



Healing is learning to love yourself bit by bit.

Healing is not knowing when you will feel better but learning to trust the journey and know that life is happening for you, not to you.

Healing is learning that blaming and complaining about others, the situation, the place, the obstacles, life in general, is all a distraction.

Healing is not getting triggered by the same things that used to drive you crazy.

Healing is learning to pause when life feels too much, too busy or too overwhelming.

Healing is knowing what heals you, what is your medicine and coming back to it again and again.

Healing is learning that what heals you changes moment to moment.

Healing is realizing that it is your responsibility to pause, check-in, name and reach for what you need with or without help.

Healing is knowing that your core wounds determine your core needs.

Healing is learning to understand life in an entirely new, paradoxical, symbolic, chaotic, probabilistic and exciting way.

Healing is learning, growing and then learning some more.

Healing is letting go of control.

Healing is establishing healthy boundaries when you need them.

Healing is being OK with what was, what is and what might be.

Healing is releasing the fear, the stuckness, the anxiety, the constriction, the avoidance and letting love flow through you.

Healing is always available to you no matter who or where you are. If you need help starting or continuing on your healing journey, [contact me](#).

With love and light,

Damla