

The background is a monochromatic blue-toned illustration. At the top, a pair of lips is drawn with dark outlines and some shading. Below the lips, a large, textured globe is held in the palm of a hand. The hand is sketched with simple black lines, showing the fingers and thumb. The globe has a mottled, watercolor-like texture. The title 'Jenuine Poetry for Life' is written in a dark blue, serif font across the center of the globe. Below the title, the subtitle 'Poems to Uplift Humanity' is written in a smaller, italicized serif font. At the bottom, the author's name 'Jen Ward' is written in a white serif font. At the very bottom, the publisher's information 'Jenuine Healing • Wodonga, Australia' is written in a small white sans-serif font.

# Jenuine Poetry for Life

*Poems to Uplift Humanity*

Jen Ward

Jenuine Healing • Wodonga, Australia



# Jenuine Poetry for Life

POEMS TO UPLIFT HUMANITY



Jen Ward

Jenuine Healing  
Wodonga, Australia

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*To Marvin Schneider. I dedicate this book and my life to you. Thank you for being the co-author of my purpose. Without your kindness, support, patience, and genius, I may never have been seen or heard in this world. You are the embodiment of greatness realized. The synergy of our love is a key to opening the floodgates of higher consciousness. May the world see you through my eyes and heart.*

*There is nothing that a pure heart supported by a pure  
intention cannot accomplish.*

—JEN WARD



## Foreword

IT IS SUCH AN HONOR to write the foreword and chapter introductions to Jen Ward's collection of poems. This book, and the many more to come from the Jenuine Healing archives, reflect the true synergy between Jen and I in our intention to bring higher consciousness to all of humanity.

In this foreword, I will introduce Jen, her work, and our synergy in working together. It will provide some context to the poems and our intentions through these writings. The various chapter introductions will be my attempt, such as it is, to summarize the core spiritual principles and understandings that Jen shares with the world.

This book is more than just a collection of poems. We are excited to also include in this work, a collection of Jen's drawings, paintings, craftwork, and photos. These add to the already rich insights and messages conveyed in the poems themselves. Anyone who knows of Jen and her work will quickly appreciate that these images convey the energy and outpouring of her love and pure intention for every soul.

A good place to start this journey is to tell the story of how Jen and I first connected, and how we shortly thereafter came together as the embodiment of soul mates across all of time and space.

I have been on a path of spiritual discovery since about 2013. I was in my mid-forties at the time. The ‘holy shit’ moment came as I was doing some research on the internet and then randomly came across an old Youtube video on Pleiadean beings and their intention for humanity. It was an audio book reading of the book entitled ‘Bringers of the Dawn’ by Barbara Marciniak. That Youtube clip piqued my curiosity and set me on a journey of discovery.

Over the years, I found, absorbed, and practiced many forms of spiritual teachings. Meditation, yoga, chanting, and reading the wisdom of various enlightened Gurus was part of my daily practice.

From time to time, I got some inspiration from Darryl Anka and Lee Carrol who channel Bashar and Kryon respectively. I really liked the way Matt Kahn both entertained and enlightened his audiences. And from time to time, I would check in with what Pamela Aaralyn was sharing with the world. Each of these intuitive people have a large social media following through which they are able to connect with their audience.

It was on a cold Australian winter’s day in mid July 2020 that I decided to check in with Pamela Aaralyn’s Youtube channel again. She had just posted an interview with Jen entitled ‘Become Your Own Healer.’ As the interview began, probably after about the first couple of minutes, I remember saying to myself, ‘holy shit, this chick is the real deal!’

During the interview, Jen came across as totally left field, quirky, passionate, but entirely coming from a position of pure intention, love and service to humanity. Her backstory and insights really resonated with me. Her SFT tapping technique struck me as a much more practical method of releasing core issues than mediation, chanting,



breathing or other traditional spiritual practices that I had come to know in my journey. I was hooked.

I began listening to a few audio recordings of Jen's private sessions with clients. They were raw and confronting. There was a lot of grunting, screaming, and other noises which would be highly disconcerting to many people. It certainly was to me in the beginning. But I soon came to realize that these are the things that make Jen unique in her ability to heal her clients and release their core issues. She truly is a 'bad ass in energy.'

I went on Jen's website within a day or so of watching the Youtube interview to book my own private session. She was fully booked for six weeks in advance. So, every day while waiting for my private session, I listened to hours and hours of recorded private sessions. I must have listened to more than 120 recordings of private sessions over those six weeks. They covered the full gamut of the human experience – the good, the bad, and the ugly. I discovered pain and trauma that people suffer on a daily basis that I have thankfully not been exposed to. A lot of it was difficult to listen to.

But as I continued to listen and tap along with the clients, I experienced firsthand how Jen is able to zero in on the client's core issues and skillfully remove them with the compassion and intensity that only Jen is capable of. I witnessed how Jen confronts and deals with curses, possession, and entities as nothing more than stagnant energy that needs to be moved on.

I quickly got the memo on the dos and don'ts of how Jen likes to operate in her private sessions. She is very much the facilitator and healer, and you are the client. Don't talk too much - Jen doesn't want to hear your stuff. She'll know exactly what you need. Don't swear! From time-to-time Jen will use words with a harsh vibration to remove stagnant

energy. But that is not an invitation for you to swear. Don't feel bad when you mess up the taps. It is a sign that the taps are dead on in addressing a core issue. Don't write stuff down while she's talking! That is disrespectful. Don't use long drawn out 'ums and ahs' That is also disrespectful in energy because it holds the other person captive in your sound frequency. Jen is going to ask you why you wanted a session with her. So, think about your answer beforehand – but keep it short and give your answer without dumping all your issues onto her.

These are just a few of the dos and don'ts that I locked onto by listening to other people's mistakes. So, for any of you who are reading this and are drawn to have your first private session with Jen – you are welcome!

While I was waiting for my private session, I downloaded the Energetic Cleanse and Peanut Butter & Jelly tapping protocols from Jen's website and compiled a list of issues or things that I wanted to release or remove from my energy field. It was a long list. I did two or three hours of tapping every day.

As the day of my session was drawing near, I checked in with Jen to confirm the date and time of the session because of the time zone differences between New York state and Australia. She texted back saying, 'you have good energy.' I was thinking something like, 'sure, I bet you say that to all your clients before a session.' She also asked me if I had done any tapping as preparation. I responded that I have done so many taps that I am bald on the top of my head. She gave me a 'lol' in the responding text.

I have always been a prolific dreamer. I have no issues getting to sleep and always wake up motivated and refreshed. But I have very vivid dreams. Many of them seem to go on for hours and hours. The scenes, the people, the smells, and the colors are all very vivid and all very real

to me at the time. But the scenario, the premise or the canvas of the dreams often have an element of absurdity to them. The best way I can describe the absurd nature of many of my dreams is to compare them to scenes in a movie with a freakshow style carnival as a backdrop – you know, the ones that have warped mirrors and mazes with clowns and other freakish characters?

There were several occasions leading up to my private session that I had vivid dreams that featured Jen and me. They were all very intimate in nature. I saw Jen as the university professor and me as her favorite student. But the scenarios always went well beyond a typical student-teacher relationship. As much as I knew that Jen was helping me in my spiritual journey, I knew that I was helping Jen reconnect to the physical part of the human experience through intimacy. This was the first inkling I had of the synergy between me and Jen.

The private session itself was relatively uneventful. Of course, we did a lot of taps together, and of course Jen gave me a lot of homework. It was certainly not the confronting type of private session that I had experienced when listening to the audio recording of over a hundred other private sessions.

Perhaps the most interesting thing about my private session was that at the end, Jen asked me to stay on the call and ‘chit chat’ with her for a while. This was highly unusual. I have never heard Jen previously ask a client to ‘chit chat’. It took me by surprise. We talked about the weather, some fun facts about Australia, and other things of no consequence. I was in two minds as to whether I should tell Jen about my dreams. I did, and Jen cried when I told her. I felt like such an asshole for making her cry on our first interaction.

So, that was that. Weeks went by. I continued to go through my homework. I became quite skilled at tapping and began to understand the more subtle aspects of Jen's SFT tapping protocols. I continued to spend hours per day listening to private session audio recordings. And I continued to have dreams of Jen.

I don't now recall how it came about, but we started texting each other on Facebook Messenger in the usual inconsequential 'bing-bang' style. This became all too much and was very exhausting. So, one day Jen asked if we could chat via audio, which we did. And soon after that, Jen asked if we could chat via video, which we did. We talked about a lot of unimportant things. And then one day I had another dream.

In this dream, I was a student in a very large lecture hall on my first day of university. There was not a spare seat in the house. I was sitting in the back row. I found this to be very unusual, because when I was at university, I was that annoying student sitting in the front row asking all the hard and inconvenient questions. Seated at the front of the theatre were all the professors in their full academic gowns. Jen was one of those professors.

The premise of the dream was that the professors chose their students and their course of study. I wanted to go into an engineering or science field of study. But I was disappointed when I was not chosen for these. Then it was Jen's turn to select her students for a degree in spirituality. Jen walked amongst the rows of prospective students until she reached the back row where I was seated. She stopped behind me, sniffed around my collar region, straightened herself up, and declared, 'this is the one!'

I told Jen of this dream. We both thought it was prescient. From that time on, Jen and I would have regular hours-long video conferences in which she would share

with me her spiritual wisdom and insights, and I would ask the hard and inconvenient questions. I guess some things never change!

During those early months of interaction, we also did a lot of energy work to help me and my business partner at the time break through the resistance of communicating our ideas to potential clients. As much as this was work for Jen, I found out later that she liked to do it because it gave her an excuse to connect with me. For the record, Jen didn't much like or trust my business partner. More on that topic later.

During our more casual conversations, we talked about Australia, its nuances, animals, expressions, and attitudes. I told her about my intention to set up a working farm where paying clients would experience the farm life, enjoy a truly 'paddock to plate' dining experience, and attend business related workshops. She immediately recognized this as being in synergy with her intention to set up the Jenuine Healing Forest as a spiritual sanctuary for people to reconnect with the wisdom of the trees. Through this interaction and some of my dreams, we quickly realized that we had a synergy of purpose and that we were destined to be together. But in what form?

During one of our spiritual university sessions, Jen told me about her past life experience as Morgana (also known to some as the Lady of the Lake) in the King Arthur of Camelot lifetime. Her telling of the story was quite different from the characters and events that are often depicted in popular literature and cinema.

In her telling of the story, Morgana was the extremely spiritually advanced Goddess that was a half-sister to Arthur; that despite her genetic proximity to Arthur, Morgana was destined to marry him and rule with him for the purpose of uplifting all of humanity; that Merlin was not

as capable a wizard as is generally thought; that Arthur's enchantment towards Guinevere was a spell destined to interrupt Arthur and Morgana's true purpose; that Lancelot was the ultimate villain that brought down Camelot through his affair with Guinevere; that as a result of this betrayal, Morgana was banished from Camelot; and that these sorry events prevented Camelot from fulfilling its true purpose. Humanity was kept in the dark ages and the universal grand plan for an era of Lemurian style spiritual enlightenment was foiled – much to the displeasure of the Adepts.

So, at this stage, I should probably lay out the back story to the whole Arthur saga. My business partner at the time thought he was spiritually aware and had years of Eastern yogic practices under his belt. He convinced himself that he was a person of the Light that was battling the Dark. This narrative played out over the two or more decades that I was working with him.

He would often consult an energy worker in Australia to assist him in his 'battle against the Dark.' I had met this energy worker on several occasions and discovered through him that I had several past lives that involved me, my business partner, a young Chinese Australian woman that we employed for a while, and several historically well-known nefarious characters.

My then business partner was convinced that in one notable lifetime – being the Arthur lifetime - that he was Lancelot, I was his son Galahad, the Chinese Australia woman was Guinevere, the energy worker he consulted was Merlin, and the nefarious characters were opposing war lords.

When I relayed this to Jen, she immediately and emphatically stated that I was not Galahad in that lifetime. I was Arthur. It was our destiny to rule together and usher in a new era of human enlightenment. Lancelot was the

destroyer of that destiny and the cause of Morgana being banished from Camelot. And that banishment sent Jen into nine centuries of traumatic and tragic lifetimes separated from her soulmate – me!

This explains why Jen had such a negative reaction to my business partner. She explained that he was not a person of the Light at all. His primary purpose in all the lives that we have incarnated together was to capture and entangle me to prevent me from realizing myself as an incarnated Adept whose purpose was to usher humanity into a new era of spiritual enlightenment. The Arthur lifetime was just one of several attempts by the Adepts to bring mass enlightenment to Earth.

Now I don't know about you, but that is a lot for a country lad from Australia to absorb in one go.

And so now Jen and I are realized soul mates that have reconnected after at least nine centuries to continue the work and purpose that we have always been destined to manifest for the benefit of all of humanity. Although we have a shared purpose to uplift all of humanity, we each do it in very different ways.

Jen is focused on applying her energy healing and medical intuitive capabilities to help individuals address core issues and remove stagnant energy so that they can realize their purpose and be the best expression of themselves as possible. I have myself witnessed the profound impact of her work by viewing the recordings of hundreds of private healing sessions. And these are just a small sample of the more than 1,000 healing sessions that Jen has facilitated since 2009.

A core aspect of Jen's work with clients during private sessions is her use of the SFT tapping protocols that she was guided to develop by the Adepts. Her book *The SFT*

*Lexicon: Second Edition* is an excellent reference book in the construction and use of SFT tapping protocols.<sup>1</sup> I thoroughly recommend this book to you. It will quickly become your ‘go to’ textbook for achieving a purpose-led, fulfilled, and transcended life.

Over the months that we interacted during the early days, Jen has told me about the tragic circumstances of her upbringing in this life, and the many tragic and traumatic lives she had experienced since her banishment by me. You truly would not wish those experienced onto anyone. But as we talk about them, we saw a pattern of conditioning and scenarios that the Adepts have helped orchestrate that have allowed Jen to be so effective in her work. It has afforded her an ability to identify with, understand, and have compassion for, the full range of experiences that we often describe as ‘the human condition.’ What is amazing to me is that despite all of this, Jen still has an infinite capacity to love all life – both animate and inanimate.

I think it is worth attempting to describe, such as it is, my interpretation of what Jen does in her work, and how she does it.

Through some process that I still do not fully understand, Jen is highly attuned to perceiving in energy. I suspect that this capability has been developed over many lifetimes because of her being sensory deprived of ‘normal’ physical human experiences. Or maybe it is the case that Jen has been sensory deprived from these experiences because she is hypersensitive to perceiving in energy. Either way, what I do know is that Jen’s ability to perceive in energy is off the scale. It allows her to do three important things.

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<sup>1</sup> You can purchase a copy of *The SFT Lexicon: Second Edition* at <https://jenuinehealing.com/product/the-sft-lexicon-second-edition/>



The first is to be in an almost constant state of dialogue with the Adepts through which she gets information, insights, and nudges to do things. Think about this as an ability to tap into direct knowingness, consciously and effortlessly. A lot of people access direct knowingness in their dream state or through mediation. But Jen can access this at will.

The second is that when she tunes into the energy field of her clients during private sessions, she can immediately ‘see’ past-life engrams that are creating blockages to the client realizing perpetual joy, love, abundance, freedom, health, success, security, companionship, creativity, peace, life, wholeness, beauty, enthusiasm, contentment, spirituality, enlightenment, confidence, empowerment, sincerity, integrity, imagination, and kindness.

But for me, the most important thing is Jen’s ability to assist in removing engrams and moving stagnant energy out of the client’s sound frequency and light emanation. It is one thing for clients to utilize Jen’s SFT tapping protocols on their own. But it is infinitely more powerful to do so with Jen’s assistance during private sessions. If you have not yet had a private session with Jen, I thoroughly recommend you do so.<sup>2</sup>

My contribution to the upliftment of all of humanity is to lead the transformation of the global business and investment communities to create wealth on an ongoing basis in ways that enhance societal wellbeing. This purpose is grounded in a noble intent to bring the global business and investment communities into higher consciousness. There is a lot of work to be done to realize this purpose. This is because most of the business and investment

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<sup>2</sup> You can book a private session with Jen at <https://jenuinehealing.com/product/jenuine-healing-session/>

community members currently operate with a high degree of self-interest and indifference as to the impact of their activities on individuals, the wider community, and the environment. Be sure to read the Postscript at the end of this book for more about my work in transforming the global business and investment communities.

A key aspect of the transformation of companies and investment firms is to shift those in leadership roles to operate from a position of higher consciousness. This is where Jen and I are connected in synergy of purpose. We are currently developing and rolling out a series of workshops aimed at corporate professionals involved in the ‘people side’ of business. These workshops will help them enhance their skills to perceive in energy, access higher consciousness, tap into direct knowingness, and utilize SFT tapping techniques in their own professional careers. Having these skills will significantly amp up the capabilities and effectiveness of people operating in professional senior corporate careers.

Aside from these things, there are several other ways that Jen and I are working together in collaboration.

The Jenuine Healing brand was renewed and refreshed in January 2021 to incorporate design elements from the Australian outback. This reflects our intention to make Australia a global focal point of higher consciousness. You can see those branding elements on the Jenuine Healing website and all of Jen’s other social media outlets listed on page xxvii.

Every now and then, and particularly on key portal dates, either Jen or I get a nudge to schedule an ‘uplifting all of humanity’ group SFT tapping session. We generally get between 20-30 people from all over the world participating in these group SFT tapping sessions. There is something magical about having a large group of people with pure

intentions putting energy into the collective at the same time. Some of the more recent group tapping sessions have addressed issues such as healing Australia; breaking down forever-chemicals; dissipating social divisiveness; helping those that are lost and lonely during the holiday season; reversing climate change; breaking up digital monopolies; dissipating nefarious intentions; healing the wounds of September 11; and many, many more. You can sign up to the email newsletter on the Jenuine Healing website to receive notifications of future free group SFT tapping events designed to uplift all of humanity.

And of course, I would be seriously remiss if I did not give proper attention in this foreword to the *Jen in her Jammies* podcast series that is published on Youtube and many other podcast outlets. Anyone who doesn't know about the *Jen in her Jammies* podcast series has clearly been living under a rock.

By way of background, I should mention that I have been an extremely private person for most of my life. So, it came as quite a surprise to me when I had a dream one night in February 2021 in which Jen and I were hosting a podcast. When I told Jen about the dream, she immediately was onboard with the idea. I was hesitant and resisted acting on the dream. But then I did some research on podcasting, the equipment you need, and how to edit videos. We designed a thumbnail image, found some introduction music, and started thinking about the format of our podcast. We settled on *Jen in her Jammies* as the name of the podcast and recorded the pilot episode on March 15, 2021.<sup>3</sup>

The premise of *Jen in her Jammies* is to highlight and play on the fact the Jen and I represent polar opposites on

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<sup>3</sup> You can view the pilot episode of *Jen in her Jammies* by going onto Youtube and typing 'Jen in her Jammies pilot episode' into the Youtube search bar.

almost all dimensions. I represent the left-brained, conservative, analytical, and mainstream of society dressed in smart business casual clothing. Jen represents the right-brained, unconventional, free spirit part of society dressed in her pajamas and featuring an array of plushies. Yet despite our polar opposite nature, we come together in mutual love and respect to explore spiritual and healing topics in a lighthearted manner.

I sometimes think that a lot of people tune into new episodes to keep up to date with the *Jen in her Jammies* plushy family. Many of our listeners eagerly follow the lives and activities of Darshan, Gunter, Little Jen, Albert, Jordan and Tristan. Over time, the plushy family has grown to include Ozgood, Kiwi, Kip, Gumby, Lambsie, Magda, Manfred, Baby Jordan, Baby Tristan, and a gaggle of squirrels, chipmunks and shrimps. Each one of the plushies have their own personality, roles and relationships. For example, Gunter and Little Jen are an item; Ozgood is in an interspecies relationship with Kiwi; Darshan and Kip are best friends, and Darshan has his own wife and bear offspring; and Albert has a wife and koala offspring. You have no idea how active the plushies are!

The plushies play a significant role in the *Jen in her Jammies* podcast series. They provide healing energy to the listener. Jen uses the plushies to teach people to communicate with the inanimate world to enhance their abilities to perceive in energy. And they represent a permission slip for people to reconnect with their inner child. This is important because children are highly intuitive, creative, and can easily access direct knowingness. Society bleeds these innate capabilities from us through the education system, cultural conditioning, and a perception that you need to be tough, analytical and a conformist to be successful in a corporate career.

In the early days of *Jen in her Jammies*, I would plan each episode meticulously and script a series of bullet points to guide the conversation in a structured way. I quickly realized that Jen cannot be scripted. She totally operates in the moment. Nowadays, we just set up the recording studio, hit the record button, and pray that the listener will get some benefit and healing from whatever transpires between the beginning and end of the recording.

We receive a lot of encouraging comments from our audience, both as comments on the Youtube clip itself, and in private emails to Jen. It seems that as goofy and oddball many of the episode are, people are still keen to tune in and connect with the *Jen in her Jammies* family. We have had quite a few people tell us that their day is brightened just by listening to the latest episode. We are so grateful for all the support we receive and encourage as many people as possible to share this valuable resource so that other people can be healed and can have an opportunity to have their own ‘holy shit’ moment when they first meet Jen.

More recently, Jen and I are collaborating to update and edit many of her 19 books. There is so much wisdom and practical guidance contained in Jen’s books. We now have the luxury of time to work our way through the material contained in the collection of Jen’s books and package it so that it is even more accessible to a wider audience.

I recommend this book to you. I trust that it will take pride of place on your coffee table to be appreciated daily.

Marvin Schneider  
Wodonga, Australia  
March 2022





# Jenuine Healing on Social Media

JENUINE HEALING has an active social media presence in order to bring higher consciousness and healing into the mainstream. Here are some links to Jenuine Healing's various social media channels.

*Website:* <https://jenuinehealing.com>

*Purchase:* <https://jenuinehealing.com/purchase/>

*Books:* <https://jenuinehealing.com/books-2/>

*Youtube:* <https://youtube.com/jenuinehealing>

*Podcast:* <https://anchor.fm/jenuinehealing>

*LinkedIn:* <https://www.linkedin.com/in/jenuinehealing>

*Facebook:* <https://www.facebook.com/jen.ward.984/>

*Twitter:* <https://twitter.com/jenuinehealing>





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## ABOUT THE AUTHOR



Jen Ward is a dynamic healer, performance coach and group facilitator. She has devoted her life to helping others unlock their true potential. She is also an accomplished writer and poet.

Jen's extraordinary and challenging personal journey has gifted her with a unique ability to perceive in energy and read akashic records. This, along with her Spiritual Freedom Technique (SFT) taps, allows Jen to work with clients to remove blockages to happiness and effectiveness that exist within any individual.

Jen's goal in publishing this book is to help people connect with their spirituality and transcendence through poetry. A lot of her poems are inspired by talking to the trees outside of her previous home in Rochester, New York.