



**I had a beautiful conversation with Krystal Lynn Couture with [Pure Balance Holistic Healing](#) on layers of healing trauma.** We talked about how we embody our parents' and ancestors' pain as a way to honor them, and exactly what to do about taking a step towards healing and wholeness. We also talked about embodied parenting, what it takes to stay present for our kids and how to stay tender to our own needs and theirs. You can [listen to this delightful conversation here](#).