



I am learning that my healing is not a destination, it is a journey worth taking a million times over.

I am learning that everything has its own timing.

I am learning that my body is a sacred divine partner of my soul.

I am learning how hard it is to let go of fear and to trust that all that is happening in me and to me is happening for me.

I am learning to choose love over forcing and controlling.

I am learning that although my mind feels like a minefield sometimes, it is OK to feel into what I feel and allow life to flow.

I am learning that I can't fly before I walk.

I am learning patience, trust, and surrendering over and over and over again.

I am learning that even though sometimes I feel like I walk alone, my ancestors are behind me, my soul tribe is right next to me, and an awakened young life is before me, in all I do I am never alone.

I am learning that silence helps me process and talking lets me alchemize.

I am learning that what I thought were wounds are gifts from the universe to make me fall deeper in love with all there is and all there ever will be.

I am learning that when I heal my wounds I am healing all of us.

I am learning that at the end of unfolding each and every wound is a pocket of love so immense it tears your heart wide open and shines your soul out into the multiverse.

If you need help with healing your energetic wounds, **I am here to help.**

With love and light,

Damla