



Hosted by Damla Aktekin



Featuring Karen Ortiz

## CONVERSATIONS WITH HEALERS



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**One of my dreams for 2019 is creating soulful conversations for self-healers and healers to support and inspire them.** I am so happy to say that Conversations With Healers podcast and interview series has been born. Here's the first interview for this monthly'ish series, which will feature your and my favorite healers. If there's someone you'd like me to talk to or if you would like to sit down with me to talk all about healing over tea, **please let me know.**

**My first interview guest, Karen Ortiz is not only one of my dearest friends but also an amazing body therapist.** She has the uncanny ability to read bodies and assist people in learning more about their bodies and healing themselves.

**In this episode of **Conversations with Healers**, Karen and I talked about:**

- Speaking the language of and reading bodies.
- The importance of collaboration and supporting other healers.
- When to see a healer and when to send your clients to other healers.

- Layers of healing.
- What not to do when meditating in a dark cave (hint: it involves glowing necklaces).  
**My favorite healing nugget from Karen is** “You will find what works for you and you are going to make mistakes. It’s OK, it’s part of the learning process.”

**This interview was a ton of fun, it felt like a giggle fest.** I hope you’ll enjoy watching and listening to it as much as Karen and I did talking. You can find out more about Karen and her extraordinary work at [Positive Works Studio](#).

**Karen is giving away one hour-long healing session to one lucky listener.** You can enter by commenting ‘Yes’ [at this link](#) by Feb 25, 2019.

**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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