

**In this Conversations With Healers episode, my guest is Ann Naimark**, Licensed Spiritual Psychotherapist with over 32 years of experience, Author of 'A Touch Of Light, Opening To the Love That Is You & All Creation.', Energy Healer, Teacher of Spiritual Classes and Group Meditation Leader.

**We talked about:**

- What Spiritual Psychotherapy and EMDR are (hint: we'll teach you a butterfly tapping technique to balance both sides of your brain),
- Being friends with Light Beings and accessing your intuition,
- What do to if it feels really hard to connect with the love that you are and the love that surrounds you,
- How to make space for the awesome,
- And much more.

**You can find out more about Anna and her work at** her website

<https://annnaimark.com/> and her Instagram

<https://www.instagram.com/annnaimark/>. You can get her book on Amazon

<https://amzn.to/3XXZDaH> (affiliate link)

You can email her at [annnaimark5@gmail.com](mailto:annnaimark5@gmail.com) to be considered for a free healing until August 15, 2023.

You can also email her to be included in her free Saturday meditations.

With love and light,

Damla

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