



Healing will take as long as it takes. In the meantime you'll drink your tea, take your vitamins, take care of the life that is here in you and for you. You'll keep choosing life despite everything that tells you otherwise. You'll hug your wounds, prioritize your day, and finally get help for healing. You'll start over and over every single day even though you are tired and exhausted. You'll listen to your body, your inner child, your ancestors. You'll connect with your people. You'll make up beautiful rose shaded glasses to filter the ugliness of the world and see only beauty, forgiveness and love. This is the journey of healing every single day. You were born to do this.

I have been on a healing journey these last few weeks. Physical pain brings clarity to what really matters. Not Covid, throat and ear infection. My body and I are collaborating. Suddenly I only do what matters the most and leave the rest. That is the gift.

I am also realizing that in moments like this I don't need or want to work

on myself. I just need and want to be held in pure love. I want to know that I am supported completely and feel deep in my pores what it feels to be bathed in love. I do this through coming back to my crystal healing and meditations. I am reminded every single time the power of my intention and the healing magic of setting aside time to shift my energy.

Here are two new beautiful healing opportunities for you:

\$35/person one hour-long focused healing session that is all about **clearing the energetic effects of shots.** This session is ONLY available to purchase until January 30th.

AND

\$33/month energy healing membership which includes the monthly focused healing and a lot more, and will give you all you need to clear, ground, transform, expand, and nourish your energy system.

With love and light,

Damla