



Hosted by Damla Aktekin



Featuring Rob Stewart

CONVERSATIONS WITH HEALERS



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In this Conversations With Healers episode, my guest is Rob Stewart,

Hypnotist, Past-Life Regression Practitioner, Astrologer, and a Scientist. Rob and I talked about:

- His physical, emotional and spiritual healing journey from Lyme disease and mold toxicity,
- How self-understanding may lead to self-love, forgiveness, and acceptance. How metaphors that can help us get close to our physical symptoms and conditions,
- His curiosity in the unknown and unseen leading him to the healing practices he offers today,
- What hypnosis and past life regression are and how they can be helpful for you. How do past life regression and hypnosis relate and differ,
- How our subconscious works with symbolism and metaphors,
- Trust and vulnerability during a healing session,
- How it feels to be a male in the predominantly female healing business,
- The importance of healing the inner male and offering healing services geared towards men,
- And more.

My favorite healing nuggets from Rob are “When I am out of alignment when I

am in anxiety or fear, the body hurts, I get instant feedback.” and “Real men look at their wounds. Modern culture conditions men to disconnect from our emotions and be ‘tough’. What if true strength came from looking at our own vulnerabilities?”

You can find out more about Rob and his work at [his website](#). Rob offers all his services in-person in NH and online through Skype, and is available for a 30-minute meet and greet to learn more about what he offers. Rob is offering a two-hour free healing session to one of our listeners. All you need to do is share this blog post with someone you love by January 24th 2020 and comment and say ‘shared’ on the [A Drop Of Om Facebook](#) post with this podcast.

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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