

In this Conversations With Healers episode, my guest is Rachel Awes, a psychologist, art playgroundist, speaker, and author, who loves listening to the beauty in people and animals and all living colors. Her 4 published gift/self-help books are infused with loads of her colorful drawings, all designed to affirm the human heart. Her newest illustrated book is “The Relationship Book: A Soulful, Transformational, and Artistic Inventory of Your Connective Life”. She lives in Saint Paul, Minnesota, with her husband and tortoises, complete with wild bunnies in her yard, and two dear sons (ages 23 and 26) living nearby. Her most tender and mighty hope is to hold up a mirror for many, reflecting a hearty truth of your boundless worth. She is a truly shining, magical, and authentic being that I absolutely adored talking with and I know you will love listening to our chat too.

We talked about:

- Her amazing story of re-finding her creativity and choosing to make room for it in her body and in her life,
- How healing and creativity intersect (Rachel says they’re friends with each other),
- No risk, no magic,
- Creative blocks and what to do about them,
- How to heal your wardrobe (you should listen just for this part alone, which is magical!),
- And so much more.

You can find out more about Rachel and her work at her website

<https://www.rachelawes.com/> and her Instagram

<https://www.instagram.com/rachelawes/> Rachel is generously offering a FREE additional “diving in” book to all listeners who purchase anything from her online shop. You just need to leave a note in your order that you were a podcast listener and Rachel will include the free book in your order.

With love and light,

Damla

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