



Someone asked me in an interview recently ‘How can someone be grateful in the face of deep energetic wounds?’

I have written about gratitude as being greatly-full. Great means Maha in Sanskrit and Maha is one of the mantras of the heart. So grateful or great-full equals heart-full in my mind. Being heart-full doesn't mean you just fill your heart. You fill your entire body, your nervous system, and your energy field with heart or pure love.

How do you do this? You sit and look within. You look at the soil, your flesh, blood, and bone that is underneath your skin. You plough through it until you find pockets of life and light. Then you expand those pockets and you plant new seeds of love there. Your tender gaze is enough to fill you with light, and to feed all your inner children who hide their potential in the darkness. You give them what they need most, which is attention, which is love.

You fill yourself up every single day. Your attention tells your body that ‘you are lovable, you are precious, you are enough, I see you, I love you, I am here for you.’ Your body becomes the chalice that carries what you fill it with. Just like a crystal (which is what you are on a three dimensional level) that carries and amplifies subtle energy, you become filled with love, only love.

When you pour love into yourself, you make your body sacred. And everything you look at slowly becomes sacred too. Crystals and crystal healing came into my life at a time when I couldn’t see and feel the sacredness of my body. But I could sense and feel the beauty of the crystals. I could look at them with love. As I filled them with love, they gently poured that same love into my body, sharing what they were filled with with another crystalline body.

Once your body is filled, your light, your love begins to pour out. You can’t help but share it. You establish boundaries for what empties you out too quickly. You refill yourself. Then just through your intentional presence, you become the crystalline chalice that lights up the world for yourself and others.

Energetic wounds happen when your body encounters what doesn’t feel like love. Your deepest gratitude to life that is right here in you, the life that is you is to embody love despite anything and everything.

With love, light, and deep gratitude,

Damla