional energy also depletes what I can do physically. I find that if I work a lot at the computer, I get mentally tired. And that makes me maybe not want to get on my bike later.

Gregory Anne

Or, you know, so it really is being aware of our energetic state at any age, truly. But then preserving that energy, using it wisely.

Jennifer Herrera

Right. And like you said, it can snowball in every direction, right? Like you're on the computer now you're tired. And now you just don't want to do the work out. And you're just going to feel like more tired later. And that's also where that inner voice talking to yourself and inner wisdom is. I'm one of those people that are, I always feel like, I need to go to the gym. This is not a question, right? It's like you have to go to the gym, used to do your workout.

Jennifer Herrera

But every once in a while that voice is like, take the day off and then learning to listen to that voice over what you think you should be doing. Like, you know, that's super important, too. Like finding the balance, I guess.

Gregory Anne

Right. And also knowing what's inner wisdom and what's inner lazy girl. Inter lazy girls should have her moment, too. I'm not saying not. It's okay to be lazy sometimes. But if we find ourselves letting ourselves off a day after day, that becomes it adds up.

Jennifer Herrera

Yeah. And one thing I'll share that's really interesting is that as like living in New York City during when everything shut down last year. I said it felt so dramatic because, you know, if you're in a house or you're in a yard, you might not see it so abruptly. But to have all the shops closing, all the restaurants closed. And it felt like Sunday night, like all

of the time was really strange. Then you sort of got used to it. And now all of a sudden everything is opening back up, like with a vengeance.

Jennifer Herrera

Almost. And I said, is it that it was this busy before and I didn't even notice interesting. Now it's like it seems ten times busier. And I think a lot of people not just myself, but we're feeling kind of overwhelmed because all of a sudden there are many, many, weren't used to seeing anybody. There are many people around, especially in New York City, and you're getting on the subway. But you had the whole train to yourself. Now it's like starting to fill up again. And a couple of times I said to myself, like, I just need to go in my apartment, take the day off.

Jennifer Herrera

And that's okay. Like to understand that your system is going into shock because there's so much happening so quickly all of a sudden, like you said, you have to face the world. You have to get back up onto the beat. But you have to also know when you need a break and respect that and not feel guilty about, right?

Gregory Anne

Yeah. I don't do us any good. So do you have a favorite book?

Jennifer Herrera

I have a book. I'm actually, I'm going to show it to you because it is, so the cover fell off, I had to tape it back on, you like dog eared. I do have a book. It's called "Frequency, The Power of Personal Vibration." And one of the things I guess my big hobby is yes, I love energetics, but I love when I see the science to back it up.

Gregory Anne

Yes. Me too.

Jennifer Herrera

And this talks about. So if you think about energy and we talked about ocean waves, if you think about radio waves, like frequency waves. So we're just all swimming in a sea of energy. And that's what the book touches upon. And like you said, so part of the premise of the book is that we all have our own comfortable field of energy. But then when you're thrown out into the world and you start interacting with everyone, now you have to reset your thermostat to like, kind of everyone has to adjust to everyone else's energy.

Jennifer Herrera

And it's a beautiful look at energy work, a beautiful look at science and a beautiful look at what I said before, like the cycle. So you just start to, it pulled me away, and it made

me see like, okay, when you think things are so bad, they're going to change. When you think things are so great. Like you said, prepare. They will also change, right. And to not get so attached to each moment, but just kind of like, ride it out either way.

Gregory Anne

Yeah. I like that. And the interesting thing is if we're here talking, we've all been riding it out. Right. Even listeners. Right. We've all ridden things that we didn't realize until after. Oh, my gosh. That was a stressful time. Or that was a great time. We just thought it was, you know, so we're already doing it. I guess the idea is to get mindful of it and be a little bit more prepared for those.

Jennifer Herrera

Exactly. And it's interesting, too, because, like, a lot of times, what you said is I'll have clients and we'll talk about that and they don't, you don't even process something difficult that you went through until after the fact. And at the time, you're just kind of in survival mode getting through it.

Gregory Anne

Yes.

Jennifer Herrera

And then the time passes and you look back and you're like, wow. And then you see how it's still affecting you.

Gregory Anne

Yes. There's that residual. That's why we have to work with energy people. Truly, sometimes we need the energy, I would say adjusted, moved, put into a place where it can move itself, whatever it is. But for people who have never experienced energy, work or bodywork that comes from an energy, like a cranial sacral work, I would say have a session with somebody if you feel like there's something stuck. Or "I know my divorce was ten years ago, but there's this piece of me"... That I have had, whether it's a physical illness. I was telling you and I was about to go on stage and speak, or whether there's just this lingering feeling after somebody died two or three years later, I have had Reiki sessions and they have been absolutely liberating, amazing, and also feel really delicious.

Gregory Anne

Like when you come awake, fully awake, out of whatever state your brain goes to, it really is like you've been washed by the sea. Right.

Jennifer Herrera

We call that being blissed out.

Gregory Anne

Oh, it's totally blissful. Yeah. So I encourage anybody who's thinking about it. Get in touch with Jennifer. What's your website remind me of the name.

Jennifer Herrera

So it's Sea and stone wellness. Com.

Gregory Anne

So sea, like, the ocean and you can do remote work with people, or do you have to be in a room with them?

Jennifer Herrera

No, I do both. So we can definitely connect in person if they're in New York City. But if not, a virtual is great. I can do that. Yeah.

And I'm also on Instagram. Same thing Sea and Stone Wellness or on LinkedIn. You just put in my name. Jennifer Hererra. You can find me there.

Gregory Anne

Okay. Great.

Speaker 2

Well, this has been a really blissful conversation about energy and an introduction for some people to energy. So I thank you. And I would ask before we go, do you have a quote you want to leave our listeners with?

Jennifer Herrera

Oh, my gosh. I do have a quote. Are you familiar with Joseph Campbell?

Gregory Anne

Of course. The hero's journey.

Jennifer Herrera

This is one of my favorites. I'm going to read it to you. It says a bit of advice given to a young Native American at the time of his initiation or her initiation. "As you go the way of life, you will see a great chasm-- jump-- it is not as wide as you think." And that I think, has stayed with me over the years for a bunch of reasons. But, you know, I think it's about just not being afraid to take the next step. Something will catch you and just going for it.

Gregory Anne

I love it. Jennifer, thank you very much for being with us.

Jennifer Herrera

Thank you for having me. It was wonderful. Good.

Gregory Anne

Great. Thank you. And listeners will be back next week with another episode. So do join us. Then take care, everybody.

Gregory Anne

That's the end of another episode of the Rebellious Wellness over 50 podcast. I hope you've enjoyed it. If there's anything that you've heard or here when you tune in that you think would benefit a friend, a sister, a mother, he even some guys send them my way, would you? And if you've not ever been to the website Rebellious Wellness over 50. Com head on over there. There are resources, things that I don't always get to on the podcast that's might help you age better. Be well until next time.