

Founder and President of Mindful Presents 501c3  
Please see; <https://www.mindfulpresents.org/>

A non-profit that brings the gifts of Mindfulness, Coherence and Controlled Breathing to paediatric patients, families, and care providers. Specialising in creating a physiological state of receivership in preparation for procedures and surgical operations to allow for the best possible outcome and build resiliency for future challenges.

Mindfulness and Coherence Practitioner at the Center for Healing Neurology Specialising in the care of the chronically ill by resetting the autonomic nervous system to a state of homeostasis through Mindfulness, Coherence and Controlled Breathing.

Reverend and Spiritual Advisor  
Specialising in returning care recipients to the state of Mind-Body-Soul alignment.

#### Jeff's Care Philosophy

At the core of every human-being, there is a Divine wisdom that knows who you really are...

what your soul prefers...

This deep knowing from the soul speaks through the heart to the gut, brain, and mind-body...

Allowing the ego or social-environmental influences to lead you away from this Divine wisdom is the root cause of all dis-ease and manifests in the body as symptoms... Healing is the process of finding out who you really are and then living true to your Self...

“Authenticity Heals” Gabor Mate

#### Areas of expertise

Stress reduction, medical procedure preparation, chronic pain reduction, hyperactive nervous system, Somatic Trauma Imprint Release. STIR.

#### Modalities

HeartMath Biofeedback, Controlled Breathing and Mindfulness. Somatic Trauma Imprint Release.

“Self-Awareness leads to Self-regulation and builds Resiliency.” Jeff Granville

#### Education, Training, and Certifications

Jeff served for 4 years as a member of the Family Advisory Council at Seattle Children's Hospital and trained as a first responder in the Parent Support

team. He also served on the nurse orientation training, anaesthesiologist training, Root Cause Analysis and Hospital Acquired Condition panels. As well as consultant to the clinical efficacy department.

### Background

Jeff Granville is a 5th generation inhabitant of the San Juan Islands in Washington state.

He grew up on and around the waters of the Pacific Northwest. He enjoyed a 30-year career as an owner and operator of high end marine repair and construction companies. Jeff is father of 8 and Grandfather of 7 beautiful Grandchildren.

After his youngest son Makoy was diagnosed with a rare and eminent life threatening form of T-cell Leukaemia at the age of 4, Jeff was witnessed by staff guiding his son through several emergent procedures starting with a lumbar puncture without sedation and ending with an 8-hour kidney transplant without an epidural and zero pain meds. Jeff was encouraged by the hospital staff who witnessed their journey to start a non-profit to share these gifts with others to improve outcomes.

Please see “Our Story” on Jeff’s website:<https://www.mindfulpresents.org/our-story>

### References,

Bruce H. Lipton, Ph.D., stem cell biologist and pioneer in epigenetic science, is an internationally recognised leader in the “new” biology bridging the Body-Mind-Spirit trinity. He is the bestselling author of The Biology of Belief, The Honeymoon Effect, and co-author of Spontaneous Evolution.

“As a pioneer in the field of epigenetics, I applaud and honour the profoundly important contribution Jeff Granville has provided in enhancing paediatric care in specific, and medicine in general. Mindful Presents is a valuable resource that can engage self-healing and the opportunity to reclaim sovereignty over our health and our lives.”

Bruce Cryer,

Former CEO, HeartMath

Adjunct faculty Stanford University

President, The Graduate Institute

“I have had the honour and privilege of not only meeting Jeff Granville and hearing his remarkable story of hope, healing, coherence and courage, but I have directly experienced the depth of this man's wisdom, his intuitive insights on healing, his absolute unwavering commitment to his son, and his conviction that people need quicker, more direct, more regenerative and more lasting healing modalities. The human system is remarkable in its capacity for resilience, self-healing and regeneration, and Jeff has uncovered

keys to health and healing that the world needs to learn. For our children and for future generations, we need Jeff's work to be spread around the world.”

Thomas R. Verny MD, DHL (Hon), DPsych, FRCPC, FAPA  
Founder and Past President APPPAH, Author of *The Secret Life of the Unborn Child* with John Kelly, *Pre-Parenting* with Pamela Weintraub, Associate Editor, *Journal of Pre and Peri-natal Psychology and Health (JOPPPAH)*, author *The Embodied Mind* (2021) Pegasus Press, New York, NY

“Jeff is a kind, gentle and sincere person who possesses a deep understanding of the effects of stress and trauma on the human body. He is particularly gifted in providing science-based relief of pain, be it physical or mental to children of all ages and their families. I find his very presence is calming.”