



**We all wish it, we wish that we could be free from uncertainty.** We wish that when we go for something, things could unfold exactly as we envisioned and expected. And that life could follow a pattern we approve of. Yet it isn't so. Life can treat us in a million unexpected ways.

**Freedom from uncertainty means that you allow, accept, and roll with it all.** You don't escape from the randomness, you celebrate it. You get deeply involved in it. You decide to treat everything as a gift and in turn, everything becomes a gift.

**You realize that even when things feel like they are out of control, there is one thing that keeps you anchored to what matters, it is your attention.** Your loving and allowing gaze can shift and transform everything into a blissful adventure. That is what I call healing.

With love, light, and gratitude,

Damla