

This video is all about the fear of uncovering something unexpected during a healing session. I am sharing some soul strategies to work with and go beyond this fear. One of the questions I hear often as a Healer is ‘what if I uncover something that I don’t want to see, something that would be too much for me to handle during a session?’ In this video, I wanted to speak to that fear and give you some ways of reframing it.

- There is a soul contract between the Healer and the person that she holds space for even before they meet. If it is meant for us to work together, we will.
- You are completely in charge of the nature and the amount of healing that will happen in a session. Even if you may not be consciously aware of it, your field and your soul will only let that which you can heal and process to come to the surface.
- If you are not sure about working with me, ask your soul and soul helpers to talk to my soul and soul helpers. Ask to receive a clear sign that we are meant to work together.
- When you receive that sign though, you need to take action. Book the call, schedule the session, ask all your questions, etc.
- If you have any seeming limitations of time, resources or energy, offer them up to the universe to be resolved in the best possible way.

Ultimately, it is your responsibility to heal your wounds with or without the help of a healer. I want to see you move beyond your fear into taking action towards your healing.

If you would like to find out what is asking you to be healed right now, or you already know and you need a deeper understanding of the wounds underneath, you can [book a FREE 30 Minute Chakra Consult with me here.](#)

I salute you and honor where you are in your healing journey.

With love and light,

Damla