



EMPOWERMENT



Whole and One  
Archives Available

March 3rd 2021: Meditation is the only  
medication you need. Breathe and BE!

Every system in nature has a push and a pull. Just as we have a system for stress, we have a system for calm, called the parasympathetic nervous system. Unfortunately that is a system that we need to learn how to engage, as opposed to the sympathetic nervous system, which is always active. The sympathetic nervous system is like your body's alarm system, you don't want to disable it, but under conditions of stress, whether real or perceived, when the sympathetic nervous system engages the fight, flight, freeze response over a protracted period of time, it is no longer adaptive and begins to dow

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Featured Guests



Baby Joshua Caffrey

After losing his beautiful infant son, Joshua in 2011, Justin turned to Eastern psychology and neuroscience to help aid his recovery from the inner trauma that ensued. He dedicates his life now, to share his wisdom. "There are many Who have lived long lives And who have not been loved as me". Christy Kennealy

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Justin Caffrey

Justin is a recognised thought leader in mindfulness, resilience and wellbeing. A proven multi-business entrepreneur in differing sectors and countries, he has built and sold multiple regulated companies with seven figure exits. Justin is a certified investment and hedge fund director as well as a private equity investor and sat on the board of a UK government company for seven years, where he chaired both the Audit and Remuneration Committees. All Ireland All Star Thought Leader in Personal Development, in 2019 and 2020, Justin now specialises in Subjective Emotive Brief Therapy (SEBT). He offers confidence increasing, stress reducing courses face to face and on line to help clients connect

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