



**In spiritual healing, we talk a lot about being, but there is something that needs to be acknowledged about doing.** Once you know where you are (being), you can begin to enlarge the container of your awareness to hold all that you are. A large enough container then can be shaped with your consciousness, this is the part where you are determining your multidimensional fluidity to take a new life-affirming form. In this form, you become something else. You transform into the energetic expression of the person you are meant to be.

**Transformation needs fire.** Accepting who you are, you expand the container of your awareness to encompass all your particles in love. And within the container of love, you start the transformation into the highest expression of yourself by igniting the fire of doing.

**Doing is your daily practice (your fire) for staying on track with your transformation.** Doing is saying to yourself: I will take care of my physical and emotional needs, and the needs of my dreams, relationships and loving connections. Doing is making it a priority to do your self-care each and every day in whatever way you feel is best for you. Doing is doing the dishes, paying the bills, refueling your car. Doing is continuing to hold yourself in love and to meet your needs even when you fail, are in pain or struggle to find balance in your life. Doing is taking time out of your day to connect with and nourish your soul and your relationships.

**Doing is the fire of transformation that makes being even more delicious, precious and worthwhile.** Doing and being go hand in hand in the expression of

your wholeness.

**So do and be, not just one or the other.**

With love and light,

Damla