Hosted by Damla Aktekin   Featuring Ellen Meredith

CONVERSATIONS WITH HEALERS

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In this Conversations With Healers episode, my guest is Ellen Meredith, Medical Intuitive, Energy Medicine Practitioner and Teacher, and Author of The Language Your Body Speaks – Self-Healing With Energy Medicine. Ellen and I dove into a beautiful conversation of:

- her self-healing and becoming a healer story,
- how our bodies speak to us and how we can communicate back,
- shifting our wellness point of view from asking 'what's wrong?' to lovingly inquiring 'what is needed right now for balance?'
- the importance of incorporating touch as a healing tool,
- and more.

My favorite healing nugget from Ellen is "(A healing question to ask yourself is) How can I take care of myself where I find myself, as I support myself to move towards things I'd rather be experiencing?"

You can find out more about Ellen and her work at her website where you can

download her free e-book Seeking Guidance Within. I also recommend you to check out Ellen's book The Language Your Body Speaks – Self-Healing With Energy Medicine. She is sharing some amazing self-healing play options for communicating with your body.

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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Take this quiz to determine what your energetic wounds are and how they show up in your life.

Subscribe here for future episodes and to receive a mini-email course to help you learn more about your energetic wounds.

With love and light,

Damla

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