

# Uncovering The REAL Hidden Illness

How Science & Ancient Practices Can  
Reveal & HEAL What's REALLY Going  
on with Your Health



By Jennifer McLean  
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## Introduction

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Creating - or regaining - health and vitality can seem seriously tricky, if not downright impossible, right?

You've likely been bombarded by thousands of possible solutions. No sugar, no fruit, more fruit, no meat, no dairy, no fat, more fat, whole grains, no grains, tomatoes are poison, tomatoes are GREAT...

Then there's walking only, running only, yoga, no yoga, do aerobic exercise, aerobic exercise is too hard on your body, weight training, no resistance training...

ARRRRGGGGHHHH.

And then... for each possible solution there are pseudo experts, like that gal you know from church, the person in line next to you at Whole Foods, your neighbor, or well-meaning friends and family that absolutely "KNOW!" what's best for you.

It's enough to drive you a little mad, isn't it?

You may have had to interact with doctors who are laser-focused on your symptoms and the disciplines they know best, who aren't looking at the whole you, or even your whole physiology.

Not ALL doctors are like this. In fact, there is new functional and integrative medicine clinics popping up, but they're too few and far between.

So you've probably had a doctor who told you it's all in your mind (until you FINALLY got the diagnosis you now have).

But there's good news! There are wonderful new processes, techniques, and health oriented systems now available so you can totally complement your medical care...

**AND create huge, immediate changes.**

In this eBook I will be sharing some quick things you can do right now to genuinely (and sometimes even permanently) change your condition.

Before we dive into those, I'd like to show you the science behind these new modalities that are now supported by science yet are based on ancient wisdom.

Know that reading this next chapter is actually part of supporting the mind in healing.

## Chapter 1 - The New Science of Healing

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It's an exciting time in medicine and the health sciences.

The medical system is exploring new ways to manage your health.

For example, there is a new approach altogether in medicine. Doctors are now focusing on overlapping symptoms. They are exploring many disciplines and specialties together to discover the diagnosis and create treatments that make sense for the whole body.

They call it "Functional Medicine." In fact, 3 years ago Harvard Medical School changed the way it teaches future doctors. They have moved into this more "systemic approach" to medicine.

But you are seeking a change right now, and don't want to wait for medical systems to catch up, right?

In this chapter we will be offering some new insights into what's working in the modern sciences. The knowledge you will gain is actually supporting a mind-body connection within you that will start a new pattern of possibility for health.

Now, these modern ideas are supporting the ancient ways that we'll cover in the next chapter. In the last 10 years there have been some major breakthroughs in the neural sciences. These new understandings are so promising that a lot of healers, meditation experts, and mindset teachers are leveraging these insights to create real shifts in physical upsets.

Physical dysfunctions that had previously only been addressed through pharmaceutical and medical treatments are now dramatically changing through mind-body integration.

For example in recent years there have been trials demonstrating that hypnotherapy is a highly effective treatment for patients with irritable bowel syndrome (IBS).

There have also been studies done revealing that perceived stress correlates with telomere length in cells. The shorter the telomere, the quicker you age. Aging is real and is definitely a factor in many conditions and chronic diagnoses, but the effects of aging can be slowed way down. And the chronic ailments can be markedly reduced, if not altogether removed.

For proof on how stress impacts humans, you only have to look at any US president to see the effects of stress on aging:



## The Mind's Influence on Your Health

What is most astonishing in recent scientific research are studies that prove the mind's strong influence on health.

There is quite a bit of research that suggests the our mind, and how it perceives the world, is impacting our immune system. It shows that our mind is actually informing and guiding our immune systems! It also indicates that this system of mental perception better prepares us to be able to respond to future threats.

This is an enormous breakthrough in scientifically understanding that what you think, how you perceive any life event, actually impacts your health. There is also proof that many of your current thoughts are protective mechanisms that come from incidents and traumas from long ago. These "beliefs" about who you are and what life is, that were made from conclusions during a difficult situation in childhood, are currently impacting your immune system, your health, and your current health condition.

Further, over the past 30 years, research has shown a link between health and emotions, indicating that there is no real division between mind and body. This is

due in part to “networks of communication that exist between the brain and neurological, endocrine and immune systems,” according to Oakley Ray, Professor Emeritus of Psychology, Psychiatry and Pharmacology at Vanderbilt University (Nashville, TN, USA).

This is something to truly celebrate. It means that you can be in clear command of your thoughts and life. Note that when you are in a state of command then you are in choice. When you are in choice, you are in freedom.

The final breakdown comes from a perception that there are no more options. If there are no options, there seems to be no choice. If there is no choice, this life becomes a prison.

HOWEVER, if you can simply see the new choices around you, and literally “change your mind,” then breakthroughs in health and all areas can happen, AS PROVEN BY SCIENCE!

In the next chapters I will reveal how this unconscious material and beliefs play a role in keeping old thoughts and triggers in place, which impacts your current circumstances and health.

I will show you how to leverage these concepts into a practical process and technique. You will be able to use this healing system and apply it to your life each day to break out of that prison of belief and thought that is contributing to ill health. And you will see new “choices” open up before you that dissolve those prison bars for good.

But I want to share another amazing breakthrough in the neural sciences that will help you get there.

*[NOTE: by reading these words in this eBook you are starting the process here and now of “changing your mind.”]*

## **The Trauma/Stress Connection In Neural Physiology**

There have also been amazing breakthroughs in understanding the storage of long-term memories. These studies suggest that sensory experiences leave lasting memory traces in the very parts of the cerebral cortex that initially activate when the experiences originally occurred.

Let me explain. There is a storage system, called the prefrontal cortex in the brain, that normally holds memories. However, when a trauma occurs, while it seems like a memory, it is actually stored in a different part of the brain than where memory should be stored. The trauma memory is stored in the part of the brain called the limbic system that activates the sympathetic nervous system.

The limbic system is taking this “trauma memory” and triggering a fight, flight, or freeze scenario in your nervous system. There are systems of mental perception in place in our brains that prepare us to be able to respond to future threats, your body will use these systems to protect itself.

That old trauma memory, that is held deep in the unconscious, will be activated. And the protection mechanisms move in and recreate that trauma response again and again. Often over and over, maybe even many times in a single day.

So you are going through your day and someone says something to you that triggers this trauma memory in the limbic brain. You immediately move into fight or flight, stressing your nervous system, hormones, adrenals, etc. You may even notice that you are “overreacting” to the situation at hand and that your reaction is far greater than the moment calls for. That is because it is calling forth this defense mechanism to make sure that old trauma doesn’t happen again.

This creates extreme unending stress on the body, shortening those telomeres, impacting the immune system, and creating an environment where the physical upset and illness you are currently experiencing can take hold.

The challenge is that a lot of these trauma memories (held in the limbic system) are deep in the subconscious and the mind, for good reason. So subconsciously you don’t want to go into those memories, and will create patterns of behaviors and reactions to avoid those memories at all cost.

Yet these patterns of trauma and the resulting stress can be mitigated, unwound even healed, as I reveal in the next couple of chapters. One system in particular, The Spontaneous Transformation Technique, is designed to redress this cycle directly.

It has been proven in brain scans that the neurons in the limbic system can rewire themselves, and the things that are somehow “stuck” there are “reprocessed.” In these cases, the memories are moved from the old limbic system to the prefrontal cortex. This releases the old patterns of stress that can stop the continuous fight, flight, or freeze reaction for your whole system.

In short, instead of being unconsciously triggered and having an automatic fear or stress response, your neurons in your limbic system no longer light up as they used to, and the neurons in the high-thinking prefrontal cortex light up instead.

This means the trauma memory is moved to the part of the brain that memory is supposed to be stored and stops the stress on the physical body, creating a space for healing to occur.

## **Quantum Physics Proves YOU Are a Creator**

Quantum physics has proven that what we perceive as our physical material world is really not physical or material at all. In fact, it is far from it. Time and time again, multiple Nobel Prize winning scientists around the world have proven the notion that the universe is a vibrational reality.

Quantum physicists discovered that physical atoms are made up of vortices of energy that are constantly spinning and vibrating, each one radiating its own unique energy signature. Therefore, if we really want to observe ourselves and find out what we are, we are really beings of energy and vibration, radiating our own unique energy. We are much more than what we perceive ourselves to be, and it's time we begin to see ourselves in that light, as light.

A fundamental conclusion of the new physics also acknowledges that the observer creates the reality. As observers, we are personally involved with the creation of our own reality. In fact, physicists are being forced to admit that the universe is a "mental" construction.

Pioneering physicist Sir James Jeans wrote, "The stream of knowledge is heading toward a non-mechanical reality; the universe begins to look more like a great thought than like a great machine. Mind no longer appears to be an accidental intruder into the realm of matter, we ought rather hail it as the creator and governor of the realm of matter." (R. C. Henry, "The Mental Universe"; Nature 436:29, 2005)

This is yet another example that actually proves that you have great power over the "universe" of your health and vitality.

Now, if at this moment as you have read those words, you may be thinking, "That is all good and well in theory, but what about me? How can I use this information to actually heal?"

That is a GREAT question, and I will be revealing a remarkable technique that will help you use this scientific research and apply it to your life for true and real transformation.

## **Chapter 2 - The Ancient Wisdom of Healing**

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In this chapter I will reveal many ancient practices that have been proven to work through the lens of modern science.

Yet what is often missing when working with physical upsets, like what you are experiencing, is the holistic perspective of these spiritually focused and even plant-based riches matched with modern medicine.

We will explore a little of what is going on with these ancient practices and protocols and how can we use them in our lives today.

Remember, ointments, herbal remedies, flower remedies, yoga, and meditation are all practices that come from ancient sources.

As the early Greek physician Hippocrates said, "The natural healing force within each of us is the greatest force in getting well."

Consider these practices as examples:

### **Shamanism**

The shaman was the healer in our ancient tribal heritage.

Shamanic healing has two sides - the use of what is in our physical life, such as plants, trees, rocks, minerals, crystals, movements, and the more tangible, like the unseen, spiritual world. The shamanic tradition teaches that everything has spirit, both the tangible and the intangible.

Modern shamans now take scientists into the Amazon rainforest and show them the proven plant remedies that heal. Most of our current fabricated pharmaceuticals have a basis in the plant world.

### **Reflexology**

Reflexology is the ancient art of applying pressure to specific parts of the hands, feet and ears. It is shown to improve health by using a system that links these pressure points with various organs and systems throughout the body.

Studies have found reflexology can be helpful in reducing pain, anxiety, and depression, as well as promoting relaxation and stress relief. Even the Mayo Clinic reported, but not concluded, that reflexology could be used to treat illnesses such as asthma.

### **Yoga**



The physical and mental health benefits of yoga continue through its tremendous popularity. There is a continuing and extensive body of scientific research proving its deep health benefits.

Then there are the anecdotal accounts, like before and after videos posted on social media. There is no denying the health benefits of this ancient practice.

## **Tai Chi**

Like yoga, this low-impact exercise comes with a host of scientifically backed physical and mental health benefits. Tai Chi was originally created as a type of Chinese martial art and a moving meditation. The practice is focused on unlocking the Chinese concept of qi, which is seen as the energy force that flows through the body. Tai chi is designed to encourage proper flow.

In a statement by Peter M. Wayne, Harvard Medical School professor, he shared, "A growing body of carefully conducted research is building a compelling case for tai chi as an adjunct to standard medical treatment for the prevention and rehabilitation of many conditions commonly associated with age." [Harvard Health Publishing/Harvard Medical School May 2009]

## **Acupuncture**

Research has shown that this ancient Chinese medicinal practice can really work. Acupuncture seeks to balance the flow of qi in the body. It does so by inserting needles into certain pathways, or meridians, throughout the body. In Western systems they use this practice to increase blood flow by stimulating the nerves, muscles, and connective tissue in various parts of the body.

Acupuncture may be helpful in the treatment of headaches, hypertension, depression, back pain, nausea, rheumatoid arthritis, and other conditions.

## **Ayurveda**

Ayurveda is the 5,000-plus-year-old Indian "science of life" that heals through food, lifestyle, and herbal supplements. Ayurveda practices are said to help heal imbalances in the body's three energy centers, or doshas.

Many things can disturb the energy balance, such as stress, an unhealthy diet, strained family relationships, and much more. The disturbance can eventually show up as disease. An Ayurvedic practitioner prescribes treatments to bring the doshas from upset and imbalance back into equilibrium.

## **The Spontaneous Transformation Technique (STT)**

A new system of healing that is growing in popularity is The Spontaneous Transformation Technique. This is an innovative, proven healing modality that

quickly shifts withheld energy in the body to instantly liberate individuals from various ailments and heartaches.

Applied to hundreds of thousands of lives for more than two decades, this simple, eleven-step process acknowledges the body as a miraculous vessel of holding and recognizes the emotional, physical, and spiritual imbalances created by our retained thoughts, memories, beliefs, and experiences.

*[NOTE: The 11 steps of the system are revealed in the next chapter. If you would like to [experience a video of to experience a healing right now, CLICK HERE.](#)]*

Now, at this stage, you may have already started to make the connection that many of these ancient healing traditions are now being proven by the sciences as true and viable complementary healing modalities.

In the next chapter, we will pull all the science and ancient wisdom together and reveal how you can use these insights to heal... right now.

### **Chapter 3 - A Parable of Healing Applying the Ancient & the Modern**

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Let's take this to the next level... Here is a parable that pulls the ancient healing wisdom and marries it with modern science to reveal what is REALLY going on with your "dis-ease."

There's a little boy, about 10 years old, and he's had the most amazing day. He's been skateboarding in the park, he landed a bunch of tricks he's been trying to do for months. There were pranks on friends and belly laughs. It was a perfect summer day with the summer breezes rustling the trees overhead and changing the dappled sunlight on the skate park moment to moment.

It felt like a moment of time where magic could happen, life could always be good, fun, and lightness would continue.

The boy starts walking home with a skateboard under his arm. He finds this amazingly cool, strong, gnarled stick. Just the right size and weight, he's excited that it's the perfect length to use as a drumstick on the fences he is passing by.

So he starts bumping the stick against different fences. Every fence is a little bit different, and creates different sounds. He's creating different unique beats with each fence, and he's bopping around to his own personal "stick fence beat."

What he doesn't know is he's coming to a yard with a short picket fence and a large dog in the yard, and there's a fault in the dog's collar.

This shorter picket fence has these great indented parts of the fence so the beat is even more intricate... so he pauses there even longer with his stick along the fence and bopping along.

Now it's really invading the dog's territory and the dog is getting riled up, and the dog lunges. The collar breaks, the dog leaps over the fence, and starts chasing the boy.

The boy sees the dog just before it leaps over the fence. He drops his skateboard and starts running for his life. The dog's getting closer and manages to grab the boy's pant leg. The little boy falls and scrapes his knees. However, the owner and a neighbor are right there and are able to stop the dog. but the boy keeps running and doesn't stop until he gets home.

So the boy is ultimately fine. But he isn't fine, is he? That is a moment of trauma.

When he walks in the door, his mom looks him up and down, and notices the scraped knees but breathes a sigh of relief because, whatever happened, he's alive

and seeming none the worse for wear, which is good enough for her. She just doesn't have the space to give him any extra nurturing.

His mom at that exact moment is dealing with his six brothers and sisters who all seem to be needing her attention. One of his older sisters had just created a ruckus with another child, and his mom had just gotten off the phone with an angry parent. Her husband had promised he would pick up the repaired lawnmower, but didn't. The neighborhood housing association called just before the angry parents asking for the fourth time about the overgrown lawn. The house and her family feel as if they are falling apart. She's barely holding it together.

Then she notices that the boy doesn't have his skateboard... The skateboard that she saved for months to get for his birthday. The skateboard that she got for him instead of a new lawnmower.

"Where's your skateboard?" she asks.

He says, "But Mom... the dog..."

She interrupts, "Do you know what I sacrificed to get you that skateboard?"

This is the straw that breaks her and she starts to yell at him, "Where is it? You don't respect me or my generosity, you just leave it willy nilly without thinking how much I sacrificed..."

He runs up to his room crying and upset and confused with his mom's voice scraping at his eardrums.

This is the story of trauma, and there is a sub-story of conclusions made, beliefs formed, and unexpressed emotions repressed. In fact, there are many points of trauma in that story, not just one. And during the different points of trauma the little boy drew conclusions about who he is and what life is.

For example, one of the conclusions and subsequent beliefs he may have decided in that moment of trauma is, if he's in bliss, then something horrible could happen. You see how he could make that conclusion? This is just one brand new belief that is layering in down deep in his subconscious. One of maybe hundreds of conclusions and beliefs that will start to run his life and influence his behaviors creating patterns of worry, stress and action or non action. And that will eventually, if gone unchecked, create dis-ease in the physical.

Now let's see this through and fast forward 20 years with just that one belief of "If I'm in bliss, I could die." He is now 30 years old and he's falling in love, but he's terrified. He has no idea why and doesn't understand why he can't commit to the love of his life.

Why is he terrified? Because that love feeling is the same energy of bliss he felt on the day of that perfect skateboard fence drumming moment, which led immediately to a moment of trauma and fear of losing his life.

This 'Bliss = Potential Death' belief is now running things deep in his subconscious and in his current behavior. Whenever things start to go well it triggers this trauma and his system is flooded with stress that is causing upset to his physical body. That belief causes stress reactions again and again. Fast-forward a few more years and he has the makings of an illness that is very similar to yours.

Let's look at the other conclusions he might have made from this one incident. Perhaps he formed a belief in that moment that his mom loves his skateboard more than him. In other words, material things are more important than he is.

As he gets older he might become extremely materialistic and have issues with collecting "things" to try and fill the void. And in that pattern is continuing stress and continuing unconscious behavior that puts stress on the body. These old beliefs put undue strain on the hormonal system, which can dampen the immune system or cause cells to attack each other and cause inflammation.

This is what many people in chronic disease and illness are experiencing. We have these deep, subconscious beliefs and programs (almost like programming a computer) that create strain and upset our biological infrastructures. We've created these warped conclusions from past traumas (large and small) on what we are and what life is, based on something that happened *to* us.

But these traumas are not who we are. Instead, they are events that happened to us, but along the way we got confused. We said, "Oh that's who I am," from false beliefs and programming put there a long time ago.

Back to the story, as another defensive coping mechanism, that little boy now starts to point at what's wrong in his life. He grows up pointing at the things that seem not safe from his new perspective of the warped beliefs about who he is and what life is from this moment of trauma.

This behavior makes him feel safer because, subconsciously, if he can see it before it harms him it can't "get him." So he becomes a man that points at what's wrong and says, "Well, that woman's love for me is wrong." And he points at another and claims, "That need to control is wrong." He looks at his life and points at his not having the latest gadget, designer tie or in vodka as wrong.

He is pointing out what he wants or doesn't want in his life to make him feel safe, *and* what he wants to avoid. He will create numerous defense and coping

mechanisms so he won't miss another dog attack coming for him. He's hyper-aware of the dangers lurking in moments of bliss.

Many who have chronic illnesses, perhaps like you, have lived their lives from a place of metaphorically looking to see where the next attack dog is coming from. And that bracing against life creates an enormous expenditure of energy that contributes to illness.

We now know that amount of expended energy in an unconscious defensive pattern creates a neurological and biological system that is depleted. In short, it creates a system that is working too hard. This creates an internal physical environment prone to illness, fatigue, immune dysfunction, inflammation, and more.

The key to healing is accessing the deep core programming - that originated from multiple moments of trauma - to unwind it. Putting this programming in its correct place in the prefrontal cortex means no stress from the unconscious "memory" creating constant fight or flight reaction. It is equally important to stop the constant unconscious unleashing of the trauma. It is also deeply important not to relive the trauma, which can establish a renewed traumatized pattern.

The great news is there is a new system available that is based on the ancient healing systems, *and* is proven with the new neural sciences. This is a healing system that not only heals these core beliefs, patterns, and conclusions that fall out of trauma, but also does so in a beautiful, gentle, and graceful way. It is a healing system that actually accelerates the possibility of health and vitality.

Best of all, it only takes 7 - 15 minutes to do a full session. It's called the **Spontaneous Transformation Technique**, and in the next chapter you will learn how to unwind the years of trauma and upset that has been impacting your health.

You can experience The Spontaneous Transformation Technique directly RIGHT HERE: <https://www.spontaneoustransformationhealing.com/stt-session>

## **Chapter 4 - What You Can Do Right Now to Heal Your Core Unconscious Patterns - The Spontaneous Transformation Technique**

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From abuse, abandonment, and physical disease to anger, fear, stress, and grief, The Spontaneous Transformation Technique can help you locate, understand, and heal the origin of your discomfort. It can then relieve the stress on your biological system as the old traumas, beliefs, and repressed emotions are unwound, transformed, and relieved.

What is so powerful about this healing system is that it heals without revisiting the events that caused pain and suffering. This system will support you in moving from just surviving day to day with your illness and life upsets, and instead help you to move into thriving. You are about to gently release held trauma from the past, in a non-threatening way. Until now, this trauma was deep in the subconscious and almost impossible to access. You are about to realign your internal energy flow to support renewed health, vitality and wholeness.

This system will not in any way contraindicate any of your current medical treatments or therapeutic processes... although it may (and has in many instances) relieved the need for stronger medical intervention.

There are over 1,000 certified practitioners, and practitioners in training for this simple yet powerful system. Many psychotherapists, healers and even medical doctors are turning to The Spontaneous Transformation Technique (STT) to supplement treatments and accelerate the healing process.

It has been experienced by tens of thousands through various media outlets (ABC, CBS, Fox News, online media outlets and more), and through the large STT community of those seeking to take command of their health and lives.

And now, here are the 11 powerful healing steps of the Spontaneous Transformation Technique Healing System.

Use these steps in order.

Be present with yourself as you do these steps.

It is VERY important to stay in the observer mode; stay detached, don't dive in. You'll understand this better as you go through the steps.

Be prepared to feel better in just a few minutes from now. And as you do this technique over and over again it layers in more and more healing and transformation.

AND if you want to experience a real session (previously recorded) you can [CLICK HERE to watch the video.](#)

You will be able to follow along and experience first hand the power of this simple 7 - 15 minute, 11-step healing technique.

## **Your 11-Step STT Healing System:**

**Step 1:** What's triggering you? What's the situation?

**Step 2:** What are you feeling?

**Step 3:** Where are you feeling that in your body?

**Step 4:** Bring your attention to that part of your body as a detached, nurturing supportive observer centered in neutral energy.

**Step 5:** Notice the younger child that is you standing before you in this body part emanating this upsetting emotion.

**Step 6:** The observer you says to this aspect, "I'm here, I am present with you, in support and I'm not leaving. I'm not going anywhere."

**Step 7:** Allow this aspect to feel, feel, feel. Can add: Even though you don't need permission, I (the observer) am giving you permission to feel all the feelings."

(Still point starts. Ensure you don't dive into your little one's emotions. Remind them that they are the observer witnessing this aspect feeling. Also remind them of the mind pattern if that shows up.)

**Step 8:** Validate what your little one is saying; "Yes, those emotions are real, that happened, you have every reason to feel that, so sorry for what happened, you don't have to change, you are loved, loved loved, you are seen, you're so cared for, thank you for protecting me."

Notice the love, light and power that got repressed as the emotions were repressed are now reactivated, and may be getting bigger than the original upsetting emotion.

(NOTE: Be sure to NOT dive in to the emotions, YOU are the observer, the little one/younger version of you is the one feeling and expressing the uncomfortable emotions.)

**Step 9:** What do you need now - it is likely a positive quality?



This happens after the resolution of the healing singularity from step 8. NOTE that this is where the new positive healed neural pathway actually manifests.

**Step 10:** What would that need feel like if it were fully expressed?

**Step 11:** What would THAT feel like?

**Optional Step 12:** I Am ceremony

(The little one sets up the I Am ceremony and, together, the observer and the little one claim the I Am statement which came out of the need expressed in steps 10 - 11.)

### **In completion...**

Know that these steps of The Spontaneous Transformation Technique will allow the younger versions of yourself to heal, to unwind to claim new health, wholeness and vitality.

This is healing the unconscious part of you...

- The part of you that had to repress those moments of trauma and accompanying emotions in order to survive.
- The part of you that is now running many aspects of your life and your health.
- The part of you that is seeking yet may be resisting or avoiding healing because it's not been safe to revisit these past incidents.

This system allows you to unwind that old trauma without revisiting it. Through these steps you are able to release the old beliefs and the associated stress and energy strain those beliefs are causing your body.

In fact this process when done over and over again can actually create new healthy, potent, life affirming neural pathways. These new, healed patterns and healthy beliefs can create significant transformation for your physical, mental, and emotional health.

You can imagine how that can positively impact your health.

If you are interested in witnessing a real session of the Spontaneous Transformation Technique that you [can follow along with CLICK HERE](#). It's free and will give you an even deeper experience with this special healing technique.

**Praise For Jennifer & The Spontaneous Transformation Technique**

*"Jennifer is wisdom & love... I only knew Jennifer McLean from her book Spontaneous Transformation (2016), which makes me cry when I hold it in my hands. Jennifer for me is an avatar in this crazy world helping us shift our consciousness back home. Jennifer is wisdom, Jennifer is love. There are no words to describe Jennifer or her wonderful divine calling. She has such a beautiful soul and a huge, huge heart – she is honest and real - her service as e.g. mind-whisperer will save our planet and inspire thousands and millions."*  
~ Julia-Maria, Germany

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*"Amazing Transformation... I am so grateful for Jennifer McLean's powerful healing system and her programs. Her light hearted, joyful approach is amazingly transformative especially when you allow her words to take root in your heart. I have begun noticing, that frequently, when I am feeling triggered I use Jennifer's method. I am deeply grateful for the many programs and continue to turn to them again and again and hear something new every time."*  
~ Cathi Brandon, Tucson, Arizona

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*"Reawakening of mind, body, spirit... The first three days I cried. Then I applied Jennifer's tools and healing system and feel a power I have never felt. I thank you."*  
~ Christine Crandall

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*"Within 12 hours, it was completely, I mean completely healed... I've been following you and did your healing exercise just a couple of times. I had a badly burned neck from a microwave accident and had a nasty, brown, weeping wound. Within 12 hours, the next day, my neck was completely... I mean completely healed. Not a sign of any scar... a miracle. I'd shown a friend who had seen the wound only 12 hours before and he was amazed. Thank you so much. Even my doctor was amazed... Truly grateful for your healing. Bless you."*  
~ Rosemary Saunders (UK)

*"I feel good... For the first time in Years I FEEL Hope, (it's not simply an intellectual experience), and, I Feel GOOD! I am SOOO Grateful! I can't wait to experience more of my Bright, Shiny, New Life! Thanks for sharing you!"*

~ Pat

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*“So great... LOVE LOVE LOVE STT and Jennifer’s soul sharing. My heart felt gratitude to Jennifer. I had a powerful STT experience. I went back to when I was about 5yr old, when little one feeling hopeless and overwhelmed. And now I created a new neural pathway where she received healing and support from her core – embodied Divine Mother energy. So Great!”*

~W.Q.

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*“I released.... Thank you for your amazing Spontaneous Transformation Technique, I could not stop crying. I was sobbing as I released stuff, but I was also feeling bliss of feeling the empty space inside me....vacant for possibility! Then when I looked outside of myself I could see the stars and sky stretching away full of possibility...into infinity. WOW”*

~ Hazel

[CLICK HERE right now](#) to experience an even more through an important video that will guide you through this powerful transformational system.

## **Medical Disclaimer**

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The information provided through McLean Masterworks is not offered as medical advice and should not be considered medical advice.

Nothing contained in this ebook or during any programs offered is intended to be used for medical diagnosis or treatment, and is not intended to replace a one-on-one relationship with a qualified healthcare professional.

Always seek the advice of a physician or other qualified health care professional regarding any mental or physical health condition or treatment.