

Through a visionary guided approach, **JENNY** works to help heal the inner-child suffering from trauma, abuse, and low self-esteem. Focusing on traditional methods as well as innovative techniques, she guides individuals through the ebbs and flows of life's chaos, providing the tools to best navigate. Jenny focuses on helping people truly love and appreciate who they are, focusing on self-esteem, a core issue of influence for addiction, anxiety, depression, and a host of other issues.

Jenny has a Masters Degree in Creative Life, Humanities and Depth Psychology from Pacifica Graduate Institute in Santa Barbara, California. She also obtained a Bachelors Degree in Tourism Management from the University of Utah and a Social Science/Mass Media Associates Degree from BYU Idaho. Jenny has completed the spousal addiction recovery program with LifeStar and holds certification in both Dr. Amen's approach to brain health, ADD & ADHD and Brené Brown's approach to self-compassion and shame resilience.

Jenny had a successful photography business for over fifteen years and has been internationally published—you can still find her photography work hanging in Chandler Hospital today.



# illuminating the **SHADOWS** *Jenny Preece*



Jenny Preece  
Portrait photography by Becky Young



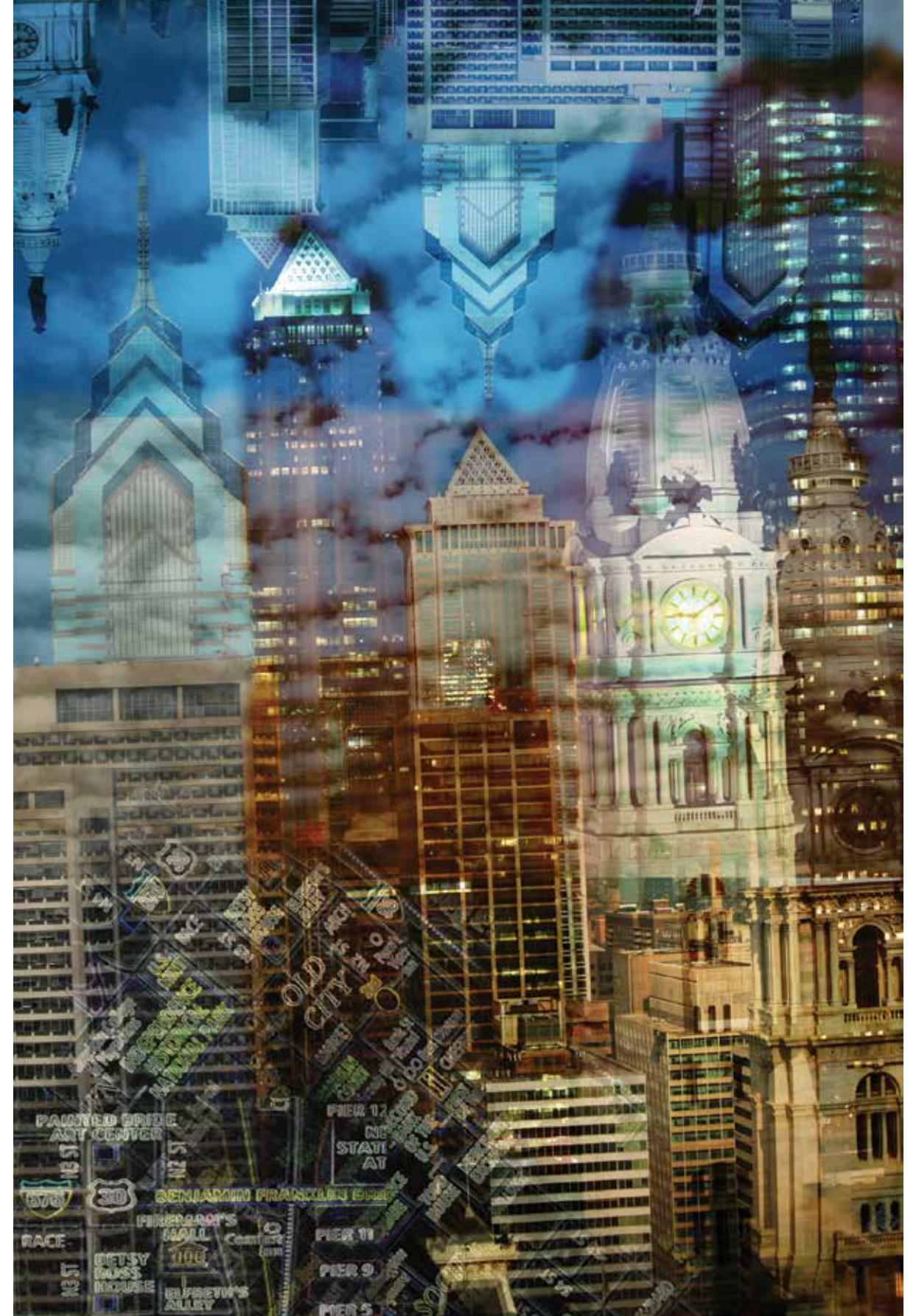
When I was eleven, my family and I moved to Saipan, an island in Micronesia surrounded by the Pacific Ocean. The water was pristine, and it created such calm to all the upheaval I was experiencing—feelings of being displaced, to an island in the middle of nowhere, leaving my friends, my school, and all that I knew at the time. The shades of blue and green of the ocean spoke to my heart.

Born in Idaho, this and other big moves changed my life. From the jungles of Saipan we moved to Texas, Florida, Utah, Japan, then back to Utah, to Philadelphia, and now am settled in Gilbert, Arizona. “Starting again” was necessary with all the moves to very different and diverse places, and made me who I am today. Moving my whole life helped me learn to adjust and redefine who I want to be. Starting over and starting again, however, are very different. One, you build from what you know and have learned along the way. The other you throw out what you know and start fresh,

which really isn’t possible. Each new place I lived in led me to another discovery, adventure and life skill I needed to learn. As an entrepreneur, this is a gift that needs to be nurtured and understood.

Saipan brought with it the incredible different cultures, food, lifestyle, and spiritual practice. I learned to understand what it means to be the minority. I remember vividly getting on the bus and being rejected by the local islanders when asked if we could sit next to them. We were anomalies on the island of Saipan in the 80’s, though soon the locals began to embrace us. My best friend was Japanese, and she and I ran track together and learned each other’s language and culture.

In my twenties, I had the opportunity to work in Japan on an internship with the University of Utah and United States Government, and as a result, I now incorporate much of the culture in my art, within the creative process I use. Saipan introduced me to photography—my love of photography, nature, and self-education was developed on



We all have residue and imprints in our minds that affect who we are, and that is a *wonderful discovery* if we let it be.



As a business owner and creative professional, you learn to *accept failure as learning*; you learn to embrace and start again, move forward one step at a time. It can be daunting and exhausting, but you learn to understand a variety of perspectives.



that island. Later, my kids would lead me back to my love of photography.

Moving to Texas from Saipan was a culture shock as well. I had just adjusted to island life—the lifestyle of not caring so much about material possessions, where I learned to live around bugs and eat from places I probably never would have stepped foot in before. I understood a simpler way of life, one led by my heart and not my head. My heart recognized the love in others by the spirit and soul they possessed, not by the things they acquired—a changing point in my little life.

On the contrary, Texas was all about the material things—the sports you played, the people you chose to hang around. Don't get me wrong, southern hospitality is real, and I loved that aspect of Texas; however, moving back to the states was tough. I remember wearing ruffled socks to seventh grade and being made fun of. I now despise ruffled socks. Needless to say, I grew in my courage and who I believed I was. I started again, redefining what was important to me. After adapting to the new way of life, I began to find myself wanting to share my love of dance. I was scared to death. I auditioned for the “Bearkadettes”, and I made the team—it changed my life. I was no longer the “girl with the ruffled socks”. I was the girl with the high kicks and dance moves.

The experience helped me understand how our environment around us does penetrate into our very souls. I made sure I was very careful to treat others kindly; I knew what it felt like to be mistreated. I realized how powerful our innate gifts could be to ourselves and those around us. I was able to appreciate all of me, the girl in the ruffled socks and the dancer that was blooming within me, although there were still days that came when I wanted to curl up and hibernate or go back to Saipan. While on Saipan my dad taught me I could choose to dwell on all the things I missed and hated about the island, or I could learn to see things differently and recognize the beauty in differences and all that the island and people had to offer.

I use this outlook today in my practice, as empathy on many skillsets comes into play in understanding vulnerably in us all. Learning to look at what makes a person happy,



Not only does creativity use every aspect of the brain, but when paired with a professional, it opens those parts of us we are scared to look at; it *illuminates the darkness.*



## TIPS

1. Consider purchasing a stationary bike at home and participate in what I call “creative cycle.” Releasing serotonin and dopamine helps to unblock and de-clutter the mind of the infamous entrepreneur.
2. Be real with yourself and know your strengths and weaknesses. Negotiate professional trades with others in areas where they are strong and you are weak.
3. Maintain separate accounts and credit cards for personal and business. This not only saves time for when taxes come about but creates a cleaner, simpler way of managing a business

in their lives and the things in nature that inspire them is key—which brings me to Florida. Florida was my happy place again; we moved my junior year of high school. After the shock of missing tryouts at the new school, and yelling and screaming at my parents for moving yet again, I finally embraced the reality—Florida was an easy breezy lifestyle, mixed with the culture of the states, yet the laid-back ways of island life, a great blend.

In Florida, my photography skills were brought to life with learning the darkroom and developing prints and negatives. I understood light and shadow, and the balance between the two. Today, understanding the shadow as applied in Jungian Psychology is very important in what I teach at the studio. Seeing the shadow and working with it, instead of fearing it, is something I teach in life. We all have those aspects of ourselves we wish didn't exist. They do, so we learn to move forward through the dark or get consumed by it.

My Master's Degree in Creative Life, Humanities, and Depth Psychology helped me understand this principle at



*Hope is part of humanity.* We need hope to continue in this world—to help balance.

a very dark time in my life. I was in my thirties and just divorced my best friend. My children were my world and motivation and combined with creativity, have been my saving grace. Starting again would take time and gentle navigation. Pacifica Graduate Institute brought to light all those experiences of my life that were part of me—parts I didn't care to remember, but needed to in order to move forward.

Pacifica really helped me understand how my photography business of fifteen years and my children, really kept me going.; they were the light in the darkness. The creativ-

ity that was ignited on this dark path, led to some of the deepest discoveries for me as an adult and professional.

With my photography business, I was able to travel with my children and work. We moved to Maui for a summer, and I was able to share with them the island life. The hard work of washing clothes by hand, living in different dwellings, exploring in the jungle, and meeting new and interesting sea creatures as they snorkeled in the blue waters. It was a gift. It was something that even with my oldest being so mad at me for taking her away from her friends has since

thanked me for. It was a resurgence of recycling, passing down of learning to generations, understanding the world around us, and all that comes with it.

The beautifully messy part of life is we just don't know how or where we will go. We could have all the best laid out plans and actions to see it moving in the direction we want, but then one day, it changes. That is why creativity at its core when used as "a process" helps to heal.

I would not have found this path if it wasn't for some of the darkness I see in my life. I was diagnosed with Spas-

modic Dysphonia about twelve years ago, leading me to retire from professional photography. My voice comes and goes, and I have no control over it. It works well for the healing profession, ironically, and I accept it and am working with it.

Blue J Creative Healing was opened on September 11, 2015, to give hope while living in Philadelphia and seeing firsthand the destruction of 9-11. It placed a permanent imprint in my heart to give hope to all. Hope heals, unites, and creates healthy and thriving communities. The creative process taught at Blue J is a hands-on approach using different creative outlets and art supplies or mediums to help aid in understanding diagnosis, or life changes.

Living a life of creativity and listening to your heart and soul is something I teach my kids and practice daily. In the day and the life of a creative processor, it works with me, and I work with it. The magic I see taking place with my clients is something I don't take for granted. I know the trust they have placed in me, and I in them. It is a full circle and something I have come to say from day to day, "Renew, Reuse, Recycle" give and be given. All of you who are suffering know there is a place that makes the dark seem manageable. Creative adventures are just around the corner, learn to navigate, you will thrive.

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**MORE ON JENNY**

[www.BlueJCreativeHealing.org](http://www.BlueJCreativeHealing.org)