

# Soul Purpose Workshops (SPW)

## Ten Week Series

### 120 Minutes Online



**Tags:** Relationships, confidence, family, counseling, therapy, sessions, Ascension workshops

### Who should attend this?

- I AM feeling different than you have felt before.
- Do you have a desire to change many parts of your life?
- I Am experiencing body sensations that are unique and somewhat troublesome.
- Do you have vivid dreams and memories?
- Are you having trouble maintaining short-term memory?
- Are you having difficulty remaining on task?
- Are you experiencing other ascension symptoms?

### What is a Soul Purpose Workshop?

A Soul Purpose Workshop (SPW) is designed help you discover and expand upon your Soul's sacred purpose. Participation in a series of 120-minute interactive online workshops will provide you with insights into interpersonal relationships, your motivations, and you will learn tools to improve self-esteem. Ascension symptoms are discussed, and advanced concepts about the Ascension process is covered.

### What will the workshops be cover?

- During the Soul Purpose workshop, you will gain insight into your Soul's purpose, potential paths for your growth, and more aware of who you are. Through this work, you will discover your intentions, working to find your Soul's Sacred Purpose.

### **Why should you attend this?**

#### **Questions may begin...**

- What is Ascension?
- What is it like to be me now?
- How do my past experiences affect who I am now?
- What is getting in my way, preventing me from being the person I feel I can be?

The Soul Purpose workshops will help you navigate your healing during times of transition and consciously connect with aspects of yourself that may have been repressed, ignored, or forgotten, access feelings (both superficial and underlying). Identify the root cause of current issues.

Explore ascension symptoms

### **About the Expert:**

Dr. Shakinah has worked in the clinical community for over 25 years. She received her bachelor's degrees in sociology and human development, her masters' degree in social service and counseling, and her doctorate in marriage and family therapy. She is a certified AAMFT supervisor. Dr. Shakinah has been facilitating psychotherapy groups with inpatients and outpatients for over 20 years.

- Published author: In the Beginning I & II and The Clinicians Guide to Spiritual Emergence.
- Founding director of Helm Counseling, a holistic mental health clinic serving California's north and south bay areas.
- Founding director of California's Source Blue program, supporting first responders.'

Dr. Shakinah specializes in developing positive relationships with clients using mutual respect, trust, and transparency to help you get to the place that you desire to be. She

offers **Soul Purpose Sessions (SPS), Soul Purpose Workshops (SPW), and Sound Healing Sessions (SHS)** for those who are ready to deepen their inner work.

Dr. Shakinah's Websites:

<https://helmcounseling.net>

<https://shakinahstacyjudah.com/about-us>

Dr. Shakinah's YouTube channel:

<https://www.youtube.com/playlist?list=PL8cZ9vqVXZZYZxGKSN-uhAuyArUkSFN9Z>

Facebook:

[https://www.facebook.com/groups/190119602848900?notif\\_id=1610648384021663&notif\\_t=group\\_milestone&ref=notif](https://www.facebook.com/groups/190119602848900?notif_id=1610648384021663&notif_t=group_milestone&ref=notif)

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