



Here's a quick update on what I have been doing and what I love this month:

**I am continuing to write in and enjoy my [40 Days Of Gratitude Journal](#).** She is patient with me as I find my way through feeling into the questions and pages. I am on day 14 and loving having a moment to discover the nectar in my day before I go to bed.

**I am sharing more and more of [my daily moments](#) at my Instagram stories.**

Follow me at [Instagram](#) to join me through my day.

**I am diving into [this beautiful book](#) together with a friend.** For some reason I keep hugging the book. I am sooo excited to read her!

**I am so happy to have discovered [this brand of natural deodorants](#).** So far this is the only natural deodorant that I came across that actually works! You can get a 10% off discount with the code 'adropofom'.

**I discovered [this amazing podcast](#)** where the poet reads his enchanted life healing poems. His words are nourishment, medicine, and fresh water on a hot hot day.

**I loved watching [this documentary](#)**, especially because I live close to all the places they mention in it.

**My recent private clients include adults, an IT Department going through restructuring, a teenager with screen time issues, a beloved dog who was experiencing anxiety, and an energetically blocked corner cubicle**, all with beautifully felt and seen results. [If you feel like a part of your life or someone you love needs energetic support, clearing or better flow, reach out to me.](#)

With love, light, and tons of gratitude,

Damla