



Hosted by Damla Aktekin

CONVERSATIONS WITH HEALERS



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In this Conversations With Healers' solo episode, I am sharing my story of being and becoming a Healer. I recorded this video way before the quarantine started. I feel that the message is still valid and important to be shared. Here's what I am covering in this solo episode:

- How I define a self-healer and a healer,
- Why I started this podcast,
- What an incredible experience it has been to connect with you this way,
- My own journey of healing (from living mind-based to body-based to energy-based) and becoming a healer.
- How discovering vibrational healing tools of mantra chanting, crystal healing, EFT Tapping, and Biofield Tuning saved my life.

I would love to hear your feedback and suggestions for the podcast,

including anybody you would like me to feature. Please feel free to **contact me** and share your thoughts.

My favorite healing nugget from this episode is "A Healer is someone who

gathers a tool and then says I want to share this with the world. A Healer is also someone who, through their own healing journey, has begun to embody so much light, so much joy, so much life force that just their pure existence in the world is healing for the people around them.”

You can find out more about me and my healing work [on my website](#). Take [Your Energetic Wounds QUIZ](#) to find out what your energetic wounds are and how they show up in your life. [Follow me on Instagram](#) for daily energetic wound healing inspiration, and [join my Facebook group Chakra Bliss Party](#) to be part of an intimate and light-filled group to support your healing journey.

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.

[Listen to other episodes here.](#)

[Subscribe here for future episodes](#) and to receive a practical resource to help you identify your energetic wounds.

[Join me on Instagram](#) for daily energetic wound healing inspiration.

With love and light,

Damla

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