



Here is what I want you to know: you get in proportion to what you bring into anything you engage in. This holds for my [online courses](#), [online group healings](#), or [private healing sessions](#). If you bring in a dose of curiosity, openness, and a willingness to explore and dive deeper into your wounds, you'll get a deep relief and resolution. If you bring in fear, victimhood, entitlement, or complaints, you won't receive much.

Years ago I had a client come in stressed and in fear mode. She left with little relief and wrote me an email about all the things I did wrong during the session that agitated her (it was an energy healing with crystals where I mostly stayed silent and occasionally breathed). I felt horrible and still think about that experience occasionally. What did I do wrong? What could I have done better? I am thankful to her because since then I have gotten better at explaining exactly what to expect from my sessions (including my breathing which I have to do as a healer to ground myself).

Over the years I realized that while as a healer I set the container for your healing, I have zero control over what you might get out of working with me through any of my offerings. You are in charge and in control of your experience. You have the option to be your own healer by choosing what you bring to the table.

So next time you invest in a healing session, check your worries, victimhood, shaming, blaming, and complaining at the door and come in fully open-hearted to be in the present moment. There is a soul reason why you choose a healer or a particular healing service. Even if it doesn't feel like a huge shift to you right away, you never know what avenues of growth, flow, and ease a single healing session or online course may open up for you. Please be thankful to your healer for holding space and embodying and mirroring your own inner healer. It is not an easy job or one that should be taken lightly.

If you would like to see if we might be a good fit to work together on your energetic wounds, [let's chat](#).

With love and light,

Damla