



ASPW - 11

Healing the Inner Family

All Workshops are recorded.

Outline

Ascension Information Covered in ASPW – 11

- Attributes of the inner family
 - Supporting one another
 - Missing family members
 - Proper tones
 - Healing the inner child
 - Retrieval
 - The gift of ascension
 - Extreme polarity
 - Healing
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1. First, we will tour the inner family.
 2. Second, we explore supporting one another.
 3. Third, we traverse attributes of the inner family.
 4. Fourth, we investigate missing family members.
 5. Fifth, we expand upon proper tones for birth gender.
 6. Sixth, we survey healing the inner child.
 7. Seventh, we study the concept of retrieval of self.
 8. Eighth, we inspect the gift of ascension.

9. Ninth, we examine extreme polarity.

10. Tenth, we review healing.

Handouts

Healing the Inner Family and Ascending Into Unity

Colors and Health

Energetic Dynamics of Disease

Regenerative Face and Body Self Massage

Superfoods That Support Biological Ascension

Inner Family Healing Checklists Contained in the ASPW-11 Recording

Running the Kundalini Meditation Exercise

Meditation Exercise

Running the Kundalini Meditation Exercise

<https://www.youtube.com/watch?v=WETELd-dErU>

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.

Your Ascension Books

https://www.amazon.com/gp/product/B0D3BS92H6?ref=dbs_p_pwh_rwt_cpsb_vgsr&storeType=ebooks

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