



ABOUT *Jesse James Ferrell*

Jesse James is a seeker. He's looked for truth, connection, community and enriched experiences for most of his life. His life began unlike most. He was born with a cleft lip and gum into a religious cult to parents who were going through a divorce. Jesse's mother had an unorthodox approach to his healing. She waited for nearly

the first year of his life to have his cleft lip and gum fixed. And for the first two years of his life, she spoke positive affirmations to him, claiming healing in his life. Jesse and his family broke free from the cult when he was 16 years old. However, not before he experienced sexual, physical, emotional, verbal, spiritual abuse as well as immense amount of bullying throughout his school years.

Shortly after leaving the cult, Jesse fell in love. And within the next three years he became a father and husband. Before getting married, he started to recognize his feelings for men and expressed his sexuality to both his pastor and youth pastor. He was encouraged to get married and pray. Years into his marriage, he came out to his wife and explored his own relationship with God and whether gay people would go to hell, as everyone in his life was told him.

Without support from his community, Jesse did the work he needed to do to find God and his true authentic self. And that's really when his life changed and his journey to self-discovery and community started.

There was one day in particular during the fall of 1999 that gave Jesse the opportunity to declare his own journey. He was going through his divorce. He lost his job after coming out to his employer. And for the first time his children, then 10 and 3, were at his unfurnished apartment. His bank account was depleted and there wasn't any food in the house. Despite his church's reaction to his coming out and divorce, he humbly asked to speak with the pastor to request a donated bag of food for his children or \$50 to use to purchase food. Jesse was denied both for no other reason other than his sexuality.

Jesse knew in his heart that God's love for him would never deprive him of a basic necessity. He left the church and never returned. And the next day began looking for a connection to something more in life.

It took years of searching. He attended one transformational workshop after another for more than a decade. Jesse was dedicated to his own personal growth to heal his mind, body and spirit and release all his anger that had been inside for so long.

Throughout his personal development work, Jesse dealt with the trauma he experienced throughout his childhood.

Focus Four Me is dedicated to mental health and suicide awareness as a result of Jesse's own journey as well as his son's path. Within 10 years both Jesse, the Founder of Focus Four Me, and his 17-year-old son contemplated suicide. They both worked

through their own experiences with suicide and Jesse has been dedicated to bringing light to the conversation ever since.

Jesse has completed every possible Landmark Education course offered up until 2011. After that work, he completed all PSI Seminars and is now navigating his way through Tony Robbins live events as well as Brendan Burchard and Dean Graziosi.

His training as a healer was through Southwest Institute of healing arts with the brilliant visionary KC Miller 2001-2004. He has studied a bit in Thailand as well as with an Olympic Russian sports doctor in LA. He has completed more than 26,000 hours of healing massage work with clients and continues to learn and develop new ways to practice and facilitate healing.

Throughout every workshop and training he's attended, he always looks for like-minded individuals. He searches for consciously aware men like him. While sitting in a transformational workshop in 2006 the concept of Focus Four Me started to emerge in Jesse's thoughts, day-dreams and meditations. While he explored his dreams he recognized the opportunity for a global spiritual conversation with other people wanting to be the best version of themselves, men specifically. Jesse's transformation of his mind, body and spirituality began by emptying out the clutter and limiting thoughts from his past and adopting I AM declarations to create a life he loves.

Since discovering his true connection to source and Jesse has been assembling a massive toolbox that allows him to handle anything that comes his way.

The elements he has armed Focus Four Me with has provided him with the realization that he can choose his life experiences and give meaning to each moment. His self-development work has given him the tools to develop and build relationships with a huge community of like-minded people.

The most important benefit of his personal growth and transformation comes down to the seedlings of anger he carried with him throughout the first part of his life. His spiritual development work allowed Jesse to love serving and being of service, to trust in the flow of the universe and TRUST the abundance of being cared for. After years of transformation, Jesse James proudly owns each element of himself - the geeked out guy on transformation, the dorky dry humored guy, the deeply intense and passionate guy, the loving father, friend, brother and son.

Jesse's on a mission to serve and support the world. He has a deep passion and drive for helping men wake up to choice. To love. To infinite possibilities. To choosing happiness over suffering. To recognize that life is amazing. There is so much to experience, see, share, do and BE while living. It's now time and it is upon us where men are learning how to become and be the best version of themselves. Being the best version of yourself gives you the tools to be a better man, father, husband, lover, brother, son, friend and co-worker.

Today, Jesse and Focus Four Me reside in Phoenix, Arizona. He firmly believes Focus Four Me will guide seekers like him on their own unique path of transformation for their greatest good. And he is grateful to be of service.

Contact Information for Phoenix Media Opportunities:

Nicole Myden:

nicole@theprconciierge.com 310-502-9921.

Contact Information for National Media Opportunities and Partnerships:

Jesse James Ferrell:

jesse@focusfour.me or 602-573-1309.