

## **A tribute to Jean**

*“It was 1993 when I first encountered Jean sitting formally and quite severely behind her desk. Arriving with my symptoms of irritable bowel syndrome I was intrigued not only to be offered the standard peppermint oil prescription, but also something rather unexpected. “Just jump onto the couch,” she said, in that rather brusque voice she had in those days, “let’s try some healing on this.” It changed my life. The IBS disappeared immediately and I never did need to pick up my prescription.*

*I went on to Stress Management with Jean’s meditation classes and began my own spiritual journey, encountering many past lives and realising that the pleasures and pains of the present were mere flickers within the totality of the soul experience. I always loved Jean’s grounded, no-nonsense approach to her spiritual life and teaching; her sense of humour and especially her legendary malapropisms, as well as her understanding of the interface between science and spirituality which was to underpin her experience and thinking throughout her mature life.*

*After her retirement from GP practice our work with the homeless became deeply rewarding to us, encountering as we did those with the most troubled of histories. We were to go on to produce some ground-breaking work on healing through forgiveness of self and others. It continued to amaze us how the simplest of spiritual reflections on letting go of our own failures, seeking forgiveness for ourselves and forgiving others could produce profound and lasting life-changes for both ourselves and those we were to encounter in the quietness of the healing-room.*

*Thank you, Jean. I look forward immensely to our future work together at another level of consciousness.”*

*Katrina Brook*