



Hosted by Damla Aktekin



Featuring Julie Humphreys

CONVERSATIONS WITH HEALERS



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In this Conversations With Healers episode, my guest is Julie

Humphreys, Intuitive Medium, Shamanic Healing Practitioner, Tarot and Oracle Card Professional, Herbalist, and a Reiki Master. I've had the good fortune of knowing Julie for years and having had a chance to work with her. At the beginning of the interview, I am sharing my personal Soul Session reading with Julie and how she blew me away. Julie and I talked about:

- Julie's journey of noticing the roots of her intuition throughout her whole life as she looks back, and how later in life she began to hear her intuition get stronger and decided to follow it.
- How motherhood was one of the gateways for her intuition to get stronger and louder, and for her to own her gifts.
- What spiritual wellness means.
- The importance of maintaining energetic boundaries as a healer and choosing when and how to be open for intuitive guidance and messages, as well as how and when to share them.
- How Julie's mediumship and intuition work, and her tips for connecting with your intuition.

- How discovering that our passed away loved ones are OK through mediumship can be deeply healing.
- The truth that love is the main message our loved ones always want to relay to us.
- Recognizing the signs of spiritual transformation and prioritizing seeing another healer when you need clarity or when you are going through a soul transformation.
- And more.

My favorite healing nugget from Julie is “To someone who is coming into all of this (discovering their intuition) I would say go full hog and explore everything! Have fun with it and do anything and everything that comes to you.”

You can find out more about Julie and her work on [her website](#), on [Facebook](#) and on [Instagram](#). Julie is generously offering a 45-minute free Intuitive Tarot Session to one of our listeners, who comment on this post and share the interview in any way that falls in their heart by the end of day (EST) on March 9, 2020.

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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