



Pelvic Floor Physical Therapist and Yogini Emily Spencer interviewed me last week. I am sharing our beautiful conversation with you in [Chakra Bliss Party Facebook Group](#). You can find out more about Emily's work and her pelvic floor advice by joining her Facebook group [Pelvic Health and Yoga Collective](#).

Emily and I talked about:

- What chakras are and why they are important for you to know about
- Health and symbolism of the first and second chakras (and a brief summary of all others)
- Why a first chakra issue may show up in other chakras
- The three pillars of healing (energy field, body, and mind)
- How to tend to your needs during this time
- Why EFT tapping is so effective
- Why I believe that an energetic monetary investment in your wellbeing is so important
- Why it is so important to find Healers you trust to guide you through your healing process

I recommend that you set aside some time and listen to it in its entirety.

With lots of love,
Damla

[WATCH & LISTEN HERE](#)