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EMPOWERMENT



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**June 26th 2019: Seed Consciousness**

At one time seeds were as precious as our children. Seeds had sacred stories, songs, rituals and dances that were invoked at planting and harvesting times. At one time, seeds were part of our identity and most certainly we were part of theirs too. Seeds were considered relatives. During this episode Sharon will share some mystical teachings, stories and ideas about rekindling some of the ancient traditions around seeds. Reclaiming our connection to the Earth and to Spirit can happen by restoring our relationships with the precious gift of seeds.

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#### Featured Guest

Guest Image

#### Sharon Brass

Sharon Jinkerson-Brass is a member of Key First Nation in Saskatchewan. Sharon has a background as a Cultural Facilitator, Administrator, Artist, Writer and Filmmaker.

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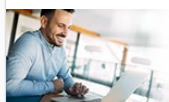
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