



Hosted by Damla Aktekin



Featuring Belinda Farrell

## CONVERSATIONS WITH HEALERS



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**In this Conversations With Healers episode, my guest is Belinda Farrell,** energy healer, author, Huna teacher, Ho'oponopono practitioner, hypnotherapist, stunt car driver, wild dolphin swim guide and fire walker. It was an absolute pleasure to talk to Belinda and hear all about her extraordinary life experiences from deciding to be a stunt car driver to having an impulse to learn to swim so that she could swim with the dolphins. She had a lot to say about following your gut instinct and taking the leap into the unknown. We also talked about:

- Belinda's extraordinary story of how she healed her spinal injuries by using ancient Hawaiian chants and rituals of forgiveness,
- the need for clearing the cords that weigh us down and don't allow us to be fully ourselves,
- taking responsibility for all that you are and all that you are experiencing,
- listening to and trusting inner guidance, as well as following it with all your being,
- how her first job as Snow White at Disneyland was the perfect metaphor for her spiritual awakening journey through the seven chakras,
- and your ability to awaken your inner healer with four simple phrases 'I am sorry.

Please forgive me. Thank you. I love you.”

**My favorite healing nugget from Belinda is** “(Self-healers and healers) I just love you. I admire anybody who takes it upon themselves to do healing, to make themselves and their lives better. I just think it is such a worthy endeavor to do that. And it is not easy, it’s really not easy but it’s so worth it in the end. If I can help in any way just to give you the confidence to know that everything works out for the best. Even if you made a choice and you think that it is bad, you always have another choice. So there are no bad choices because you always learn from whatever you’ve done. Hallelujah and keep moving forward!”

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

<http://www.hunahealing.com>. Belinda currently offers Huna Trainings and Reconnection healing sessions in her home in Santa Cruz, CA. Her Hawaiian Healing Chant CDs, as well as her book [Find Your Friggin’ Joy](#) is available for purchase at her website.

**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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