



Hosted by Damla Aktekin



Featuring Cody Edner

CONVERSATIONS WITH HEALERS



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In this Conversations With Healers episode, my guest is Cody Edner,

Spiritual Teacher, Intuitive Reader, Medium, and Healer. Cody is the co-host of The Energy Matters Podcast & Academy where he teaches advanced intuitive workshops, seminars, and programs. Cody and I had a delightful conversation on:

- How he was gently led and guided into discovering his intuitive abilities as a teenager,
- How we can begin to get in touch with our intuition,
- Why it is important to learn to feel into our own energy, learn how to direct and clear it, and become aware of how we get affected by the energies of other people and life.
- How meditation can help our intuitive abilities,
- And more.

My favorite healing nugget from Cody is “Getting to that awareness of starting to be sensitive to and take care of your own energy, your own space, and your own energy health through a little bit of meditation and awareness is where everybody begins (their intuitive development).”

You can find out more about Cody and his work at [his website](#) and [Energy Matters Academy](#), where you can find out more about his intuition training programs as well as personal intuitive readings.

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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