

In this video, I am sharing why it is important to clear your energetic wounds daily.

And why you should consider working with a healer regularly to address deeper, long-standing wounds and get help with what you cannot do by yourself.

Whatever happens to you in your life leaves an energetic mark. It is possible to clear and work with these vibrations daily to lessen their effects on you, just like flossing your teeth. There are some wounds that are passed on to you from your parents, caregivers, ancestors, from the socio-economic condition of where you live, etc. For deep standing wounds, you need the help of a healer, just like going to the dentist twice a year to get your teeth cleaned-up. There are vibrational patterns and influences that you cannot see or clear just by yourself.

If you are interested in finding out what your energetic wounds are you can download '11 Questions To Determine Your Energetic Wounds' [at this link](#).

One of my gifts is being able to tune into a person and I can read their vibrational chakra states and know which wound is calling to them most to be healed. You can chat with me for a FREE 30 Minute Chakra Consult to get an idea of how your energy field is doing and what needs attention. [Schedule your consult here](#).

If this brief video has been useful to you, please let me know in comments and share it with others.

With love and light,

Damla