



Feeling what you are feeling.

Feeling all the goodness and the struggle of this moment.

Feeling what it feels like to be you.

Feeling without judgment or any expectations.

Feeling what you haven't felt in a while, whatever is hiding in your depths.

Feeling the scars of long ago and the now.

Feeling the longing, wishes, and dreams.

Feeling what your soul wants you to understand.

Feeling to ride the waves that are moving through you.

Feeling because you can't not feel or be any other way.

Feeling the deep sadness that comes from deep longing.

Feeling the fierce anger that comes from knowing you deserve better.

Feeling the raw fear that makes you human.

Feeling the intense wanting that no longer satisfies you.

Feeling the wounds of ages living in you.

Feeling the trauma of all of our species and the Earth in our blood.

Feeling what you feel.

Feeling all of it, right here, right now.

Here's what you should know about me: I am an intuitive empath. I feel like I don't talk about this a lot. Since it is such a natural part of my life that I sometimes forget that other people don't experience life the way I do. Here's how life happens for me and through me: I feel. I feel deeply, completely, in my bare bones, in my skin with goosebumps, in my stomach, in my throat, and in my dreams within my

sleep. I feel as I walk the Earth. I feel as I interact with you and deep down I know how blocked your chakras are, how much wounding you have been carrying. Your wounds speak to me like they are my own. Sometimes it is hard for me to figure out where you end and where I begin. I need lots of alone time, tons of boundaries, and I do hide in restrooms to ground myself in big parties. I deeply feel what hasn't been said what you may not be aware of yet, but is so apparent to me as I watch you and in the relationships and interactions I witness. I am full of compassion and heartbreak sometimes because our wounds are deeper than oceans and we all need healing so desperately, so fiercely. I sometimes feel small not knowing whether what I do is making a difference, yet I have to do it. I have to be me, I have to feel and I have to try to heal myself and others. Because honestly, I don't know how to be another way. I tried not feeling, it didn't work. I tried not being myself, it didn't work. I am who I am. Through feeling, I sense into my inner landscape. Through feeling, I decipher your landscape and know without words, what is out of balance. Through feeling, I have discovered that my uniqueness, though challenging sometimes, is a true gift. Through feeling, I see me. Through feeling, I see you. This is what is coming through today. This is what wants to be shared.

Here's what you should know: you don't have to be an empath to feel, you just need to allow your feelings to become a delicious experience enriching your life. If you need help feeling, truly feeling, while someone holds you safely, **I am here.**

With love and light,

Damla