

Testimonials for Julia Day ~ Jewel

CST-D, CAEH-T, MMS

CranioSacral Non-dual Body/Mind Therapies & The Jewel School

www.juliaday.ca

For over eight years, I have benefited from Jewel's work. Whether addressing physical, emotional or spiritual crises or imbalances, she consistently supports my body/being to find its way home beyond accumulated stories. 'Jewel' is well named as her multi-faceted approach brings light; reminds me that I am essentially light. Her lived conviction to Oneness, extensive experience in myriad modalities and personal integrity elevate bodywork to an art, where, within a sacred safe space the Soul's poetry is revealed. I have travelled to the far corners of my psyche cradled in Jewel's hands and retrieved what I needed to achieve wholeness and healing. She is indeed a rare and necessary gem!

Jo

I consider Julia one of the gifts in my life and am profoundly grateful for her skilled support and assistance. I am especially appreciative of her patience and persistence, gently working repeatedly on issues and bringing new perspectives repeatedly to my attention over time, when I have been resistant to seeing something, or just plain stubborn. I could write several pages about my admiration and gratitude for all Jewel's skills and knowledge. Julia has been my 'go-to' energy healer for 30 or so years, the person I often turn to first when I am confused or uncertain in my own emotional, physical and spiritual unfolding. She was the first person I felt truly looked at me as a whole person, not just the fragment that was covered by whatever speciality the practitioner was familiar with, or interested in. I really appreciate Julia's diverse training, experience, and deep wisdom she shares so generously. I have never walked out of a session with Julia, whether in person, or more recently online, without feeling I had learned something about myself; had some emotional confusion, spiritual clarity or physical pain diminished; and generally felt far better and more hopeful.

Nancy

There is no one I would trust more to cast light and genuine insight on the most deep spiritual process I or anyone would experience. Couple this with extraordinary cranial sacral experience and ability at the highest attainable designation, "Diplomat" - plus many other physical and psychological healing modalities mastered - and you begin to understand we are talking about a complete healer.

Her healing studio is a sanctuary.

Brian

I have been a client of Julia Day since 2014. While recovering from a serious pneumonia, I made an internet search for a cranial sacral therapist which led me to Julia's website. Since then Julia has helped me get through work stresses and the death of my husband. I am grateful for Julia's innate ability to listen to Body-Mind-Spirit to facilitate the release of held stresses. She offers this professional work with integrity delivered in a respectful, kind, and gentle manner. Her gifts and talents in Cranial Sacral Therapy are superseded only by her clear Presence and an utterly apparent connection to Higher Source Creator Consciousness. I can whole-heartedly say that my life is better from being the recipient of Julia's work.

I always feel more centered & physically taller after an appointment with Julia!

Kay

Julia masterfully weaves together the metaphysics of ACIM with her own bountiful, deeply-found, embodied experience of the Truth of our Oneness in Love. - Annie

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Thank You for believing in me, for standing with me, for not leaving me, for allowing me to do whatever I needed to do, and for continuing on with me... Thank you for being here in BC and holding the Vision for us. Thank you for showing me the way when I was lost. Thank you for your shining example!
With LOVE since 1997,
Debbie

Jewel gives us a living example of what it means to live an authentic life. As her student, client and friend, I have noticed that being in her Presence allows all those that abide with her to have a fresh experience of their Divine nature. Her humour and deep compassion allow us to feel a deep sense of safety that is essential for healing to take place. In her Presence, we find a rich opportunity to view our ego, along with its dance of illusions, as an opportunity to grow. From this grounded place, we deepen our understanding of the interconnectedness of all things and are reminded that we can never be separate from our Source. Thank You Jewel.
Melanie

Julia, There are no words to express. Tears of THANKS and GRATITUDE fill my being for the extraordinary gifts and guidance you have shared with me on my journey.
Soft blue light in warm eternity,
Christopher

You are gifted. That one session released so much for me ... improved neck movement and decreased pain to imperceptible... allowing me to sleep comfortably for the first time in many years without waking up in pain. If we ever meet again, my head is in your hands! Thank you.
Deborah

Julia's gift is truly astounding. In my first experience of lying on her massage table, I allowed her to join with the Light, with my head simply resting in her hands, and I literally HEARD and felt the tension, trauma and memories stored in my cranium release. It was remarkable. By the end of just a short time, I felt like I was swimming in golden peace. It was truly a 'healing session' and it did not end there... Feelings and issues that had been needing to come to awareness were able to find their way up. The session kick-started a truly-useful catharsis that has helped me think clearer, process beliefs, and re-focus on my life's purpose and creative efforts. She also helped heal and relax the long-term pain in my shoulder that other therapies had not helped. It's all true and I am totally willing to sing her praises without reservation. I am excited for me next session and I highly recommend her.
Russell

Once again, you have helped me find the courage to see my own power, my own beauty and my own strength. I celebrate your immense generosity, courage, warmth and kindness. A greater teacher, I have never known.... With your exceptional skill and unconditional love and compassion, I have healed issues that traditional therapies could not resolve. I have discovered my authentic power, love and joy.
Amy

Thank You so very, very much for your immediate and appropriate, competent, spiritual without religion, humble, loving, angelic response to my call for your help. You helped me to get into grace and love so that I can send this out to others. You are very much a part of my inner dialogue. Thank you.
Charles

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Julia has been my family's healer, spiritual guide and counsellor since 2004. She initially healed my TMJ and many body aches, and then I kept seeing her for her compassion, wisdom and gentleness that helped me reconnect with the love that is me.

My children have all had many sessions with Julia, and they LOVE her so much! She is such a guiding light and we have all healed so many physical, emotional and spiritual aspects because of her care.

We are eternally grateful to Julia!

Leanna

Jewel is one of the most uncompromising and totally committed contributors to the Great Awakening that I have ever known. I have been truly blessed and remain deeply grateful for having had the opportunity to meet and experience her dedication and compassion.

She is a teacher and healer who obviously has direct contact with a source of knowingness, love and healing energy that is beyond human experience. With much heart-felt aloha,

Benny

Thank you Julia, I am planning to come to further training in spiritual healing retreats with you. I have had sessions with other craniosacral therapists and healers that were nice- but when I compare with the session with you, the transformation of energy was a deep spiritual experience. It is really hard to explain with words, but I strongly felt the Christ energy present with you.... like a field of deep unconditional love, peace and joy. You know when the student is ready the teacher will appear!

Thanks again Julia for your wisdom and help.

Heidi

Writing to say how much I appreciate your incredible depth and breadth of study throughout your life. It's like you have a PhD in esoterism. You effortlessly speak to so many topics and make it all relevant - You remember stuff and you express it so easily, like an amazing university prof. That's pretty incredible and attests to your life's study and commitment. With great gratitude,

Anaka

Thank You for your love and support and for the profound space that you hold for me.

You are a power point of connection to Who I Am and Who I am Becoming.

You fill me with groundedness, truth and Love. You give me great gifts.

Philippa

Jewel is a Jewel. She has been in my life for almost six years. I have had the most profound healing of my life with her, from the most trivial things, like dealing with my love life, to the biggest, like the death of my father. She is my spiritual teacher, mentor, advisor and friend.

I hope to emulate her as a healer and follow in her footsteps.

Leigh

I highly recommend julia. She helped me with a serious medical problem, Chronic Fatigue, and the worst symptom was my hyper-sensitivity to cold. So I moved to Hawaii, but even on a hot day, I was shivering with a heater, electric blanket, long pants and jacket. After one healing session with Julia I got my heat back, and I don't use the extras any more. Now I even have to use the air conditioner to cool down. So thank y so much Julia for the wonderful healing. If we lived in the same country, I would come for more sessions and also for your spiritual guidance and classes and retreats.

Warm regards from

Heidi

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I've worked with jewel for several years now and my life is changing form the inside out. As a practicing psychotherapist, ... doing extensive personal work has been necessary in order to remain helpful to others. Although the earlier personal work was beneficial, it didn't result in the CORE TRANSFORMATION that has come from sessions with Jewel. Her quiet, sensitive and kind attention, and her skill in working with energy, have lead to deep shifts and healing. She has a welcoming treatment room, a flexible schedule, and brings generosity to all aspects of her practice.

MM

With a glad heart, I say Thank You Jewel for all the individualized loving care and attention you have given me since the summer of 2007. You are an excellent teacher and role model of unconditional love. I am also grateful for your meditation groups and for your willingness to serve the community in Victoria.

Thank you for being here and for being you. You are a real blessing in my life,

With Love and appreciation,

Myrtle

After my dental surgery, I had hands-on:

1- craniosacral therapy by a well-trained, sensitive, energetically-attuned person

2 - craniosacral by a likewise attuned physiotherapist, and

3 - physiotherapy and craniosacral by a different physiotherapist

... and I still couldn't get a good bite!

Then, you worked with me from a distance on Skype and what you released in my cranium finally moved my head around so that I could finally get a bite. It really is amazing when you think of it. Julia, in Victoria, helped me to change the structure in my head more than three physical hands-on therapists could do with me in their office. I love us!

Deb - Vancouver

Dear Jewel, I just want to express how grateful I am that you hold Truth so uncompromisingly. Today's group felt particularly powerful in that respect. You exemplified the absolute integrity of Truth and cleared space for direct experience of Self. I can hardly contain my awe and wonder at how blessed I am to have the opportunity to share so deeply with other beautiful Beings. Thank you for holding space.

Much Love,

Marcy

What lies at the heart of Julia's skill as a facilitator of spiritual healing for me (I've been her client for the past 12 years) is her unswerving capacity to hold space for the truth. Regardless of the situation, whatever the dark, thorny and confused recesses of my mind that I appear to need to travel to in my healing journey, she stays aligned with the truth of loving oneness, and from there she guides.

Anne

Dear Julia, I would like to express my gratitude to you for being the most impactful person in my life.

You have helped me more than anyone else ever has. You are the only person to have truly acknowledged me and honoured me. You are the only person who has made sure to tell me I am seen. Your advice over the years has brought me so much peace and increased my self-esteem by miles. Your guidance has been the most important thing to help me turn my life from miserable to miraculous!

I love you!

Julianne

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My virtual session with Jewel was deeply profound. Both the depth at which she was present with me and the healing that occurred were transformational. We were able to meet some inner aspects of my psyche that had not yet come to light, and touch places in my body/mind that were unknown to me. I highly recommend a virtual session with Jewel. She offered a deep journey, as though we were in the same room. Julia continues to guide me to the directly embodied experience that healing and presence are really beyond space and time.

Felicity

Julia, Thank You is too small a word to express what your teaching and reflection, passion and delivery has mirrored to me these past years. I see expressions in your face, so rich and deep, and confirming. Your capacity for Love, compassion and understanding are exceptional, and you always hold to what you know is true, despite the projections around and upon you. Thank you for your deep dedication.

I am honoured to be your student and friend.

Janine

Julia, We all see your total mastery as a healer and organizer, teacher and goddess. You provide us with inspiration to continue our journey to wholeness and freedom. I feel the gentlest kindness in your eyes, your heart and hands. Through you, I experience Love in what I imagine it's purest form. I want to find this same Love inside my Self. I want that wonderful glow that emanates your face and Presence. I Love you. And as always, your retreat was amazing!

Amy

Re: Jewel's teaching of CranioSacral Therapy

Julia, Congratulations on becoming a CST Diplomate - wow - What an accomplishment! It was a privilege to sit with you in your Fall 2014 CranioSacral Workshop, as you completed your qualification to be the only Diplomate-Certified CranioSacral Therapist in BC! It was a wonderful experience to dive into the ebb & flow that is the tide of life in each and every being. Thank you for providing a sacred space to share and explore the depths with such beautiful, like-minded people... I am grateful for your sharing of what you have learned in your time and experience as a healer.

Mitra

Julia is an excellent presenter and facilitator of CranioSacral therapy. I learnt so much in a compact period of time. She was knowledgeable and personable. She knew the material inside/out and added the wisdom of all levels of experience of more than 27 years of intensive healing work for herself and others.

Highly recommended.

Brian

I found this course thorough and well-rounded, well-illustrated and a great combination of theory and practical hands-on. Julia is an inspiration and has re-ignited the spark and excitement in learning and experiencing her particular blend of esoteric healing and craniosacral therapy. She's very articulate and down-to-earth in conveying and demonstrating ideas and techniques. She brings a wonderful energy and passion through her teaching and it is clear she is extremely adept at meeting students at a level suitable for their individual understanding. This class has been a delight - well organized with a natural flow of delivering information and open receptivity to questions and sharing of experiences.

The whole experience for me felt very deep, yet with a lightness throughout, as Julia delivered from an obviously very knowledgeable wealth of experience.

Christine

Julia's excellent teaching inspires me to deeper understanding. Her experience, academic and intuitive knowledge greatly increased my knowledge, technique and intuition. I really enjoyed this experience. It has, in fact been the best workshop experience I have ever had. The teaching aids were also very informative. I look forward to any other opportunities to learn in any future classes of Julia's!

Cathie

... & edited combined feedback from a CranioSacral course offered in Spring 2024:

Julia is a very warm, thoughtful and amazing presenter.

I so enjoyed the blend of esoteric and practical sharing.

This was the most rewarding and enjoyable workshop I have ever taken.

An amazing, safe, respectful class experience.

Julia is so clear and comfort-inducing.

I will take anything Julia offers on any topic.

It was a very clear and exceptional opportunity to practice.

Exceptional teacher; lots of examples, very engaged and engaging.

I was really here for the Julia Day-ness of it all.

I didn't care what topic she offered, I just knew to come, and I learned a lot and loved it!

Super grateful for this very useful opportunity. I will take anything that you teach!

Julia's passion and great energy is reason enough to take this course!

As a presenter, Julia is very much more interesting than any other teacher I have sat with!

I loved Julia's ability to combine the technical with the spiritual.

Loved her enthusiasm and beautiful energy.

Excellent pace, delivery of information, I am so grateful for having chosen to come.

Julia is totally amazing. Her passion for healing is infectious.

It is easy to see Jewel's brilliance in this model and it is very clear that she is an excellent and caring teacher and practitioner.

This workshop was very fun, peaceful and relaxed, but balanced with great information and aids.

I wish Julia was teaching more. I will come every time!

Such authentic loving caring energy.