



No matter what I offer you as a Healer, ultimately healing has to be an inside job for you. As much as I'd love to be there for you every time you need healing, it isn't possible or realistic. This is why the majority of my work is geared towards **empowering you with self-healing tools and practices** that you can access any time and anywhere. Here's what I want you to remember about your healing process.

You need to become an expert on how stress shows up for you. Stress is sneaky. Some days it'll show up as irritation or annoyance, other days it'll make you stay under the covers. Be mindful of how it plays out for you and use your tools every chance you get.

Stress isn't the problem. Your ability to be resilient or not is. You can learn tools that can help you be more resilient and choose to not stay in a heightened nervous system response all the time.

You are not broken. You just need to keep remembering that you are not the noise, the trauma, the emotions, the bodily discomfort or the stress, you are the harmony, the beautiful music underneath all of that.

You have to keep reaching for what will soothe you and enhance your harmony. Sometimes it can be **a session with me**. Sometimes it'll be doing something you love like making art or talking to a friend. Sometimes it'll be stepping out or pausing for ten minutes or using a tool like **EFT Tapping** or meditation to bring yourself back into being tuned.

I am here for you if you need support in getting in touch with your inner self healer and becoming the music you are meant to be.

With love, light, and gratitude,

Damla

P.S. I am working on a new online course that will be available for you soon.

Introduction To EFT Tapping will teach you a powerful, elegant, and effective tool to help you release your on-going stress as well as begin to shift any energetic patterns that no longer serve you. This course will allow you to safely take care of your body and calmly handle whatever life throws at you.

LEARN MORE

P.S. too I contributed to [this article](#) which features some wonderful self-care tips during social distancing. [Read it here.](#)