



Often we are pulled in different directions by our emotions and thoughts.

Repetitive mind stories, patterns and emotions tend to run our lives. Luckily you have the option to turn back the tide.

It comes down to thinking about what brings you to balance. The balance I am talking about is not a state of mind. It is the recognition that whatever thought-form is pulling you in a certain direction, you have the power to recognize it and pull in the opposite way.

This may look like a thousand different ways. It may be you recognizing how isolated you have been lately and taking the time to reach out to a friend. It may be realizing that this story in your mind has been on repeat forever (I am not enough, I am not lovable, etc.) and consciously replacing it with a new life-affirming one. It may be understanding when you have failed to meet your body's needs and taking the time to tend to your physical being.

Creating equilibrium begins with knowing when to take care of yourself. It

all starts with recognizing what is going on and balancing your life accordingly. Sometimes if the scales have been tipped in a certain direction for too long, you may need some expert help to figure out where to start and how to bring yourself back into balance. Small steps combined with the support of someone you trust are absolutely important in re-balancing your system.

Here are a few ways for working on your equilibrium:

- I would be happy to work with you on figuring out your unique equilibrium needs. [Schedule a chat with me at this link.](#)
- I have been sharing tips about intuition and seeing auras (and what it all means for you), in my [private Facebook Group Chakra Bliss Party](#). You can join and watch them [here](#).
- Here's a Youtube video I prepared last week, that gives you step by step directions for receiving dream guidance. This is a simple and powerful way to connect with your intuition. You can [watch it here](#).

With love and light,

Damla