

# ABOUT THE AUTHOR

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## Jana L. Simons



**Jana's** resume looks like it belongs to several different people. The Fort Worth native studied at Texas Christian University, intending to become a minister of religious education. Determining that organized religion was not her spiritual path, Jana left college to join the work world.

At times she has worked for an airline, a credit union, an insurance agency, a county hospital, and was the first woman to become a mini-area supervisor for a national pizza chain back in the 1970s. She owned her own restaurant, too.

Several years later, in the midst of profound crisis, Jana reconnected with her spirit guides, who helped her to a path of accelerated healing and spiritual growth. She became certified as an intuitive counselor and as an energy healer.

In the mid-1980s, Jana met Candace, who came for a class in developing the psychic senses and stayed for Sunan therapy. Jana and Candace then established the Sattva Institute to foster emotional and spiritual healing through greater self-awareness.

In 1999, Jana published nonfiction she co-authored with Candace L. Talmadge about emotional and spiritual healing based on the Sunan method.