



Hosted by Damla Aktekin



Featuring Asha Frost

## CONVERSATIONS WITH HEALERS



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**In this Conversations With Healers episode, my guest is Asha Frost,** Indigenous Medicine Woman, Healer, Soul-seer, and Mentor to other self-healers and healers. Her grandfather has given her the name of 'Healing Rainbow Medicine Woman' in their native language, which beautifully summarizes her mission to awaken healers into remembering their unique medicine. Asha and I talked about:

- her physical and soul healing journey with Lupus,
- how she came to discover her own unique medicine,
- the power of ceremony and being in a circle,
- what she notices and observes in the healers she mentors and what she recommends them,
- and the unique challenges of being in business as a healer.

**My favorite healing nugget from Asha is** "We've chosen this path (as spiritual entrepreneurs) because we are meant to delve into trust. We are truly meant to learn that surrender piece. ... The magic that is working behind the scenes is still happening and we can lean into that."

**You can find out more about Asha and her work at [her website](#)** and follow her on [Instagram](#). Asha is generously offering a 50% discount to all our listeners for all her Native Healing Meditations found [at this link](#) with the coupon code 'healer'.

**If this conversation touched you in any way, inspired you or spoke to you, please share it.** You can share it in a conversation, post about it on Facebook or Instagram, or email or text it to your friends and family. We truly appreciate your support in spreading the love and light that we hope to create with these conversations.

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With love and light,

Damla

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