

THE SFT LEXICON

SECOND EDITION

JEN WARD

JENUINE HEALING
WODONGA, AUSTRALIA

The SFT Lexicon

The SFT Lexicon

SECOND EDITION



Jen Ward

Jenuine Healing
Wodonga, Australia

Copyright © 2021 by Jen Ward.

This work is subject to copyright. All rights are reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law. For permission requests, write to the publisher, addressed 'Attention: Permissions Coordinator,' at the address below.

Jen Ward / Jenuine Healing
<https://www.jenuinehealing.com/contact-jen>

Book Layout ©2017 BookDesignTemplates.com

The SFT Lexicon/ Jen Ward. —2nd ed.

ISBN 978-1-7351056-2-8 (hardback); 978-1-7351056-1-1 (paperback)

Table of Contents

Part I: Introduction and Purpose

A Message from Jen	3
Jen’s History with Madame Helena Blavatsky.....	11
How to Engage with this Book.....	15
Jenuine Healing on Social Media	17

Part II: The Spiritual Freedom Technique

Background to SFT Tapping	21
The Four Core SFT Protocols.....	37
<i>The Energetic Cleanse Protocol</i>	38
<i>The Peanut Butter and Jelly Protocol</i>	40
<i>The Expunging Negativity SFT Protocol</i>	42
<i>The Positive SFT Protocol</i>	43
<i>Using the Four Protocols as Part of a Sequence</i>	44
How to use SFT Tapping Correctly.....	45
<i>How to Word SFT Taps</i>	45
<i>How to Complete SFT Taps</i>	47
<i>Why Some Taps Seem Difficult</i>	47
<i>The Importance of Completing the Entire Protocol</i>	47
<i>Formulating Taps at Five Levels of Consciousness</i>	48

Part III: Specific Taps for Individual Empowerment

Dealing with Physical Issues	51
<i>Acne</i>	52
<i>Aging</i>	54
<i>Allergies</i>	56
<i>Aneurisms</i>	58
<i>Arthritis</i>	60
<i>Associating Pain with God</i>	62
<i>Autoimmune Disorders</i>	64
<i>Back Pain</i>	67
<i>Bladder Issues</i>	69
<i>Body Parts</i>	70
<i>Bone Density</i>	72
<i>Brain and Nervous System</i>	74
<i>Breasts</i>	76

<i>'C' Word</i>	78
<i>'C' Word Worry</i>	81
<i>Candida</i>	84
<i>Carpal Tunnel</i>	86
<i>Cholesterol</i>	88
<i>Colic</i>	90
<i>Compassion for Your Body Parts</i>	92
<i>Conceive a Healthy Baby</i>	94
<i>Crohn's Disease</i>	96
<i>Death</i>	98
<i>Dementia</i>	103
<i>Digestive Disorders</i>	104
<i>Disgruntled Cells</i>	106
<i>Dupuytren's Contracture</i>	107
<i>Eliminating the First Cause of Pain</i>	109
<i>Empowering Your Physical Body</i>	111
<i>Enhancing Western Medicine</i>	114
<i>Everyday Health and Wellbeing</i>	117
<i>Fatigue</i>	118
<i>Feet</i>	120
<i>Fibromyalgia</i>	122
<i>Food Intolerances</i>	125
<i>Food Issues Marathon</i>	127
<i>Frozen Shoulder</i>	131
<i>Genetic Diseases</i>	133
<i>Hair Loss</i>	135
<i>Healing Worksheet for Any Body Part</i>	138
<i>Headaches</i>	141
<i>Hearing</i>	142
<i>Heart Attack</i>	145
<i>Heart Healing</i>	147
<i>Hiatal Hernia</i>	149
<i>High Blood Pressure</i>	151
<i>Improve Your Skin</i>	153
<i>Inflammation</i>	156
<i>Kidneys</i>	158
<i>Knees</i>	159
<i>Lower Back Pain</i>	162
<i>Lungs</i>	164
<i>Lymph Nodes</i>	167
<i>Mental Illness</i>	168
<i>Neck and Throat</i>	170
<i>Nervous System Disorders</i>	172
<i>Preparing Your Body for Surgery</i>	174

<i>Psoriasis</i>	175
<i>Raynaud’s Disease</i>	176
<i>Releasing Pain Marathon</i>	177
<i>Sexually Transmitted Diseases</i>	182
<i>Sciatica and Scoliosis</i>	184
<i>Shoulders</i>	186
<i>Sinus Issues</i>	188
<i>Systems of the Body</i>	189
<i>Teeth</i>	192
<i>Throat</i>	193
<i>Thyroid</i>	194
<i>Tinnitus</i>	195
<i>Tiredness</i>	197
<i>Tourette’s Syndrome</i>	199
<i>Toxic Mold</i>	200
<i>Unwanted Weight</i>	203
<i>Vaccines</i>	204
<i>Vision</i>	207
<i>Your Energetic Flu Shot</i>	210
Dealing with Emotional Issues	211
<i>Adopted Child</i>	212
<i>Anger</i>	214
<i>Anguish of Losing a Child</i>	217
<i>Being Shamed</i>	219
<i>Being Stubborn</i>	220
<i>Chaos</i>	221
<i>Children of All Ages</i>	223
<i>Coping with Loneliness</i>	224
<i>Fear of Change</i>	226
<i>Fear of Death</i>	227
<i>Fear of Speaking</i>	231
<i>Fear of Travel</i>	232
<i>Feeling Disappointment</i>	233
<i>Feeling Disconnected</i>	236
<i>Feeling Discouraged</i>	239
<i>Feelings of Jealousy</i>	241
<i>Feelings of Sadness</i>	243
<i>Feeling Left Out</i>	245
<i>Home and Family</i>	247
<i>Inner Child</i>	249
<i>Losing Faith</i>	251
<i>Loss of an Unborn Child</i>	252
<i>Love</i>	254

<i>Misery</i>	255
<i>Missing One's Home Planet</i>	257
<i>Panic Attacks</i>	259
<i>Parent's Angst</i>	261
<i>Pride in Your Ethnicity</i>	262
<i>Releasing Fear Marathon</i>	264
<i>Resisting Change</i>	267
<i>Teenage Angst</i>	269
Dealing with Psychological Issues	271
<i>Angel of Death</i>	272
<i>Apathy</i>	274
<i>Appeasing Others</i>	275
<i>Aversion to Color</i>	277
<i>Aversion to Eating</i>	279
<i>Becoming More Optimistic</i>	281
<i>Being Nice</i>	282
<i>Being Rigid or Headstrong</i>	284
<i>Being Opinionated</i>	285
<i>Command Worthiness</i>	286
<i>Connection to Abusers</i>	289
<i>Cravings</i>	290
<i>Deep Seated Unworthiness</i>	292
<i>Depression</i>	296
<i>Eating Disorders</i>	298
<i>Falling to One's Death</i>	300
<i>Healing Indigenous Peoples</i>	302
<i>Healing the Trauma of War</i>	304
<i>Hearing Voices</i>	305
<i>Hoarding</i>	310
<i>Holiday Blues</i>	312
<i>Homesickness</i>	314
<i>Homophobia</i>	316
<i>Impatience</i>	318
<i>Indifference</i>	320
<i>Mother Daughter Dynamics</i>	321
<i>Overindulgence</i>	322
<i>Past Life Gang Rape</i>	325
<i>Post-Traumatic Stress Disorder</i>	326
<i>Procrastinating</i>	328
<i>Regret</i>	329
<i>Resentment</i>	331
<i>Seeking Approval</i>	333
<i>Self-Acceptance</i>	335

<i>Self-Confidence</i>	336
<i>Self-Esteem</i>	338
<i>Self-Loathing</i>	340
<i>Sibling Rivalry</i>	341
<i>Soldier’s Guilt</i>	342
<i>Shutting Down Your Own Joy</i>	344
<i>Stop Beating Yourself Up</i>	346
<i>Stop Berating Yourself</i>	348
<i>Suicide</i>	350
<i>Sweating the Small Stuff</i>	352
<i>The Black Experience</i>	353
<i>The Bully</i>	355
<i>Untangling the Wires</i>	359
<i>Violence</i>	361
<i>Waiting</i>	363
Other Behavioral Issues	365
<i>Addiction</i>	366
<i>Adult Child of an Alcoholic</i>	367
<i>Alcoholism</i>	369
<i>Being an Individual</i>	372
<i>Being Judged</i>	373
<i>Break Through all Resistance</i>	374
<i>Changing the Brain Filter</i>	375
<i>Core Beliefs</i>	378
<i>Cravings</i>	379
<i>Deeply Ingrained Masochism</i>	381
<i>Demons of Addiction</i>	383
<i>Drug Addiction</i>	385
<i>Drug Use</i>	389
<i>Individuality</i>	392
<i>Labels</i>	394
<i>Letting Go</i>	396
<i>Limitations</i>	397
<i>Living in the Past</i>	401
<i>Male Slanted Truth</i>	404
<i>Negative Programming and Self-Talk</i>	406
<i>Past Life Traumas</i>	407
<i>Past Lovers</i>	409
<i>Quit Smoking</i>	411
<i>Regaining Your Voice</i>	413
<i>Reprogramming Your Mind</i>	415
<i>Softening Your Words</i>	417
<i>Talking Too Much</i>	419

Relationships, Sexuality and Male-Female Issues	423
<i>Balancing Your Yin and Yang</i>	424
<i>Being a Control Freak</i>	426
<i>Being Gay</i>	427
<i>Changing Your Comfort Zone</i>	429
<i>Competition</i>	431
<i>Easing the Burden of Having Enemies</i>	433
<i>Easing the Process of Divorce</i>	435
<i>Empowering Women</i>	436
<i>Exonerating Yourself</i>	438
<i>Gender Neutrality Marathon</i>	439
<i>Female Issues</i>	442
<i>Helping Pets</i>	444
<i>Impotence and Healing Your Manhood</i>	446
<i>Improving Your Relationships</i>	448
<i>Leading with Kindness</i>	450
<i>Rape</i>	451
<i>Sexual Issues</i>	453
<i>Spiritual Wedding Vows</i>	455
<i>Stopping ‘Yanging up Your Yin’</i>	457
<i>The ‘Black Sheep’</i>	460
<i>The Cultural Disparagement of Girls</i>	462
<i>Truth, Love and Communication</i>	463
Back Matter Material	
Glossary of Terms	465
Index.....	467

To Marvin Schneider, thank you for combining your genius with my work so that it can be considered a serious literary contribution. You are my soulmate, my best friend and my partner in every way. Everything that I have endured to bring this work to humanity falls away at the knowing of you. This book is yours as much as mine. May all appreciate your dedication as well.

*Shame is a powerful form of subjugation.
It is like training the individual to enslave themselves.*

—JEN WARD

PART I



Introduction and Purpose

This book is intended to introduce readers to the simple but powerful Spiritual Freedom Technique (SFT). It is intended as a reference guide to help readers resolve whatever issues might be preventing them from experiencing Joy, Love, Abundance, Freedom, Health, Success, Security, Companionship, Creativity, Peace, Life, Wholeness, Beauty, Enthusiasm, Contentment, Spirituality, Enlightenment, Confidence, Empowerment, Sincerity, Integrity, Imagination and Kindness. These issues could be physical, mental, emotional, or spiritual. Their genesis could lie in this life or in a past life.

The SFT Lexicon provides a roadmap and an easy-to-follow reference guide for anyone seeking to take back their empowerment as a steppingstone to transcendence, higher consciousness, and enlightenment.

This second edition of The SFT Lexicon represents a significant refresh of the original book of the same title. The SFT taps contained within this book are focused on addressing core issues at the level of the individual. Once core issues have been released, readers may be interested in continuing their use of SFT tapping to raise their own consciousness on their path to enlightenment using the companion book entitled 'Enlightenment Unveiled,' and then to uplift all of humanity using another companion book entitled 'Turning Point.'

CHAPTER 1



A Message from Jen

I HAVE ALWAYS BEEN A SENSITIVE PERSON. I spent much of my early years as a child crying. It wasn't until well into my adulthood that I realized I was feeling other people's pain. Every day was excruciating. Hearing music and interacting with people elicited such emotional pain because I was tapping into the suffering of all of humanity. I had a deep desire to be spiritual from an early age. I remember sorting out my personal stance on angels, God, and Purgatory when I was about four years old.

I was the youngest of ten children in an alcoholic home that was dysfunctional at best. Being introverted and invisible were my best survival tools. The only means of validation I had was in helping others. I kept all my thoughts and desires to myself and was not really aware of the keen insights I was collecting.

As I delved into my own spirituality, I would have dream memories that were so real that I knew them to be from my past lives. I remembered explicit scenarios of different ways I had died. People would ask me, 'How do you know they are memories of you?' I would answer, 'How do you know that memory of what you did yesterday was of you?' It was a very vivid recollection.

I remembered how I was murdered, what it felt like to die slowly, and what happened when I died in war. I also remembered being dead in one lifetime and not realizing it. I know the special hell of still thinking I am alive when the body had been killed. Each of these scenarios now help me release for clients who are having difficulties. Everything that ever happens now - whether I am asleep or awake - is research to help release people from similar issues.

The bulk of my social life involved listening to people who called me with their problems. I have always listened with reverence. I was so grateful that someone wanted to talk to me that I would do anything I could in the moment to help them feel better. This is a special innate quality that I have which I have always honored as sacred. It is a subtle way I use to serve God.

Adulthood brought with it a relentless string of challenges that left me fighting for simple amenities like food and shelter. Exhausted, broken and nearly defeated, a friend started taking me

to sessions of an energy worker. The sessions seemed to lighten my burden like nothing else. I gained some self-esteem and enrolled in massage therapy school.

When I was in school, we learned that tissues carry issues, and this was evident by the way the students responded positively to massage. I could feel energy move around the body. I became proficient in massage and was ‘in demand’ during clinic hours. Not only could I feel energy in the body when I touched it, I could feel it even when I didn’t touch the body. I could also help energy flow around the body just by intending it to do so. Each massage was reverent to me, and my intention to help someone feel better seemed to bring more results than the average massage.

Other modalities became easy for me to learn. People would spend thousands of dollars to learn special techniques. They would then show them to me, and I would just know them. I started to figure out new ways to use modalities, and people started to have heightened experiences during my healing sessions.

I brought my knowledge of how to move energy to people I talked to on the phone. I began using a technique known as ‘medical intuitive.’ When I talked to someone, I could perceive their blockages and gently will the energy to unblock. I could perceive sick organs and cloudy areas in the body. I would release the cloud with my intention and bring clarity back to the body.

My focus and intention to help others was so intense that it seemed to collapse space in a way, and I could feel the disease of their body like a stagnant cloud around me. I somehow learned how to ‘blow away’ the cloud and dissipate a person’s blockages. They would feel remarkably better. It also seemed to help me push stuck energy if I would emote sounds. Although uncomfortable to listen to, people tolerated the sounds because of the incredible relief they felt when I made them. The sounds evolved into mimicking the sounds of the issues that were being released. Some were anger, sadness, frustration, and so on. I could interpret the sounds I was making to access more information about the issues the person was holding.

People started calling me in emergency situations. One friend who had diverticulosis called me in the middle of the night because she did not want to go to the hospital emergency room. Since she refused to call an ambulance, I stayed present with her and tried to make her feel better with my intention and sounds. She relaxed after a while, and the condition never returned. She never had a recurrence of the bleeding that is a common symptom of diverticulosis.

I did a similar type of session for my best friend’s mother who was in and out of the hospital with diverticulosis. The doctors were thinking that she would not recover from the condition. Unaware of personal boundaries at the time, I thought about my friend’s mother in the hospital and just started emoting and releasing like I would if she were on the phone with me. My friend called me the next day and told me her mother had been released from the hospital. The bleeding had stopped. Her mother lived another twenty years and never had another bout of diverticulosis.

My older brother called me in the middle of one night with a terrible headache. He was someone I wanted to help very much. I was never one he would usually reach out to, so it was very special when he did so. I started to feel his headache. It was like a vice. I started to feel all sweaty and unbearably uncomfortable. I can only explain that I felt like his issues were a river moving like a tube past me. During the most intense part of the experience, a voice within me – my inner guidance – told me NOT to remove the whole river.

I stopped myself before releasing everything I was capable of releasing. I told him to go to the hospital. Later through the grapevine, I learned that he had a mini stroke that night. It was so minor, but he had a slight lisp as a result. I intuitively knew the lisp was the part that I was told not to release for him. He needed that slight reminder for his own spiritual lessons. He never acknowledged my help that night, and I don't even think he realizes what transpired.

I learned of the correlation between emotional pain and physical pain from a woman who came to me with excruciating fibromyalgia. She was so sore that she could not be touched. I was still inexperienced, so I blurted out during the assessment, 'You were gang raped in a past life.' She looked at me horrified. I realized what I had done. She hadn't been gang raped in a past life; it happened to her 30 years past in this life. She never told anyone.

With her secret exposed between us, I started sobbing uncontrollably. She hugged me and was consoling me, but she really was hugging and consoling herself. It was the first time she acknowledged the trauma she had endured. It took her a few months to come back to me again. But when she did, she reported that the pain was much less. She seemed happier and lighter with each session with me touching parts of her body and sobbing spontaneously. Her physical issues seemed to come from being so saturated with emotional pain that it bled into the body as pain.

I have developed a deep devotion to helping others. It has created such an acute sensitivity to someone's energy system that I can perceive when they are not aligned in their center. I can help them shift back into their center or realign them by using the same intention that I use to release blockages.

I am able to see a pattern between past lives and present-day injuries. I can access akashic records and see past experiences layered upon a present-day injury. If someone has a sore neck for example, I may see layers of lifetimes coming into play. While I am connecting with someone, I can be watching them go to the gallows, being decapitated, choked, and so on. From my perceptions, I will create a set of SFT taps to fit their specific trauma. I will have this person release the specific trauma 'in all moments' - which of course includes previous lifetimes.

I can also tell people how the dynamics of their past lives are affecting their present life. This is usually something very specific that it could not be arbitrarily known to me. The information creates receptivity that helps people trust me enough to release their issues. This was the case for one woman client that I had seen decapitated in a past life. I saw her as a queen going through a chamber of a castle to be executed by decapitation. I also saw that in the present life, she collected crowns and was very sensitive to people coming up behind her. Hearing this, she was more receptive to the SFT taps given to her to release the trauma she was holding in her neck.

Once there is an understanding of what is causing a specific pain, and it is validated, the body is free to let go of the pain. In this sense, pain is used as a cry for help to address very core issues.

For a long time, I never understood why the law of attraction did not work for everyone. If one person could have abundance, why can't everyone? I later realized that if the law of attraction did not work for someone, it was because they made a different agreement with life that rendered the law of attraction inoperable.

It occurred to me many of us were in monasteries in past lives. As part of our devotion, we took vows of poverty, silence, solitude, and so on. We said them as sacred oaths to God, and we

made them forever. I combined this knowledge with my abilities to assist energy flow and created a protocol of SFT taps for people to do on themselves as part of a session with me. The goal of these taps was to undo past life vows and agreements that are counterproductive to Joy, Love, Abundance, Freedom, Health, Success, Security, Companionship, Creativity, Peace, Life, Wholeness, Beauty, Enthusiasm, Contentment, Spirituality, Enlightenment, Confidence, Empowerment, Sincerity, Integrity, Imagination and Kindness. This protocol has been very effective in assisting others.

I started making the SFT taps specific for individuals, and they seemed to get great results. One girlfriend of mine was a successful and attractive woman in her forties who never dated. There was no outer reason for this. I observed her wearing a ring on her wedding band finger. She said it was from her dear aunt and she always wore it. In that moment, I saw her as an old nun who wore a wedding band because she was married to God.

I created an SFT tap for her to recant her vow to be married only to God in all lifetimes. She obliged. The next day, she was asked out by someone she was interested in. It never amounted to anything, but it was a validation to her that the tap worked. A couple of months later, she started to date her old boyfriend and became engaged a couple months later.

I have found that it does not matter if I do a one-on-one session or work with a group. In a group setting, there seems to be an energy shift in all attendees. Many people do not realize the correlation between the work I do in sessions and what then transpires. They just seem to feel lighter in the moment and think their life has just spontaneously turned around. That is fine. My primary interest is to make sure that clients get what they need and that they become the best version of themselves.

This work seems to be my purpose, and I look forward to the process of helping as many people as possible. When one person shifts, the people around them seem to symbiotically shift as well. I believe that the more that people shift, the more humanity can be affected in a positive way. This seems to be my purpose.

Many years ago, I met a very intelligent man that silently suffered from being in society. As I assisted him, he became very grateful. He would send me gifts and gave me attention that no man had given me. I felt special. He was compelled to connect with me only as a means of relieving his suffering from intangible sources.

In my attempts to help him, I delved deeper and deeper into his psyche. It was a dark place. Through his delusions, I have learned about alternative realities, UFO's, the paranormal, the Illuminati, and so on. My help gave him such relief that he wanted to take care of me.

We moved to an isolated area where neither of us knew anyone. He changed drastically towards me almost at once. Instead of seeing me as a blessing, he saw me as a threat and thought my talents were something that I stole from him. He became obsessed with my dog and became very resentful of me. Before we had moved together, I developed Stockholm Syndrome and cut off all contact with my friends and family. It became easy for him to control me.

In a short amount of time, I went from being a gift to the world in his eyes to the opposite. In a paranoid state he made me drink vinegar water throughout the day and had me induce niacin flushes upon myself daily. He told me I was evil and created a heightened state of terror and

confusion in me that was maintained until I entered an altered state of bliss and non-ego for three days. I had the most horrific experiences with darkness and despair in alternate realities. I also saw the dichotomy of hell and the beauty of creation, and how easy it was to manifest worlds.

I came out of the three-day experience different. My perceptions were even more sensitive. I seemed to be at peace with whatever happened. I willingly worked outside from morning to night on a small bowl of rice a day. He thought the fat on my body represented the selfishness of the world, and he wanted me to lose all excess weight. I was mentally tortured and repeatedly indoctrinated into how disgusting I was. He would force me to explain to him in the third person how pathetic I was. It would delight him, and it became the way we interacted.

Several years ago, on April 1st, I was too weak to perform the morning ritual of abuse. As I prepared myself for the workday, something made me stuff my ID in my work pants. He locked me out of the house for not working, and I walked four miles in a weakened state to get help. Nearly starved to death, I escaped. It took many months to get my mental faculties back. I again relied on an energy worker to balance me out.

When I got back to my hometown, most of my old friends and family wanted nothing to do with me. I had a very difficult time acclimating back into the world. All I wanted to do was find a nursing home that would accept me and find a place where the onslaught of stimuli didn't reach me. It was a lonely and painful time, more so than usual. I was afraid to use my talents because they brought in so much of the indoctrination that I was bad. I never wanted to hurt anyone inadvertently.

I started talking to a wonderful man who helped me when all the intangible fears came in. He would have me visualize taking him by the hand and diving into the fears. He helped me realize that all my fears are illusions and helped me dissipate them. He helped me overcome my fear of helping others. People's deep-seated issues are not intimidating to me because of what I have lived through. My experiences have created a depth of understanding that I could never have attained without the experiences I have had.

I began working in a small suburb as an animal communicator. People would seek me out innately through their pets to get their own issues met. I also became aware of those who have crossed over seeking me out to give messages to their loved ones. They would tell me things that were very accurate to prove that it was about them. It never seemed dark to me because I treated it as a matter-of-fact messaging system.

I have an aversion to being considered a psychic or medium. I go out of my way to not put those labels on myself. I never understood the purpose of giving people information from the other side unless it benefits them in some way. It has been part of my goal to teach people how to assist themselves and not rely on a third party.

A year after returning to society, I ran into my nephew who is a genius in business. He was going through a transition, and I assisted him. In return, he introduced me to his business partners, and they created a website for me so I could help others. They helped me create a cyber-presence, and in return, I was able to assist them with business issues just like I would address energy shifts in the body. They made me feel safe in the world to share my talents. They even took the time to teach me social media.

I discovered a protocol for helping lost pets. Animals have a mechanism to help them find their way home. (We all have seen *The Incredible Journey*.) But I discovered that lost pets go into primal mode. So, if I tune in to them and do an emotional release on them, they snap out of primal mode and just go home. It has a high rate of success. I started helping more people find their lost pets and working on creating more of a presence for myself in the world.

I do most of my work in remote sessions, initially on the phone but now with Zoom. It is easy for me to feel people's issues even before our session. It is hard to describe what happens in one of these sessions. I articulate people's issues to them better than they can articulate for themselves. I do an initial release on stagnant energy (blow it away) and then I get a better sense of what needs to be addressed. Clients are able to release their issues if they are open, because their mind has no way to refute the shifts.

It seems that all I have experienced in this lifetime has been a 'field study' to assist others in becoming their own healer. People who are interested in my work seem to pick up on what I do and help others. Many clients will say that they were praying or meditating for answers and were told to have a session with me. I feel that I have the stamina to assist large groups to shift back into alignment so that they can continue their own spiritual quest without giving up their power. The more that individuals realize what they are capable of, the more they will empower themselves and those around them.

People often ask if I have studied this or that. I really haven't been indoctrinated in any way with formal qualifications. I just take the techniques that I have acquired and extrapolate them. A potential client once asked a friend of mine what my healing qualifications were. The potential client was a successful businesswoman for whom qualifications were very important. It was as if she would only interact with people that were suitably qualified. I remember my friend's reply vividly. His reply was, 'Once you have had a session with Jen, you won't ask that question!'

Now I am facilitating private remote sessions for people all over the world. I reach into the depth of the pain of those who come to me. I can pull out the core issues that have taken them off course and assist them into shifting back into alignment. People come to me saying they were at the end of their rope, praying to God, and they were led to me.

I have been working tirelessly for the past twelve years to gut big establishments from using the life force of individuals to fuel their nefarious hunger for more and more power. Just like any person can be corrupted, most very large businesses and establishments have been corrupted as well. It is almost not possible to exist at that level of power and presence without being corrupted. Until now.

These big establishments have been weakened through the pullout of individual's energies. Their ability to perpetuate their drive and vigor has been stunted from feeding off the rogue geniuses that come along. This is why there has always been a fervent attempt to land the best and brightest talents. It is the energy of the greatest talents that have fueled the most ill-gotten gains. This is the process that has been interrupted by the work I do.

Without the ability to take from every golden child of each generation, all businesses are going to need to learn how to actually survive on their own merits. Instead of merely showing up as appearing well intentioned, they are going to actually need to BE well intentioned to compete in

the space they currently occupy. Just like I am training individuals to operate with the ethics necessary for the fifth dimension, I am partnering with Marvin Schneider and his business partner to train the whole of the global business and investment community to operate at the fifth dimension as well.

Unprecedented success is no longer something that can be phoned in. Businesses with less than noble intentions will no longer be able to fake altruism. Every individual and every business is being forced to upgrade to be viable and survive in the fifth dimension. Marvin Schneider and I have been honing our abilities to transform all of the business world to be of assistance to the transcendence of humanity rather than a hindrance.

These upgrades do not happen in a vacuum, and they do not happen through osmosis. They must be fed into the collective through the blood, sweat, tears, and intention of those who work tirelessly to assist in upgrading all of humanity. All individuals may benefit from the fruit of these original intentions. But the more that an understanding is in place of what is actually being done for the benefit of humanity, the gratitude and appreciation of the collective can open the energy of humanity to transcend. It is for this reason that we convey the incredible work that is being done on humanity's behalf.

I am humbled and surprised by the support that I have received. I am amazed and grateful for the response I have received from those I have helped. There is a love bond with everyone I assist. My passion is to elevate the quality of existence for as many souls as possible using any gifts I may have.

CHAPTER 2



Jen's History with Madame Helena Blavatsky

BACK IN 1877 IN HER BOOK *ISIS UNVEILED*, Madame Helena Blavatsky wrote of the outflowing of energy originating in Rochester, New York, where I have lived for many years and from where I developed SFT tapping.

*'It is possible. Thirty years ago, when the first rappings of Rochester awakened slumbering attention to the reality of an invisible world; when the gentle shower of raps gradually became a torrent which overflowed the whole globe, spiritualists had to contend but against two potencies — theology and science. But the theosophists have, in addition to these, to meet the world at large and the spiritualists first of all.'*¹

Madame Blavatsky was seeing back then what I do today. In her book *Isis Unveiled*, she referred to 'rapping.' I wonder if she knew back then about the SFT tapping I do today. After all, the SFT taps are done 'in all moments.'

I was told many years ago by my guides that I am Madame Blavatsky. When I first saw her, I did not want to believe it because she was so homely. I didn't even realize then that I had special abilities with healing and insights. I wasn't even devoted to writing back then. The only clue I had to being special was that incredibly gifted healers would show up in my life and be told by their guides to do everything they could to assist me. Knowing this now brings tears to my eyes as I recall all the times my guides would intervene on my behalf. They were always there when I was scared or overwhelmed to comfort and to reassure me.

One such time was when I was about nine years old. It was winter, and our decrepit house was heated by oil-fueled space heaters. The grown son of my mother's lover would taunt us children in many ways. He was a chain smoker who camped out for the whole day in our small kitchen.

¹ Blavatsky, H.P., *Isis Unveiled Volume 1*, Cambridge University Press, 1877, p36

He would cackle and say that if one small cigarette butt hit the ground our house would go up in flames. One night I went to bed terrified this was going to happen.

Now, looking back, it feels like my guides sat perched right on the other side of my conscious awareness and saturated me in the love that I was not receiving anywhere else. As I went to sleep one night, terrified of a fire, my guides' love emerged through the invisible barrier of our realms to nurture me. It wasn't like they talked to me in words but instead fed truth right into my heart. They gifted me with the assurance that dying in a fire was not my fate. They imprinted kindness and the sense of being protected within me. I went to sleep happy.

Another time was when they came to the rescue when I was told I had to move out of my family home in four days. I had no prospects, no money to secure my own place, and no real survival skills to manifest a solution. I was numb with panic. My guides told me then that I did not need to worry about anything but the present moment. If I was fed, warm, safe, and clean in the present moment, then everything was okay. So, all I had to do was focus on the present moment to get to the next one. I did not have to do anything until the moment came when I had to act. Since I had no action to take in the moment, I just relaxed my energy and rested. It worked. I survived. There is less wear and tear in this life using this technique.

I pay attention whenever that same sense of the loving presence of my guidance seeps through my conscious mind. When it tells me that I am Helena Blavatsky, I am more apt to listen because of the times it has assisted me when I was in need.

One day, I was playing around with her book *Isis Unveiled* that had her image on the front cover. I held it up to my face and matched profiles just be funny. My cousin's jaw dropped as he indeed could see a physical likeness.

I asked my sister to take a photo of myself next to the image so that I could see for myself. The likeness was uncanny. I slowly came to terms with the reality of being her and soon discovered many similarities in our lives, and one huge difference.

There is a quote by Helena's mother saying how she feels so bad about the horrific life that Helena is going to have. This quote was made when Helena was already an adult. It also did not compute with her life at that time. Helena had a very good life then. She had financial freedom and got to travel the world doing exactly what she wanted. It is evident to me that Helena's mother was talking about my present life, and what her daughter would endure in this life. It is true that this lifetime has held many difficulties for me including being cursed at birth by the present mother. Helena's mother's love enabled me to reach back through time and space and get a sense of a mother's love from that lifetime. It is a helpful technique to use to get one's needs met.

I am not able to read Madame Blavatsky's work. It is overwhelming for me. By the same token, I don't like to read anything that I have written in this life either. I am told by people who have read her work that our writing is similar. I believe we have a similar passion. Or should I say that my passion has continued through lifetimes.

I received criticism for using an image comparing my likeness to Madame Blavatsky on the cover of my first book. I love how, with all that I have endured at the hands of rejection and isolation, that people come forward now to give me advice. The truth is, gratuitous advice to me

is an insult. No matter how well-meaning it is, there is a hint of using it as leverage to diminish someone else. That is why I don't think of myself as giving advice, because it is never my intention to feel superior to others. In fact, this whole life involves me taking a stance of deference with others so as not to deflate the fragility of their human condition.

When I engage with others, their fragility may inadvertently be ruptured so that the spiritual essence of their higher awareness can emerge through a process I refer to as 'ripping layers off.' It is a process of piercing and deflating the ego so that the true self can be empowered. This is what is happening when people get their feelings hurt by me. It is actually the process of a calloused self being shaved down to the beautiful pink skin of soul.

I chose the cover of me comparing my likeness to Madame Blavatsky for my first book for many reasons. One is that my guides told me to use it. In the same way that they have reassured my heart in the past, they give me direction in how to proceed with every little detail of my life. They also feed understanding into me.

They wanted me to own the fact that I am a testament to reincarnation because the belief in just one physical life is still used so often to diminish others. It is funny because John the Baptist talked about how Jesus was the reincarnation of a great soul that came back to serve humanity. That part has been edited out of the good book. Think of all the issues that would be curtailed if people understood that they come back to the same conditions that they have created. We will see a lot more responsible behavior in the world when reincarnation is adopted as the Universal Truth that it is. May my presence speed up that process!

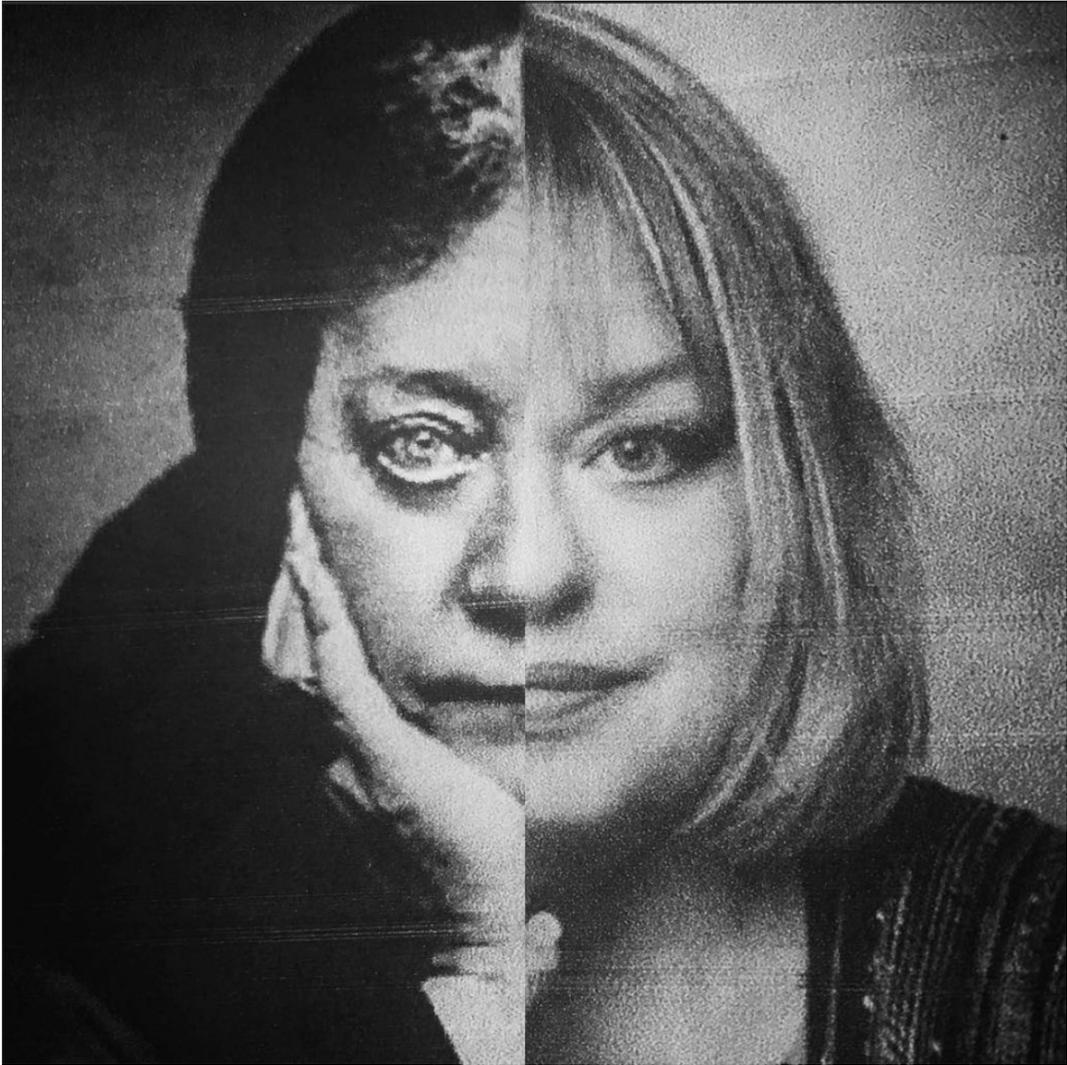
People are growing aware and are spontaneously awakening to the fact that they are eternal souls. I see people's past lives like someone else would read a holographic news story. But if I can read them, then it means that they are available to all. The shifts that happen when people realize the connection between their past traumas and their present issues are miraculous. Profound healing is happening. It is a necessary segue for humanity to adopt higher consciousness.

All the books I write hold the intention of assisting individuals in accessing their own empowerment. They even enhance their sense of connection with all other souls. As far as being a writer, I have devoted this life and others to sharing truths that will free mainstream society of the deluge of lies that have separated them from their empowerment.

I encourage everyone to read my books and try the exercises that I share. They are infused with healing and loving intentions for everyone. I have come back to this world and endured so much merely to save everyone from needing the same level of commitment to awakening that I have had to invest.

May some of you recognize the gifts that you are receiving and allow gratitude to propel you into the heart of divine awareness. May it motivate you to send similar noble intentions out to all others in the spirit of camaraderie and love.

That is why I use the image comparing my likeness to Madame Blavatsky. I stand by my choice and intention.



CHAPTER 3



How to Engage with this Book

THIS BOOK PROVIDES BOTH A ROADMAP and an easy-to-follow reference guide for anyone seeking to take back their empowerment as a steppingstone to transcendence, higher consciousness, and enlightenment.

It shows the reader how to apply the Spiritual Freedom Technique (SFT) to address, resolve or release whatever core issues might be preventing them from experiencing Joy, Love, Abundance, Freedom, Health, Success, Security, Companionship, Creativity, Peace, Life, Wholeness, Beauty, Enthusiasm, Contentment, Spirituality, Enlightenment, Confidence, Empowerment, Sincerity, Integrity, Imagination and Kindness. These issues could be physical, mental, emotional, or spiritual. Their genesis could lie in this life or in a past life.

Part 2 of *The SFT Lexicon* introduces the Spiritual Freedom Technique. It describes the origin and purpose of SFT tapping. It presents the four core SFT tapping protocols that readers will find themselves using extensively as they incorporate SFT tapping into their lives. And it explains how to use tapping correctly.

Part 3 contains several hundred unique sets of taps, each of which was used in private healing sessions to successfully address one of an enormous number of underlying core issues that were acting as impediments to the progress of individual clients. They are clustered into chapters to assist the reader in navigating between topics. Readers are encouraged to complete those sets of taps that resonate with them.

A glossary of terms is provided at the back of the book as there are some terms with which many readers will not be familiar. For example, there are no words in common usage that explain the energy pull between two things. The word for this is vivaxes.

CHAPTER 4



Jenuine Healing on Social Media

ALTERNATIVE HEALING IS AN ENIGMA TO MANY. There is so much secrecy surrounding it. There is also a precarious dilemma created in convincing people how dynamic the work can be without making any sweeping claims. Anything someone says can and may be used against them in the future. It makes it more difficult for people to confidently share what they are capable of doing.

Much of the material and insights contained in this book and others in the series have been compiled from research I have conducted over many years in facilitating client private healing sessions. Many videos are available on Youtube which showcase the transformative healing that takes place in private sessions.

What happens in a private session is a sacred trust between the facilitator and the client. In many ways, it is one of the most intimate human experiences possible. It is amazing to me that many people agree to allow their private session to be shared on a public platform such as Youtube. This is a profound form of selflessness. It is, in a very real sense, a gift to all of humanity.

Website: <https://jenuinehealing.com>

Book Private Sessions: <https://jenuinehealing.com/product/jenuine-healing-session/>

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

Blog: <https://jenuinehealing.com/blog/>

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

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

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

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

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

Glossary of Terms

There are some very complicated metaphysical concepts that do not need to be so difficult to understand. Anything that is fathomable in the Universe should be able to be simplified so a child can understand it. For instance, there are no words that explain the energy pull between two things. That would be the word vivax. As we become more enlightened, we will need more and more words to explain our ever-expanding relationship with energy.

Claws: Sometimes, and in some instances, a person will feel psychically gripped by an issue. The best way to depict the feeling of this is with the word claws.

Engrams: Engrams are the way past issues are stored in our energy field. Think of how a groove in a vinyl record plays a song repeatedly when a needle is inserted in the groove. An engram is a groove in a person's energy field that plays a behavior repeatedly.

Enlightenment: This is the formula process of a person meeting all of the negativity within themselves and stripping it away so they are no longer at the mercy of the ego and can see themselves more as a reflection of the higher realms than in reactionary mode.

Light Bodies: We seem like solid energy, but we are really made of layers of energy consisting of different vibrations. Our physical body is the coarsest. Then the emotions create a layer of vibration around that. People know that layer as the astral level of vibration. Then there is the level that contains the memory of every past experience. This layer is called the causal plane and the records are called the akashic records. After that layer of vibration is the mental realm. This is the same layer as the ego, and it is why it is difficult to see beyond the mental realm because the ego tries to prevent it. Above that level, the duality of the lower vibrations are dropped and the energy beyond that is of such a purity, it registers as a neutrality. That is why feeling good is not the highest expression of love but loving neutrality or detachment is a more spiritual state. The ego will convey this as bliss but in its true state, it is neither positive nor negative.

Light Emanation: We are not solid matter. In energy, we are a Light Emanation and a Sound Frequency woven together to give the illusion of matter.

Matrixes (also Matrices): Stagnant energy can exist in cloud form. We walk through it all the time during the day. It can affect our moods. If a person walks

through energy and it identifies with their vibration, it may collect in an individual and seem like an intrusion.

Complex Energy Matrix: When an energy matrix intrudes upon your energy system and identifies itself with a personality, it may convince you and it that it is an aspect of you or that it is a totally different individual that has taken you over in some way. It is merely stagnant energy that needs to be dissipated. No melodrama necessary. Just release it with the taps.

Portal: An energetic gateway.

Psychic Stream of Energy: A compilation of a similar vibration of thoughts and emotions that creates a cloud-like energy that can affect those who are subjected to it.

Sound Frequency: One of the two aspects of ourselves, the other one being Light Emanation. All energy is either Light or Sound. Knowing ourselves as Sound Frequencies and Light Emanations is breaking ourselves down to our true state devoid of ego and ego limitations. It is as a Sound Frequency or Light Emanation that we are capable of traveling in all realms and knowing ourselves as omniscient, omnipotent and omnipresent. It is also a means of communicating with Source or God in Its native tongue.

Strings: When two energy sources touch, a string of connecting energy is formed between them. If attention is kept on this string, it can become reinforced with obsessive or repetitive thoughts. These strings need to be broken if one is going to be free of the object of the taps.

Tentacles: Energy that reaches out and attaches to someone, perhaps to take from them or feed off their energy.

Vivaxes: An energy pull between two or more people, places or things.

Vortex: A vortex is an energy pull similar to a gravitational pull between two components. For example, there is a vortex between the sun and all the planets and there is a vortex between the earth and moon.

Wei Chi: The 'skin' on the surface of a person's energy field that provides a natural barrier to energies interrupting one's natural function. It gets pierced and broken during trauma and then it is more difficult for an energy to hold its electromagnetic charge. Someone whose Wei Chi is intact may have a natural magnetism.

Index

- Acne, 52
- Addiction, 366
- Adopted child, 212
- Adult child of an alcoholic, 367
- Aging, 54
- Alcoholism, 369
- Allergies, 56
- Aneurisms, 58
- Angel of death, 272
- Anger, 214
- Anguish of losing a child, 217
- Apathy, 274
- Appeasing others, 275
- Arthritis, 60
- Associating pain with god, 62
- Autoimmune disorders, 64
- Aversion to color, 277
- Aversion to eating, 279
- Back pain, 67
- Balancing your yin and yang, 424
- Becoming more optimistic, 281
- Being a control freak, 426
- Being an individual, 372
- Being gay, 427
- Being judged, 373
- Being nice, 282
- Being opinionated, 285
- Being rigid or headstrong, 284
- Being shamed, 219
- Being stubborn, 220
- Bladder issues, 69
- Body parts, 70
- Bone density, 72
- Brain and nervous system, 74
- Break through all resistance, 374
- Breasts, 76
- C word, 78
- C word worry, 81
- Candida, 84
- Carpal tunnel, 86
- Changing the brain filter, 375
- Changing your comfort zone, 429
- Chaos, 221
- Children of all ages, 223
- Cholesterol, 88
- Command worthiness, 286
- Compassion for your body parts, 92
- Competition, 431
- Conceive a healthy baby, 94
- Connection to abusers, 289
- Coping with loneliness, 224
- Core beliefs, 378
- Cravings, 290, 379
- Crohn's disease, 96

Death, 98
 Deep seated unworthiness, 292
 Deeply ingrained masochism, 381
 Dementia, 103
 Demons of addiction, 383
 Depression, 296
 Digestive disorders, 104
 Disgruntled cells, 106
 Drug addiction, 385
 Drug use, 389
 Dupuytren's contracture, 107
 Easing the burden of having enemies, 433
 Easing the process of divorce, 435
 Eating disorders, 298
 Eliminating the first cause of pain, 109
 Empowering women, 436
 Empowering your physical body, 111
 Enhancing western medicine, 114
 Everyday health and wellbeing, 117
 Exonerating yourself, 438
 Falling to one's death, 300
 Fatigue, 118
 Fear of change, 226
 Fear of death, 227
 Fear of speaking, 231
 Fear of travel, 232
 Feeling disappointment, 233
 Feeling disconnected, 236
 Feeling discouraged, 239
 Feeling left out, 245
 Feelings of jealousy, 241
 Feelings of sadness, 243
 Feet, 120
 Female issues, 442
 Fibromyalgia, 122
 Food intolerances, 125
 Food issues marathon, 127
 Frozen shoulder, 131
 Gender neutrality marathon, 439
 Genetic diseases, 133
 Hair loss, 135
 Headaches, 141
 Healing indigenous peoples, 302
 Healing the trauma of war, 304
 Healing worksheet for any body part, 138
 Hearing, 142
 Hearing voices, 305
 Heart attack, 145
 Heart healing, 147
 Helping pets, 444
 Hiatal hernia, 149
 High blood pressure, 151
 Hoarding, 310
 Holiday blues, 312
 Home and family, 247
 Homesickness, 314
 Homophobia, 316
 Impatience, 318
 Impotence and healing your manhood, 446
 Improve your skin, 153
 Improving your relationships, 448
 Indifference, 320
 Individuality, 392
 Inflammation, 156
 Inner child, 249
 Kidneys, 158
 Knees, 159
 Labels, 394

Leading with kindness, 450
 Letting go, 396
 Limitations, 397
 Living in the past, 401
 Losing faith, 251
 Loss of an unborn child, 252
 Love, 254
 Lower back pain, 162
 Lungs, 164
 Lymph nodes, 167
 Male slanted truth, 404
 Mental illness, 168
 Misery, 255
 Missing one's home planet, 257
 Mother daughter dynamics, 321
 Neck and throat, 170
 Negative programming and self-talk, 406
 Nervous system disorders, 172
 Overindulgence, 322
 Panic attacks, 259
 Parent's angst, 261
 Past life gang rape, 325
 Past life traumas, 407
 Past lovers, 409
 Post-traumatic stress disorder, 326
 Preparing your body for surgery, 174
 Pride in your ethnicity, 262
 Procrastinating, 328
 Psoriasis, 175
 Quit smoking, 411
 Rape, 451
 Raynaud's disease, 176
 Regaining your voice, 413
 Regret, 329
 Releasing fear marathon, 264
 Releasing pain marathon, 177
 Reprogramming your mind, 415
 Resentment, 331
 Resisting change, 267
 Sciatica and scoliosis, 184
 Seeking approval, 333
 Self-acceptance, 335
 Self-confidence, 336
 Self-esteem, 338
 Self-loathing, 340
 Sexual issues, 453
 Sexually transmitted diseases, 182
 Shoulders, 186
 Shutting down your own joy, 344
 Sibling rivalry, 341
 Sinus issues, 188
 Softening your words, 417
 Soldier's guilt, 342
 Spiritual wedding vows, 455
 Stop beating yourself up, 346
 Stop berating yourself, 348
 Stopping 'yanging up your yin', 457
 Suicide, 350
 Sweating the small stuff, 352
 Systems of the body, 189
 Talking too much, 419
 Teenage angst, 269
 Teeth, 192
 The 'black sheep', 460
 The black experience, 353
 The bully, 355
 The cultural disparagement of girls, 462
 Throat, 193

Thyroid, 194

Tinnitus, 195

Tiredness, 197

Tourette's syndrome, 199

Toxic mold, 200

Truth, love and communication, 463

Untangling the wires, 359

Unwanted weight, 203

Vaccines, 204

Violence, 361

Vision, 207

Waiting, 363

Your energetic flu shot, 210

ABOUT THE AUTHOR



Jen Ward is a dynamic healer, executive 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 is the creator of the SFT tapping protocol. Affirmations used in many new age practices are not always effective because the ego often gets in the way. The ego is constantly scrutinizing and refuting those affirmations. SFT taps are different to other forms of affirmation because they bypass the ego. SFT taps, and the way they are worded, are a means to access the psyche beyond the ego's scrutiny.

Once blockages and core issues have been removed with SFT tapping, all vestiges of self-doubt and mediocrity are dissolved, and all doors are opened for individuals to realize their potential. This affords them the ability to tap into the holy grail of their life's purpose.

Jen's unique SFT tapping protocols put simple but immensely powerful tools in the hands of all those who work with her. This means they are empowered to continue their personal development journey well beyond their time working directly with Jen.

Having access to Jen's protocols is like her giving clients the secret sauce to what she offers. Each use of the SFT protocols is like having a private session with Jen.