



Hosted by Damla Aktekin



Featuring Melanie Weller

## CONVERSATIONS WITH HEALERS



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**In this Conversations With Healers episode, my guest is Melanie Weller,** Physical Therapist, Board-Certified Orthopedic Clinical Specialist, Certified Athletic Trainer, Certified Exercise Expert For Aging Adults and vagus nerve and human body story-teller and expert. I have found her approach of looking for stories within the body fascinating. Melanie and I talked about:

- Her story of owning her intuition and adding it to her clinical practice,
- How Melanie began to recognize the stories, myths, elements of astrology, and imagery within the anatomy of the body,
- How the stories of our bodies are expressed in the cosmos (like a fractal) and vice versa,
- The role that the vagus nerve plays in our well-being and how to work with it to return to alignment,
- The story of Osiris and Isis, and how sometimes we need to fall apart to be reborn in a new way,
- And much more.

**My favorite healing nugget from Melanie is** “Using stories for healing is like

speaking to your body in its original language. It is literally how the cosmos is coded into us and how we are a fractal of the cosmos.”

**You can find out more about Melanie and her work at** her [website](#), [Facebook](#), [Instagram](#), [Twitter](#), and [LinkedIn](#). Melanie is offering a free [Vagus Nerve Decompression Course](#) that teaches you how to bring wellness to this important body channel. Check her website and social media for updates on her book release.

**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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