



**I want to speak to Healers**, who like me have been trying to make sense of this time while tending to their own light and working on igniting the light of others through their wellness-focused business. You may identify yourself as an energy healer, medium, chiropractor, massage therapist, reiki practitioner, past life regression therapist, astrologist, yoga teacher, sound healer, life coach, or any other way. I know that this time has been challenging for you and your business. Here's how I feel that you can tend to your business during this time and beyond.

**This is the time to listen in and tend to your needs.** Give some of your energy medicine to yourself. Trust that your journey will continue to unfold for the best. Be your own healer, care-taker, space-holder and lover. Take the time you need, fill your well, and keep anchoring your soul in your body.

**This is the time to be of service.** The world needs you more than ever. How can you (within your time and resources) serve better and deeper? Perhaps that means

finding the right pricing that works for these times, sharing some resources you love with your community, or creating a time and a place where you can simply listen and hold space.

**This is the time for you to take action and create something new that is yours.** When you feel like it, pour your heart and soul into something new, something that you have the copyrights to. Something that Facebook, Instagram, or Youtube algorithm can't mess with. Something that is uniquely yours and can be made available to people online right away. You will know what that is when the time is right and you are ready. If you feel like you need some help, [let me know](#).

**This is the time to collaborate.** Ask for support. Pool your resources with another healer. Make yourself energetically available for the right collaborations. Reach out and say yes when someone else reaches out to you.

**This is the time to be seen, heard, and read.** Get on a podcast, schedule a Facebook live, write a blog post, etc. Share your light any way that you feel is right for you.

**This is the time to review your expenses.** Cut what is unnecessary. Save where you can save.

**This is the time to take daily inspired action.** Check-in with your guides and get to work. Do something every single day however small it may feel. If you need a break, take it, then come back to the table, again and again and again.

**This is the time to recommit to your vision and reignite your business.** Are you in it for the long run or are you going to give up when it is uncomfortable, difficult or inconvenient? I don't have to remind you that your journey as a business owner is one of your greatest opportunities for spiritual awakening. Recommit, reignite your flame and put some faith into your vision.

**This is the time to invest in the right resources, training, and communities.** You need all the support you can get.

**My dream is creating a new online community where I will support healers like you in expanding your consciousness and your business (because they go hand in hand).** I have so many ideas and I need your help to figure out what *you* need. I invite you to [fill out this brief online survey](#) to let me know what you and your business need right now. Help me continue to support you any way that I can.

With love, light, and gratitude,

Damla

**P. S.** If you don't consider yourself a Healer, [consider reading this post](#) where I have written about how I feel you can support the Healers in your life.