



Hosted by Damla Aktekin



Featuring Jocelyn Mercado

CONVERSATIONS WITH HEALERS



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In this Conversations With Healers episode, my guest is Jocelyn Mercado, transformational life and business coach, writer, environmentalist and the creator of wonderful online summits that bring together healers and feminine leaders. Jocelyn works with groups and individuals to help them find and walk in their unique soul path in service to the planet. Jocelyn and I talked about:

- how the birth of her first daughter led to her sacred feminine awakening and ignited the question of what kind of world she wanted to create for her and for herself, and how she was drawn to indigenous wisdom and living in harmony with the Earth in her search for an answer to this question,
- her current work, which is all about creating a support container for a global community who knows and feels that there is a better way to live and be,
- committing to healing yourself and your fears and doubts as a service to the Earth and everyone else, and through your own healing, being able to share your message and answer your calling that the world needs you to do,
- creating positive change in the world in your own unique way and knowing what to do by listening to what you are called to do, embodying your truth and power, and living and speaking from your heart to be of service to the Earth, trusting your

- power and calling as a self-healer and healer, and making self-care a priority,
- healing the feminine as well as the masculine aspects within us and opening up to bringing forth the vision of a better world (feminine) as well as inspired action (masculine),
 - the healing power of a community of healers coming together,
 - the importance of grounding and physically connecting with the Earth with bare hands and feet (here's [a link to the indoor earthing mat](#) I mentioned during the conversation.)
 - healing the fierce Mother Earth by showing her the same fierce love, respect and attention that she so unconditionally shows and gives us (Jocelyn is working on a beautiful project on this subject. [You can find more about it at this link](#)),
 - and knowing that the vision of a better Earth and a better world exists within our hearts and making that a reality is within our grasp (here's [a beautiful blog post by Jocelyn](#) where she is sharing a dream she had with the vision of a healed world).

My favorite healing nugget from Jocelyn is “Every time that any one of us heals ourselves even just a little bit, it ripples out into the world. If somebody heals from a fear that has been affecting them all of their life, holding them back from really doing what they wanted to do all their life, then they are able to step forward and share more honestly and more courageously the message that’s in their heart, then that ripples out and inspires and influences other people. Then they do something differently, it goes out and out and out. I believe the most important work we can possibly do in our lives is to heal ourselves and by doing so we are healing the world, we are healing the whole, we are healing the collective.”

You can find out more about Jocelyn and her work at her website

[wearesacredplanet.com](#) and on her [Facebook page](#). Jocelyn generously is offering a 4-week free online course called [Learning To Fly](#), which is all about helping people leave their fear behind and truly embody the future they wish to create. Towards the end of our conversation, Jocelyn shared the powerful intuitive inspiration she received about this course, which gave me chills. I encourage you to

listen to the entire conversation to hear it.

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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