Honoring your ancestors, their resilience and fight for life.

Honoring your parents, with all they did or didn’t do they contributed to who you are.

Honoring all your teachers and guides, all the people you ever met, loved, liked or didn’t like, everyone who may have touched your life knowingly or unknowingly.

Honoring the Earth, honoring the stars and celestial bodies, and whatever or whoever lies beyond what our eyes can see.

Honoring all dimensions of our existence.

Honoring what we are made of, light, vibration and pure potential.

Honoring every single piece, particle, and wave of your being, making you the way you are.

Honoring the experiences that brought you here, seemingly good or bad.

Honoring all your wounds, all the parts of you that need healing.

Honoring where you come from, where you are and where you might be headed.

Honoring the spark in you, that part of you that demands you to keep going, keep trying, keep living.

Honoring our capacity to love even with all the trauma and drama in the world.

Honoring what’s not being said, heard, and what you haven’t felt and processed.

Honoring the beauty in you and all around you.

Honoring your eyes that see, your ears that hear, your soul that feels.

Honoring your big and small victories.

Honoring your defeat, your shadow, your blindness.

Honoring where it hurts, how it hurts, how much it hurts.

Honoring the sleepless nights.

Honoring the mystery of being alive, right here, right now.

Honoring that nothing is permanent.

Honoring everything.

Honoring every being.

Honoring you, for being.

With love and light,

Damla

Before you go,I want you to know that honoring doesn’t mean you have to do it all by yourself. I am here if you need help hearing, seeing, deciphering,

unfolding and honoring your wounds.

I invite you to listen to Conversations with Healers, a podcast and video interview series where I talk to self-healers and healers all about healing and being and becoming a healer. If there's someone you'd like me to talk to or if you would like to sit down with me to talk all about healing over tea, please let me know.