



Today take a moment to pause, open a window or step outside and connect with the sun. For all of us living in the Northern hemisphere, winter is here, which means less time outside. For all of us living with energetic wounds, it is absolutely essential to expose ourselves to more light.

One of the things that happen when we get energetic wounds is our electricity, our light diminishes. A great way to replenish that is to turn your face to the sun (literally) for 5 to 10 minutes every day.

Here's how I do it: when I am outside or when I open a sun-facing window or door, I close my eyes, open my palms and turn both my face and hands towards the sun, watching the light play behind my eyelids and holding the intention of receiving the extraordinary gift of light that is there for all of us every single day. Before opening my eyes I take a huge deep breath, taking the goodness of the sun into my lungs and all my cells.

Keep doing this until you feel radiant and filled with light, preferably every day to receive the light you need. If you are interested in shedding more light on your energetic wounds and begin the journey of healing them, **let's work together.**

Hugs and love,

Damla ✨