One of my podcast guests Lisa Tahir shared this healing nugget during our conversation: “Let go of the judgements you hold against yourself and find that empathy and forgiveness for you. And you’ll be able to do it easily for others and be a softer place to land for them.” It has been ringing in my ears ever since: ‘being a soft place to land’ for yourself and others. It is who and what I want to be as I grow up.

Another Healer had told me once ‘Damla as you begin to resolve your inner conflicts, others will find it easier to approach you because it won’t feel like they are coming near a war zone’. Being a war zone versus a soft place to land, in my experience that is the difference between tending to your needs, taking action to heal your energetic wounds, practicing forgiveness, love, directing your gaze to goodness every single day versus not doing anything about your wounds, your needs, and your well-being.

How can I be a soft place to land for myself and others? How can I treat the life that is here and now with more compassion, forgiveness, and listening instead of getting lost in my own and the world's trauma and drama? I am asking these questions to give myself a chance to choose between being a war zone and a soft place to land.

What will you choose to be today? And if it really feels like a war zone within you (I know how that feels) and it has been feeling like that for a long long time (I know how that feels too), when will you choose to get help?

With lots of love and light,

Damla

P. S. If you are new to my blog and just getting introduced to my work, here's more about me, here's more about my healing work, and a few more healing reads here, here and here.