



Hosted by Damla Aktekin



Featuring Kara Breese

## CONVERSATIONS WITH HEALERS



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**In this Conversations With Healers episode, my guest is Kara Breese, a** healer for people, land, and animals. One of Kara's magical gifts is nature communication and land healing. We talked all about how where we live is a reflection of our soul's journey, and how going into a conversation and building a relationship with where we live can be a wonderful healing tool and resource. She reminded everyone of how nature is beyond ready and willing to come into a conversation with us and to heal us. Kara had a great insight about listening to the nudge within that tells you that there is more healing, ease, expansion, and growth to be experienced in life, all you need to do is tune in and listen.

**My favorite healing nugget from Kara is** "The big secret behind all this work is that we are nature, we are spirit, we are elements." You can find out more about Kara's work [on her website](#) and receive a complimentary intuitive consult with her [at this link](#).

**One of Kara's passions is to collaborate with a wildlife sanctuary in Costa Rica.** During the interview, she told the story of communicating with a wounded animal there. If you would like to find out more about the sanctuary and contribute to this important work, [please visit this link](#). Your donations go to protecting, rehabilitating and releasing wildlife back into their natural habitat.

**One of the things we talked about during this conversation is the importance of grounding and touching the Earth.** [Here's a video](#) I recorded a while back about how we can begin to retrain our minds and soles about connecting with the Earth and grounding. Below the video, you can see my recommendations for earthing shoes.

**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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