



Embrace who you are:

- when you are overcome by fear,
- when you break promises,
- when you listen in but don't receive any answers,
- when life is too complicated,
- when you are extremely exhausted,
- when you react and regret,
- when you are overwhelmed,
- when doing is an excuse for not being,
- when it is difficult to be you for whatever reason.

Embrace the you that is not perfect, exemplary, particularly happy or thriving. Embrace the complexity of your physical and emotional life, and of life in general. Embrace what cannot be resolved, what cannot be put into words just yet.

Give yourself a huge embrace from me. Because this life thing isn't always easy.

This week, I am in a training to expand my Biofield Tuning techniques and tools. I am bringing back new and amazing techniques such as Adrenal Reset, Sonic Meridian Flush, Relationship Tuning, Deep Energetic Clearing of Organs. **You can find out more about my Sound Balancing sessions and book them here.** All sessions can be scheduled in-person in Durham, NH or over the phone Internationally.

With love,

Damla