

Jennifer R. Bloome MS OTR, HWC
A Fertile Mind

They say only a lucky few combine their personal journey with their life's work. For Jennifer Bloome, there seemed to be no other way.

An Occupational Therapist by training, Jennifer began using Relaxation and Guided Imagery techniques to help her patients deal with the physical, mental and emotional challenges that come with injury and chronic illness. Fascinated by the power of the mind on the body, Jennifer continued her studies at the Mind-Body Medical Institute in Boston, run by Dr. Herbert Benson. She also nurtured her passion for women's health, studying childbirth education to learn how relaxation techniques affected Pregnancy and Childbirth.

Jennifer fully expected that her fascination and commitment towards pregnancy and birth would result not only in her career path, but in healthy children of her own. Yet, creating her long awaited family proved difficult and painful, as did the Cesarean births that accompanied her pregnancies. Her own struggles were further confounded by the inability of the medical system to help realize her goals by empowering her mind and body. Instead, she was given an edict to 'relax', without any tools to accomplish this.

Jennifer founded ANJI, the Ojibwa word for Change, as an antidote to her circumstances and those faced by so many women dealing with problems of Fertility, Pregnancy and General Health issues. By applying her professional training and her personal insight, Jennifer was able to develop and utilize Meditation and Guided Imagery in order to help herself and others change not only the circumstances of their physical conditions but the accompanying fear, anxiety, anger and stress.

Jennifer now walks this Journey of the Heart, alongside her many clients from coast to coast. Whether providing tools through instruction, workshops, customized recordings or offering support and guidance through her personal involvement, Jennifer has indeed changed and created the life that combines passion and abilities, for herself and others.