



Trauma means wound in Greek.

The dictionary definition of trauma is 'physical injury or a deeply distressing or disturbing experience and the emotional shock following it.'

The dictionary definition of a wound is 'an injury to living tissue or emotions.'

I also love that wound is the past tense and participle of wind, which means:

- 'cause (someone) to have difficulty breathing because of exertion or a blow to the stomach.'
- OR 'repeatedly twist or coil (a length of something) around itself or a core.'

Your wounds knock the breath out of you. Big or small, one thing that is common in people with energetic wounds is that their breathing changes.

Your wounds are usually held in tightly wound places in your body and your energy field. When I am working in the field with tuning forks and encounter a wound, it is like encountering a piece of string that got messed up and turned into

a tangle. If there is a tightness, stuckness, discomfort in the body it is an indication of a wound. There is another thing that twists and coils in you and thus carries your physical and energetic wounds: your DNA.

Your wounds are living, breathing dynamic beings that exist in your body and energy system. This is the part we often miss. We think that the wound is a static thing that doesn't expand and contract or shift and change (it does). The way you breathe affects your wounding and how a particular wound may present itself that day. How you tend to your needs affects the wounds you carry. Just like a physical wound, there are ways to work with the energetic scars that can help unfold them and reduce their effect on your system. Often through the sustained practice of healing tools, you can begin to feel a quality of lightness and ease in your body and energy field. The wound-up places in you begin to ease and let go of their hold on you.

What I do as a healer is help you unwind the wounds with efficiency, expansion, and elegance. Together we dive into your physical and energetic landscape and figure out how to create lightness, openness, and flow where there isn't. Working with a healer is something that will accelerate your healing in ways you can't begin to imagine. Your daily work before, during, or after working with me is continuing to find ways to stay expanded, flowing, and full of lightness.

You are a new creation at every moment. You get to decide if you'll live from the tightness of your wounds or step into re-creating flow and lightness either by yourself or by partnering with a healer.

[Take this quiz to find out what your energetic wounds are.](#)

Connect with me and step into deeper healing.

With love, light, and gratitude,

Damla