

**A Soul's Journey  
With Jane Burning**

July 12th- 9:00am to 4:30pm  
Mino Bimaadsawin Health Center

Free Workshop with Lunch and Snacks Provided  
Open to All Community Members!



Please read the attached sheet to learn more!  
Thanks for taking the time to consider this day of  
healing.....

Hope to see you there!

Please register at by calling 519-797-3792 ext 1001

Deadline for Registration: June 1<sup>st</sup>

AHBHC / MCH

“The Soul’s Journey workshop is largely a channeled piece of work received through years of fasting and meditation which has been gifted through me. It is designed for those who are in the struggle. I have never met a person who has never had struggle! Life at times seems unbearable and beyond our comprehension. We struggle to understand why our life is the way it is; why people are the way they are; and why nothing ever seems to go our way.”

“When we make a decision, with intention, to want change in our life, change begins. In this workshop you will have a greater understanding of “victim” energy and “heart centered” energy. You will also have a greater understanding of how our thoughts create our beliefs and how our beliefs change our life.”

“You will explore the possibilities of creating positive change in your life by changing your thoughts. You will come to an understanding of what heart centered energy is and how it works in your favor.”

-----Jane Burning

This workshop is broken up into 3 components;

First, **Understanding Energy** as a Reiki Master and intuitive, I will educate the group on energy and how it affects us on a daily basis. When you have a greater understanding of what energy is and how it impacts us we will recognize the importance of maintaining a wellness. In today’s chaos and dynamics within our community it is imperative to know and understand how to keep one’s self in balance.

Second, **The Soul’s Journey** will be taught to the group in an action format. As a trainer and teacher, I have found action work to be most beneficial in understanding and feeling my work. The “Soul Journey”, is a teaching that was gifted to me by spirit through my work as a holistic practitioner. I will demonstrate how our soul came from the highest vibration (heaven) into a physical form.

Lastly, **Our Sacred Bundle** is a large part of the “Soul’s Journey”. I will give more understanding of where we are today as a Nation of people and how we need to move forward with our lives purpose. My intent is to educate the group on their life lessons and how we as Native people, being the original people, need to rise above the created painful truths in our lives and embrace “Our Sacred Bundle”

