



Hosted by Damla Aktekin



Featuring Lisa Tahir

CONVERSATIONS WITH HEALERS



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In this Conversations With Healers episode, my guest is Lisa

Tahir, Psychotherapist, founder of Pscyhoastrology, host of the All Things Therapy Podcast, Artist, Author of The Chiron Effect and a Healer. Lisa and I talked about:

- Her healing story and how she became aware of her purpose at the young age of 5.
- How Chiron and astrology can shed light on our core wounding.
- Forgiveness and self-love as antidotes to our wounds, and remembering to repeatedly forgive ourselves for what we didn't know or don't yet know.
- How Chiron can inform us of the vulnerabilities in our businesses and communities.
- How our wounds can become the fertile soil for soul growth.
- And more...

My favorite healing nugget from Lisa is “Let go of the judgements you hold against yourself and find that empathy and forgiveness for you. And you'll be able to do it easily for others and be a softer place to land for them.”

You can find out more about Lisa and her work at [her website](#). Lisa is lovingly offering 50% off of one session with her when you mention this podcast

while booking. I invite you to check out [her book The Chiron Effect](#), where she is laying out what Chiron and our core wounding are here to teach us, and some elegant strategies to heal your core wounding.

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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[Take this quiz](#) to determine what your energetic wounds are and how they show up in your life.

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With love and light,

Damla

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