



**Here's a picture of my kitchen where lately I have been wondering if Dalai Lama ever filled and emptied a dishwasher and if he could have remained enlightened during the pandemic if he did ☐.** As we move through these times, I am finding more and more that self-healing is no longer an optional luxury. How you tend to yourself determines the quality of your life – and how you do your dishes.

**Self-healing I am talking about is not self-curing.** It is bringing your body, emotions, and energy back into balance again and again and again. You can work with a Healer like me to **jump start or accelerate your healing**. But a daily self-healing practice is a must not only for your well-being but for maintaining a healthy relationship with everyone and everything around you -including the dishes.

**Here are a few things that I currently love and are helping me with tending to my needs:**

This beautiful oracle deck

This book for morning and evening encouragement

This tool for body play

This face massager

This yummy gluten free treat

This no-wash shampoo replacement (it really works!)

**If you need help with daily self-healing, check out the [Chakra Bliss Vault Energy Healing Membership](#)**, where you can find crystal healing sessions to help you add more balance into your life. Even if you only have 5 minutes to yourself, you can make it infinitely more potent with crystal healing.

With love, light, and lots of gratitude,

Damla

**P. S. I have been working on my next journal project: 40 Days Of Gratitude.** I will tell you more about it soon. In the meantime, you can check out my other [three journals for daily self-healing practices](#).