Hosted by Damla Aktekin Featuring Holly Emmerson

CONVERSATIONS WITH HEALERS

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In this Conversations With Healers episode, my guest is Holly Emerson, Dream Oracle and the Founder of Dream Oracle School. I have been really lucky to have connected with Holly and her work this past year. She is a beautiful and light-filled soul who is living her true purpose. Holly and I talked about:

- How revisiting Egypt led her to re-member her past-life skills as a dream oracle,
- What it means to be a dream oracle and entering into dream world to retrieve guidance for others,
- Different kinds of dreams,
- Her biggest tip for understanding what your dreams are here to tell you,
- How to set an intention for receiving guidance, healing, and support while dreaming,
- Her practical tip for recording your dreams,
- Instead of asking ‘when will I get this?’ rephrasing the question to ‘what do I need to know, do, or heal to align and attract this desire?’, and my take on spiraling growth
- And more.

My favorite healing nugget from Holly is “When you want to explore what your dream means, focus less on the symbolism, thing, or imagery. First start with the

vibration and the energy of the dream, and what you were feeling and experiencing in the dream. It is not just the one symbol you should focus on but the totality of what you experience in the dream space."

You can find out more about Holly and her work at her website, where you can download a free Dream Guide. Follow Holly's collective dream messages on Instagram, Facebook, or YouTube.

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.

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With love and light,

Damla

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