

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 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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