

Here's a sneak peek of my interview with Ellie Phillips-Burdge for Peace

Embodied membership. In this video I am explaining:

- What are the three layers of healing?
- What are energetic wounds and what kinds of wounding do you carry?
- How do energetic wounds affect you and show up as physical issues?
- What are wounding patterns and how do you get them?
- How can chakras and energetic pattern reading help you understand your wounds?
- How does your body show you what to pay attention to?
- What do I do as a healer to help you with your energetic wounds or interpreting the signals from your body?

With love and light,

Damla