

Meet-Ups with Vance Twins of "The Power of Isolation" will Share Secrets to Make the Best Out of Loneliness and Loss

Join like-minded souls to unlock peace with tips to transform loneliness and loss into empowerment.

SEATTLE, WA, UNITED STATES,
November 18, 2024 /
EINPresswire.com/ -- In a world where
social connection is often prioritized,
the benefits of solitude are sometimes
overlooked. Join Janine Vance, an
award-winning author of <u>Twins Found</u>
in a Box and The Search for Mother
Missing, for a series of meet-ups
focused on the power of meditation
and self-reflection to transform
loneliness into an enriching personal
journey. With insights from what she
calls mini books on self-care, Janine

NEED TO "STAY CALM AND CARRY ON"
IN TODAY'S HARSH LANDSCAPE WHICH
SEEMS SO DIVIDED ON VARIOUS LEVELS?

In a world constantly buzzing with noise and activity, the sudden onset of silence and solitude can be unsettling. However.
Rev. Janine Vance's The Power of Isolation: How Silence is Golden redefines isolation, showing readers that these moments of quiet can be a powerful ally rather than a foe.

This transformative book empowers readers to embrace solitude and use it to their advantage. Vance explores how unexpected silence can become a gateway to self-discovery, inner peace, and personal expansion. Instead of fearing isolation, readers are encouraged to see it as an opportunity to connect with their greater S.E.L.E. (Sacred Energy Life Force) and unlock their full potential.

FOR STRESSED-OUT SOULS:
SETTING THE STAGE FOR A MORE COMFORTABLE MEDITATION!

THE POWER OF ISOLATION REV. JANINE VANCE, PH.D., PHILOSOPHY SPECIALIZING IN CONSCIOUS-CENTERED LIVING

The Power of Isolation by Janine Vance Available at https://www.amazon.com/dp/B07W6JZH2F

and her twin will reveal practical and compassionate techniques to turn loneliness into a powerful ally for grief relief.

During these gatherings, you will meet Janine and her twin. The Vance twins will delve into themes from Janine's insightful book, "The Power of Isolation: How Silence is Golden." According to Mamta Madhavan from Readers' Favorite, "The Power of Isolation" is a "thought-provoking and insightful book for all those readers trying to survive in adverse circumstances and find a connection with their inner self." Vance draws on Eastern philosophy to open up pathways of wisdom and concentration, empowering participants to tap into their inner light and build connections with those around them. The book highlights the golden value of silence, offering readers exercises and writing prompts to strengthen their rapport with what she calls sacred energy life force. Janine will also draw on the power of words from her book, "Going Back to Zen."

About Going Back to Zen: How does one go from being an aerospace engineer to the limited

physical mobility of a nine-month year baby without falling into a deep depression? Sometimes it takes a lifestyle change. Janine was motivated to write this book after her father survived a 100-foot hang gliding fall in 1984 and while she served as his primary caregiver until he died in 2021 at the age of 90. She credits the gentle philosophy they enjoyed together for his uplifted mood while recovering.

About The Power of Isolation: In a world constantly buzzing with noise and activity, the sudden onset of silence and solitude can be unsettling. However, "The Power of Isolation: How Silence is Golden" redefines isolation, Amazon TOP 50 REVIEWER
"Gentle Wisdom for the Heart,
Mind, and Soul"

"This book is gently insightful into
several themes that concern us as
human throught and applies it to life in the West.

The book is divided into twenty-plus
chapters that are on different topics.
The topics are interrelated, and
several greater themes emerge, like
the meaning of nature in our
mechanized, technical lives and the
different levels of healing that the
body, mind, and soul may need."

What Readers are Saying:

"I found comfort with this book; it
opened my eyes to another way to
take care of myself."

"When you just need to take a little
time out, sink into some calm and
stillness, and go within. Release
judgment and learn about yourself so
you can let go of what doesn't serve."

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Amazon Roviewer

REAL LIXING IN PONSCIOLS CENTERED LIVING.

Going Back to Zen by Janine Vance Available at https://www.amazon.com/dp/1724118722

utilizing these moments as a powerful ally rather than something to be feared.

About the Vance Twins? Through their work, the twins have discovered that everyone cares for



When embraced, solitude can become an extraordinary tool for self-discovery and peace. These meet-ups will help us use loneliness for our benefit, such as recovery, creativity, and a deep sense of joy"

Janine Vance, author of The Power of Isolation

someone, and caregivers tend to give 100% of themselves to the people they care for. They should know. Jeanette has worked in the healthcare field among a team of physical, occupational, and speech therapists since their mother's death and currently works at a hospital in Tacoma, Washington. Jeanette, a Certified and Licensed Occupational Therapy Assistant and Life Coach, was trained in Integrated Psychology and Applied Neuroscience. She became a Reiki Master under the direct lineage of Master Mikao Usui, the founder of Reiki and enjoys helping people learn about Reiki and develop personalized medical meditations catered to their health goals.

Event Details:

Event: Meet-ups with Janine Vance and her twin "Vance Twins." Location: For specific dates and locations, please visit Vance Twins.

Focus: Self-reflection, empowerment meditations, and finding joy in solitude.

Attendees will have the unique opportunity to access Janine's exclusive relaxation practices designed to help people embrace isolation as a period of self-renewal, insight, and strength.

Each session will introduce methods for turning moments of loneliness into powerful periods of clarity and inner calm.

What to Expect:

Insightful discussions on the themes of The Power of Isolation

Guided calm and comfort techniques to help transform feelings of loneliness into positive self-connection Practical advice on building a fulfilling relationship with oneself

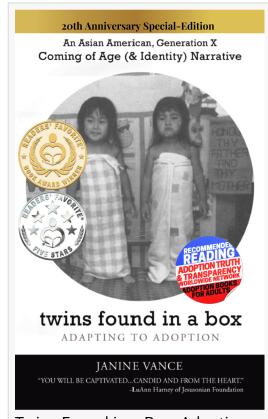
Opportunities to connect with a community of like-minded individuals on similar journeys

About Janine Vance:

Janine Vance is an author, consultant, and meditation enthusiast known for her innovative perspectives on solitude and self-discovery. Through her philosophy and writings, Janine has inspired countless individuals to embrace alone time as a tool for deep inner fulfillment and well-being.

Don't miss this free opportunity to join Janine Vance and her twin, the "Vance Twins"! For relaxation videos, visit Reiki Vance Twins

Janine Vance Vance Twins LLC info@vancetwins.com



Twins Found in a Box: Adapting to Adoption by Janine Vance. Now available in large font for sight impaired. For special requests, contact@janinevance.com

This press release can be viewed online at: https://www.einpresswire.com/article/759380703

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