Here’s the purpose of our lives: being in love with life. Wherever you are, can you be in love? Whatever you are doing, can you do it with love? Whatever your body, mind, soul, relationships present to you, can you see it with love? When you get lost, can you come back to love, again and again, and again?

Love is the purpose of your existence. Love is what connects us all, what heals us, what gives us the energy to keep going, and keep lifting ourselves up.

Love is what makes it all worthwhile. Adding love to where you are, what you do, how you do it, how you connect, how you remember, how you honor, how you realize what really is happening within you and around you, changes everything.

Alchemize your life with love. Just keep adding it in by holding the intention of being, doing and becoming love.

If you need help with healing your energetic wounds and falling deeper in love with yourself and with life, I am here to help.

With love and light,

Damla