



Lighter Within

A new way of being

Jolen Philbrook
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Jolen is a gentle speaker, easy to listen to, who packs amazing information into her presentations that I found easy to implement in my life.
Patty Fitzsimmons, MD
San Francisco, Ca

Testimonials

“Jolen is very present and able to go with what is happening with her participants. I knew I would only benefit from the presentation if, I was willing to receive what was offered. I was able to use the information gathered in the presentation to continue my learning and growing at home.”

Elyse Jacobs
San Francisco, Ca

“Jolen is inspiring and has words of wisdom to remind us that we have what it takes to overcome life’s challenges.”

Catherin Crusade
Sacramento, CA
Speaker and trainer

“Jolen was enlightening with her presentation and all her knowledge. I had numerous breakthroughs with her.”

Julia Flaherty, RN, CCM
Grass Valley, CA

“Jolen has inspired me because she herself is *Lighter Within*, giving me living proof that I too can live my life with ease, grace authenticity, and clarity.”

Bettyanne Green
Oakland, CA

“Jolen did a fabulous job with her presentation. Her ability to bring the participants to a deeper level with visualization techniques is a true gift and invaluable.

Tamara Baxter
Grass Valley, CA
Store owner

“Jolen has a unique story that you can relate to, while realizing you need to shift your thoughts and feelings to create a new outcome. Jolen took her challenges and turn her life around. The trials she went through, the lessons, victory, joy and journey. Thanks for the gift!”

Cara Lane
Sacramento, CA