Hello! You are listening to *Curator on the Go Podcast*! Today I have the pleasure of speaking to Toronto based certified Life Activation practitioner, metaphysical energetic healer, meditation guide, and self-love councilor Jana Stern.

Jana has been travelling through her journey of living with and healing from her version of mental unwellness & eating disorders for more than ten years. During that time, Jana received a multitude of healings & tools that had such a profound effect on her life, that she made it her life's work to learn them so that she is now able to use those tools to help others transform their lives!

Jana was one of the guest speakers for my Career Recharge seminar I’ve hosted in August, and we all learned a lot from her about the importance of self-love and self-care. I am super excited to interview Jana on this podcast as I believe many people, especially artists, need to learn more about Spiritual Practices that can help them overcome insecurities and easily get through life.

This episode is not a typical episode about art. It’s about healing, spirituality, self-love and other topics that can help creatives live a happier and better life. Stay to the end of this podcast, as after we finished recording, we talked about being creatives, art and creative energy. I added that recording as a finishing note and you for sure don’t want to miss it!

**Curator on the Go:** Hi Jana, thank you so much for joining me today. I am so excited to share your unique story with my listeners and learn more about spiritual practices!

**Jana:** I am so happy to be here!

**Curator on the Go: Before I ask you all the questions I’ve prepaid, I would like you to share your story and how you’ve become an**energetic**healer?**

**Jana:**I’ll give you an elevator pitch version as it’s a long story. When I was in my teens and twenties, I was suffering from a number of mental health issues including an eating disorder and other diagnoses. At that time, I was seeing a number of deferent therapists and I took a course titled “enhance your psychic intuition.” The course was incredible. I went home and googled them and was excited to learn about what they did and their website was embracing. I have a marketing degree and I thought I can do a website for them. They couldn’t pay me but offered an energy exchange. I didn’t know what it is but agreed to do it. That is how I received the healing that has changed my life which is called the Life Activation.

As soon as I received it, things started to shift to me in such profound ways that as my journey continued I realized that it was such a majorly impactful. I wanted to learn it and give it to people as it changes lives. As soon I let myself go on that path, I realized that all of my gifts, my intuition, my psychic abilities just started bursting wide open. It let me to a place where now I am a full-time energy healer and I don’t suffer from any diagnoses that I was once given.

***Curator on the Go:* What is energy healing. Do you need to be spiritual to practice it and how does it work?**

**Jana:**No to the second question. You don’t need to be spiritual to practice. One of my clients – she is the least spiritual person that I know. She was so skeptical and when she was here receiving life activation, she almost fainted twice. So, you don’t even need to believe in what I do for it to work for you! Energy healing is such a broad term. What I do is I help people to see where their darkness is by acting like a mirror for them and showing in their reflection (in my understanding and empathy of what they are feeling) where I see the darkness, and helping them to move that energy out of their physical bodies.

We all have the staff we are coping with and we are trying to move through it. Everyone is suffering from something, and my job to help people stop seeing suffering as something that they need to be a victim of. I give life activation. I also do crystal healings which move a tone of energy for people. I do aura healings. Our auras are the energy body that surrounds our physical body. We pick things around us through our aura. Aura develops holes in it when we engage in behaviors like drinking, doing drugs or being in an abusive relationship. We develop holes in the aura and it lets negative energy come in. When I am healing, I am closing holes in the first 3 layers of the 12 layers of your aura. I also do a lot of readings. Sometimes I am using oracle cards, sometimes not. Other times I use twin crystals.

***Curator on the Go:* You’ve answered a few of my next questions.** Can you explain what chakra means and do we need to clean it and how?

**Jana:** You don’t need to clean your chakras but you need to keep them open. Chakras are energy centers in the physical body where energy from the outside of us comes in and the energy within us comes out. These chakras open like spiral cones. Typically, we talk about the 7 major ones. They start at the base of our spine. If you sit in a lotus position – your root is the one touching the earth. We have our sacral chakra below our belly button, next one is the solar plexus chakra, next is the heart chakra, next is throat chakra, and the eye and the crown chakra. We don’t talk about cleaning them as they don’t get dirty in the way that your aura might, but having imbalances in chakras can lead to many issues.

***Curator on the Go:* What is the main factor of good physical health?**

**Jana:** Self-love! It sounds strange, but listen, some people go to the gym 7 days a week and some 7 days a year. I had a bad eating disorder. I was not kind enough to treat my body well. If you are taking care of your energetic body – you are taking care of your physical body.

***Curator on the Go:* Why is it that you feel tired or drained after you spend time with someone for no apparent reason? How can we protect ourselves from toxic people?**

**Jana:** There is a defined reason **that you feel tired – we just don’t want to look at it. Let’s imagine we go out with someone who is a major complainer. After spending time with that person, you feel drained because on some energetic level, they are hoping to feel their cup with your light. When we talk about the energy exchange – you and I are having an energy exchange. When we are sitting scrolling down our phones – it’s also an energy exchange. When we have to interact with real people – we are not equipped.**

**To protect ourselves, get yourself life activated! It does change lives! I infuse you with light and everything you do moving forward is that much lighter. It blends your spiritual and physical body. If you can’t show up at my door, crystals help and wearing crystal bracelets or pendants. Another thing that helps is meditation. It helps you understand what is happening with your own mind. It’s not about calming your mind and having it empty, it’s more about recognizing thoughts as they show up and allowing them to be and allowing them to go.**

***Curator on the Go:*** You started talking about the meditation. Is there a specific rule of how we should meditate, like close our eyes, sit or lay down, or it’s a personal choice?

**Jana:** There are a lot of different types of meditation and different meditations require different things. If you are a beginner – try on lots of different ways and feel the way that feels best for you. Some people take journaling as a meditation – I don’t think it’s a meditation. You are not really allowing thoughts to pass. You should sit or lay down, but it’s not about silence. Allow the thought to be absorbed in the distance, have it float a little bit closer to you, make it in front of your face and then allow it to float away. Don’t hold to it as we tend to do!

## *Curator on the Go:* Aside from using crystals and meditation, how can we maintain our energetic health at home?

**Jana:** One of the things we are not doing enough is connecting with our elements (fire, earth, air, and water) – observing the elements around us. It helps us to keep our equilibrium.

As artists – allow your creativity to really help you to process the emotional life you might be going through. As soon as you feel the blockage, pick up the pen or paintbrush and write or draw through the blockage. Look at your chakras and see which ones are imbalanced.

***Curator on the Go:*** Do you believe in spirit animals and spirit guides?

**Jana:** 1000%.I always talk to them and they send me hilarious messages in really funny ways.

[listen to the podcast to hear Jana’s personal stories]

***Curator on the Go:*** I also know that you do a tarot card reading. Can you predict people’s future or help them make important choices and guide them on how to approach the current situations?

**Jana:** I don’t read tarot – what I read is auralcle.I don’t like to bring any darkness to the table.Telling the future for people – NO! I have a very deep understanding of where people are at now on a very profound level on a soul kind of way. It gives me access to what choices you have that you can make in the future.

***Curator on the Go:* What techniques can we use to relieve anxiety?**

**Jana: In day to day life – to relieve anxiety you need to meditate. If you are having anxious thoughts – you need to learn where that anxiety is coming from. Anxiety is just a real thought obsession.**

***Curator on the Go:***So many of us carry repressed and trapped emotions within multiple areas of our bodies, without even knowing it. How can we remove blocked energy from our muscles?

**Jana:** First of all, you need to know your chakras because it’s happening in your physical body – it happens in your energy body! All the trauma and trapped emotions are hard to heal without the help of some kind of energy healer.

***Curator on the Go:*** How can we select a good healing practitioner and avoid being hurt?

**Jana:** Not everyone follows the same codes of ethics and people can get hurt. Do your research and trust your intuition!

***Curator on the Go:*** How can people understand that they are ready to change?

**Jana:** I guess it’s the feeling of being tired of yourself. When you want and ready to change your habits – then you are ready!

***Curator on the Go:***

Let’s finish by talking a little bit about the business side of being creative. I ask everyone on this podcast about the importance of branding. Do you believe that creatives need a brand or see themselves as creative entrepreneurs to be successful?

**Jana:** Absolutely! It’s tricky as I am my brand!

***Curator on the Go:***

Do you believe in the importance of working with a targeted audience and selecting the correct people as your targeted audience?

**Jana:** Yes! Know your audience and people will come to buy your services!

***Curator on the Go:*** Where my listeners can find you online?

**Jana:** <https://www.janastern.com/>

***Curator on the Go:*** Thank you very much for sharing your story today!

 **Jana:** Thank you! It was fun!