

The Power of Healing: Taking Flight Interna- tional Corp.

Healing is a powerful word, it was used by Stephen Harper several times in his apology speech for the legacy of Residential schools and seldom is there a message from a politician discussing the future of First Nations that healing does not surface at some point in the rhetoric.

Dr. Jane Simington has built a career on healing with very positive results, unlike politicians who use the word as a catchphrase, she is directly involved with the process and has spent thirty years helping people overcome depression and despair. Her company *Taking Flight International Corp.* is dedicated to healing and have developed workshops and programs to bring relief to people suffering from emotional pain.

"Healing is not only possible, but is essential to good health and a long life." States Dr Simington. "Our team of professionals develop and deliver high quality workshops that make a positive difference in people's lives. We also develop workshops, seminars that deal with particular issues and situations and we're proud to say that we are making a real difference in the Aboriginal communities and the Aboriginal organizations we work with. We offer our training and our workshops both on-site in the Edmonton area as well as various other venues to accommodate the needs of our clients."

Native people have dealt with pain on many levels, Residential schools operated for more than half century, their mission was to destroy Aboriginal culture, and integrate Native people within white society. The Scoop of the sixties came next, Native children were farmed out to foster homes and seldom would the children ever

return to the reservations they were taken from. Both Residential Schools and the Scoop of the sixties have left scars on Aboriginal society that are still being felt today. Their legacy is Alcoholism, drug addiction and suicides which are the plague of many native reservations and healing is the key word in changing the cycle.

"Aboriginal people have suffered immeasurable damage and the healing process is ongoing." Dr. Simington said. "Big improvements are already making a difference. It will take several generations."

Taking Flight International have developed thanks to Dr. Simington, the Trauma Recovery Certification Program and the Grief Certification Program, which have been used successfully by many Native bands including the Haida Gwaii, Saddle Lake, Ermineskin, Enoch and Goodfish First Nations.

"Most of the programs we offer onsite run from three to five days in duration, though longer periods are often required or sought by the communities and groups utilizing our programs and workshops. We are very interested in working other First Nations and Metis communities and organizations and look forward to hearing from individual and communities looking for solutions." Dr. Simington said, "If our current programs or workshops don't fill your particular needs, we will work with you to develop one that does. It is never too late to start feeling better and there is no time like the present to begin doing so. Please call us, we can help you live a better life, a more fulfilling life."

Dr. Simington is also a best selling author, her book *Journey to the Sacred* gives a good understanding of the philosophies that fuel her programs and the video *Listening to Soul Pain; Healing Soul Pain* is a wonderful way to introduce you to the true benefits of healing.