



**DISCOVER YOURSELF**

## **Soul Purpose Workshops (SPW)**

**7 Week Series**

**Recorded Online**

### **What is a Soul Purpose Workshop?**

A Soul Purpose Workshop (SPW) is designed to help you discover and expand upon your soul's sacred purpose. Participation in seven 30-60-minute recorded online workshops will provide you with insight into interpersonal relationships, your motivations, and tools to improve self-esteem.

### **What will the workshops be about?**

During the SPW's, you will gain insight into your soul's purpose, potential paths for your growth, and more awareness of who you are. Through this work, you will discover your intentions, and work to find your sacred soul's purpose.

### **Who should attend this?**

- Do you have a desire to change many parts of your life?
- Do you have vivid dreams and memories?
- Do you have trouble maintaining short-term memory?
- Do you have difficulty remaining on task?
- Do you experience other ascension symptoms?

If you answered "yes" to any of these questions, you should attend and will benefit greatly from Soul Purpose Workshops.

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

### **If you've ever wondered...**

- What is Ascension?
- What is it like to be me in the 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 SPW's 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. The Soul Purpose Workshops will also help you access feelings (both superficial and underlying), identify the root cause of current issues, and we will explore ascension.

### **About the Facilitator, Dr. Shakinah:**

**"The 'call to adventure' for my soul journey has been 30+ years, hundreds of hours of meditation, energy healing, soul retrieval, Holotropic breathwork, and karmic clearing.**

**Doing the 'deep' work has required a 'call to adventure' to find my soul's mission and purpose. The journey of healing, awakening, and tapping into my soul's purpose wasn't always comfortable. Still, it was everything I could have ever imagined and so much more... ESPECIALLY the mystical, spiritual emergence that I had 30 years ago." Dr. Shakinah.**

### **More about Dr. Shakinah**

**At age 23 Dr. Shakinah S. Judah (Spiritual Psychotherapist) experienced a profound spiritual emergence(y) leaving her confused, hospitalized, and medicated. She rejected the western medical model of mental illness and began a spiritual quest to understand her experience and its purpose. This experience led her to pursue meditation, ancient studies, and work with spiritual teachers which have provided a deeper understanding of her soul's purpose. Dr. Shakinah presented a dissertation research study on spiritual emergence to bridge the gap between Western medicine and Indigenous practices for supporting an individual's soul growth and purpose.**