



Hosted by Damla Aktekin



Featuring Laurie J. Hartley

CONVERSATIONS WITH HEALERS



adropofom.com

In this Conversations With Healers episode, my guest is Laurie J. (Robert) Hartley, Mother, Therapist, Author, Healer, and Artist. In her therapy practice, Laurie lovingly combines energy healing with intentional space holding. Laurie and I talked about:

- how journaling can be healing,
- the self-healing benefits of getting quiet in nature,
- how Laurie's sacred practice of meditating with a crystal on her nature walks and then leaving it for someone else to pick up has turned into her book Heart Stone Messages,
- combining different healing modalities to find your own unique blend,
- and the importance of making connecting with yourself a priority as a mom (especially after sleepless nights and being covered in puke).

My favorite healing nugget from Laurie is "There's something about meditating out in nature that I have a much harder time getting when I'm home, inside walls."

You can find out more about Laurie and her work at [her website](#) and follow her nature notes on [Instagram](#). You can purchase Laurie's book Heart Stone Messages on her website. Laurie is generously offering a free phone consult to one of our listeners who shares this conversation and comments 'YES' [here](#) on the related post by September 22, 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.

[Listen to other episodes here.](#)

[Subscribe here for future episodes and to receive a practical resource to help you identify your energetic wounds.](#)

With love and light,

Damla

WATCH HERE:

LISTEN HERE:

Podcast: [Play in new window](#) | [Download](#) (Duration: 51:51 — 95.0MB) | [Embed](#)

Subscribe: [Spotify](#) | [RSS](#)